The Vampire in Transformation

The dark left-hand path is not at all necessarily Satanic, but also Vampiric. And, whether Satanists or Vampires, they all are, each one individually another God. All divinity masks of Goddesses and Gods, Archetypes, powers, energies or spirits manifest through us all, our entire constitution. Therefore, we need to work at the development of our consciousness, the only identity, and this means “brain-work”.

The psychic vampire is directly associated with practical metaphysics or occultism (esotericism) which is developed in the subconscious. The vampire who is obviously a magickian will always move forward in improving him or herself; and, the transformation over time will duly change the course and mode of state of being in power and psychic continuation. Vampirism is a concept which begins in the subconscious; and, is the power which hungers, that which seeks to consume all. It has, in fact, no concern for rules, neither for metaphysical laws. It may be said that it is the essence of the law of the talon (prey). Vampirism is predatory, the instinctual way of life of devouring and absorbing energy of humans, animals and nature around.
The Vampiric Path makes stronger the power as well as the beauty of the Adversary, so called by those of the Abrahamic Faiths (Jews, Christianity and Islam), the Adversary or derived from the Hebrew, "Satanas" (adversary). And, this was not meant an entity. Vampiric philosophy is positive teaching, but contrary to the teaching of the above referred religions.

For the new vampire, there is a time of transformation; however, this is a life-time occupation. Like the apostle Paul would write, "the renewal of your mind", leading to physical transformation in a way, or at least to a certain extend. It demands discipline all the way through existence, resulting in making the humans as sheep.

Struggle is earthbound, and just as wars shall always be, so will the subconscious (the mind), which is also the location of will-power, always standing alert in the dedicated vampire.

Obviously, the vampire is the adversary because of the psychical draining energy in order to be fed. Also, the new vampire learns to understand the need for sexual desires first of all within oneself, whatever his or her drives are. However, he or she must come to know how to calm the emotions, drain with caution without causing harm, and keep the "prana" (breath) within.

The new vampire has to work jolly hard every day in a disciplined manner, fully transforming oneself via imagination through the astral plane. As time goes on through persistent work, the outcome will become easier. At the long end, you may ever be able to enter (dangerously) the mind of another. Obviously, this is far from advisable, as you may be psychically attacked, when invading someone's consciousness. Also remember that the stronger the human is, the less likely you (vampire) will be able to attain penetration into the chosen consciousness.
Work at your self-deification in your own Abyssal Mind. To be within this Abyss is to dwell in the dreams of the mind. Before going to sleep, we can formulate our desires for the kind of dream we would like to see activated in the astral, on a pathway to evaluate further when awake in the flesh, and as such become reality, “the spirit behind the word”. All resides in the physical body, the powers and even the demons of flesh and mind, related to the seven chakra points, heightening the individual mind and body power.

The traditional idea, created mostly by the Abrahamic religions of good and evil should be dispelled completely. That which has the power to create or dispel is but yourself as being the other god or goddess, or both in one.

Vampirism is closely connected or interwoven with the subtle or astral plane. This plane when really entered provides an exciting and even challenging experience to discover. The achievement is only possible through one’s own will-power.

The astral plane is not only the experience of the past but the present as well, and the future, also reported by the psychologist Carl Gustav Jung, about the collective consciousness.

Projecting one’s consciousness out of the body may be thought of as a frightening experience, but it is not if personal instincts of one own self are trusted. Breathing has to be controlled, also the heart rate, and instincts. As one enters the astral plane, it means that one moves out of the physical shell, into the
astral plane as it is. For such, the mind must be aligned along the appropriate meditation technique.

The physical body is connected with the astral body, which is slightly larger than the physical, and affected by the mental state, etc. The process of developing is a matter of developing will-power, “I am the power, I am the glory, I am another God.”

Psychic energy or the energy surrounding the human body is transferred through what one eats as to energy, and through resting and sleeping where the out of body experience begins. When a vampire feeds in psychic or astral form at night, he or she gains a replenished system of pure energy. This way of feeding reflects the vampire’s internal energy system, and is called “astral blood”.

At the long run, the vampire is not just to be the devouring psychical force, but the creative and intelligent mind as well. The vampire is not limited to primal instinct, but has also a feeling for humanity, when it is felt needed to intervene.

Only look “for safety” within yourself, the more that you are another god. To look for same in a God outside as described in the Abrahamic religions, who is somewhere ready to save your soul is totally unrealistic. Think of the cataclysms on earth as tsunamis, hurricanes, blizzards and all other conceivable disasters, should a loving, almighty, heavenly father tolerate all this, or punish this way good and bad people? Is it reasonable to open your arms to this kind of God? He is totally incapable to help you, as there is no such a God. We live in a world, when confronting a material disaster, always blaming someone for it, usually the devil and sinful people. Nor God, the Devil or the Sinful are the authors of calamities. How hard it may sound, there is beauty in creation as well as in its destruction, and no one is to be blamed for anything. After destruction comes restoration, and so it is.

Draining astral energy to the highest effect demands a seductive or terrifying aspect of the vampire, considering taking the form of an animal as a bat for instance. The animal or beast should have a demonic look along traditional descriptions of mythology. Close your eyes and visualise your astral body as
you exhale slowly, expanding around your form, transforming and shaping along your desire. Feel the flow of your astral body entering the astral sphere, making you grow in power. Let your emotions guide its transformation and feel the ecstasy of becoming. Imagine your astral tendrils arising from your astral envelop, transformed into a black shadow emanating the demonic form you have been taking.

Astral projection is a process in which change begins within oneself first. It is absolutely important that you align your mind with energies which are in direct control with your “I-ness”, your own “Self”. Choose a way of sitting, under the process of “Asana” for instance; or, posture sitting on a chair, as long as you keep your back straight. It must be a posture which relaxes your body to the point you feel energy flow between you and the air around you. Preparing the astral projection, remember to keep the spine straight. You can also lay down flat on the bed, your arms and legs held straight out, while your arms are resting side. Focus on rising up out of your body. Breathe steadily, controlling your stillness and state of mind. Remember, vampirism is a lifelong approach and process point continual energy accumulation

**A Method, an Exercise for Moving the Astral Body:**

Sit in a chair, legs directly in front of you, while you finger tips are touching each other. The hand from the thumb to the forefinger should be moved up to your solar plexus height, while your two hands touching should form some kind of a triangle shape with you looking downward at them.

Now you need to start a breathing technique; for instance, one, two, three, pausing with a few more seconds between the breathings. As such, the cardio rate will be soon under control. You can also utilise this breathing method when you are under stress.

Pressing your fingers together as described above in the first paragraph, with each exhale you will watch and visualise your astral energy flowing through your fingers. Keep going so for a few minutes. Observe and visualise your astral body, even the colour as much as the extent, which will be larger than your physical body.
Lastly, it is now time to start visualising, and as such moving a sharpened end of your astral to lengthen like a serpent would rise up. Obviously, any exercise takes patience and time; however, as you proceed you will notice that the tendril can be controlled by your will-power alone. Even the slightest endeavour counts.

**The Simple Practice of Vampirism**

1. Physical contact as handshake, brush up against, handing something to a person.
2. Through sight, imagine for instance, a serpent extending from your body, maybe your mouth to enter another’s body, draining life-force with the eyes. The focusing is also through the Third Eye, the Agna Centre. It is a very important chakra in vampirism.
3. Ritual setting in your “Black Chamber” is certainly a help, but not a means, as it only activates the focusing of the mind and intention.
4. Dreaming or Nightmare practice may seem difficult, but it is not if one practices meditation every day at least during transformation time. (Have a short meditation before going to sleep, and have at last your wishes expressed with intent.)

Your feeding through draining energy is best done with sight focusing, as in a crowded room, park, a concert, a shopping centre, any gathering point, and where a lot charisma and energy are dispatched. If you can, look into their solar plexus even from the back as your imagination plays the part. Also, watch their breathing cycle, as while doing so draw in and imagine their essence draining into your very being.

The vampire is normally a devouring god. Remember that good and evil are opinions and states of mind. In this New Aquarian Age, humans learn to be careful not to subjugate the so-called morals deriving from the Abrahamic religions in one ideological corner, as it does limit your psychic abilities. Be only flexible in everything.
Practicing Vampirism through meditation techniques

The very importance of practicing meditation to develop vampirism and the disciplines associated, as found in the Bhagavad Gita chapter six, will teach you the points of bodily and mental control. Let us take an excerpt from the author’s own translation from the Sanskrit:


DIRECTION FOR THE PRACTICE OF MEDITATION

Let the Yogi constantly concentrate his mind on yoga, remaining alone in a solitary place, with mind and body under full control, free from desires and attachment to material possessions. (6.10)

Let him for himself set up a firm seat in a clean place, neither too high nor yet too low, on the sacred kusa grass, covered with a deer-skin and over it a cloth. (6.11)

There let him sit, and making the mind one-pointed, with the motions of thought and senses restrained, fixed on his seat practise yoga for the purification of the Self. (6.12)

Remaining still, holding the body, head and neck erect, let him fix his gaze on the tip of his nose, without looking around. (6.13)

Serene minded, fearless, firm in the vow of celibacy (of the Brahmachari), the mind controlled, thinking on Me in total concentration, with intent on Me as the supreme goal. (See also 4.29, 5.27, 8.10 and 8.12) (6.14)

So, the Yogi ever integrated in the Self, his mind restrained, attains to the peace which has Nirvāṇa (nirvāṇa…) as its end, and which subsists in Me. (…paramām). (6.15)

However, O Arjuna, yoga is not for him, who eats too much, nor for him who does not eat at all; nor for him who sleeps too much, nor yet for him who stays awake too long. (6.16)

But, yoga is for him who is regulated (yukta) in food and recreation, who is regulated in all his deeds and gestures, who is regulated in sleeping as in walking, achieving a yoga which destroys all pain. (6.17)
When the well-controlled mind is established in the Self alone, free from longing after all desirable things, then it is said, that the one is at peace. (6.18)

As a lamp may stand not flickering in a windless place – this has been likened with the disciplined mind of a Yogi, absorbed in the yoga of the Self. (6.19)

When the mind is at rest, quieted by the practise of yoga; when seeing the Self by the Self, he finds fulfilment in his own Self. (6.20)

When he knows that utmost joy which, transcending the senses, can be grasped by the intellect; when standing still (in the Self), he never departs from reality. (See also KaU 3.12) (6.21)

When, having reached it, he thinks that there is no greater acquisition beyond it; therein established, he is not dislodged by any sorrow, even in the greatest suffering: (6.22)

That state is known by the name of yoga (viyogan), the unlinking from the union with pain. This is the yoga which must be brought about with firm resolve and an undismayed mind. (6.23)

MORE DIRECTIONS ON THE PRACTISE OF YOGA

Abandoning without remainder all desires which arise from thought, controlling the senses from every side by the mind; (6.24)

His intellect held fast in steadfastness, let he come little by little to rest, having made the mind abide in the Self, thinking of nothing else. (6.25)

By whatever matter the flickering and unsteady mind wanders away, he should hold it back, and subject it to the Self alone. (6.26)

Further hints as to above meditation practice:

1. Establishing bodily and mental psychic contact when shaking hands, or when something handed to you, brushing up against individual draw in energy through both nose and mouth. The magick is through slowly, and steadily visualising the energy flowing through yourself as just described in the quotation..

2. Once the lungs are filled break spontaneously contact and allow yourself to exhale slowly, you will also feel your astral body expand.
3. That slight urge of energy as you go along slowly exhaling, you must keep control over it. Enjoy the transformation within yourself, while remaining in full control of it, remaining poised and diligent on keeping the energy within.

**Energy Draining through Touch**

I would say as described above, with whom you come in contact with. Once you have reached into the reach of your chosen victim’s field of energy, same will flow in your own astral body with your breathing. Remember, in everything you need bodily and mental control as follows:

1. Make contact with a handshake, or when something handed to you, and drawing the energy with both nose and mouth slowly breathing, and as such letting it flow into you.

2. Once filled with the energy break contact, and exhale slowly.

3. You will feel a slight flow of energy, which you must control, and at the same time enjoy its effect. You have fed yourself, and must keep the energy within you.

4. When you have done this for a time, energy drawing will become an unconscious process, practiced daily even unaware.

5. Make sure, you remain quiet and unnoticed about it all, never attempting to use the draining techniques on loved ones.

Point five is so important that before retiring at the end of day, whether this is in the morning or at night, you should review your twenty-four hours, and if necessary bring some order in maybe your energy chaos. For this doing, you should follow the following:

1. As in the Bhagavad Gita, chapter six, sit in a comfortable position as always for meditation, palms touching knees, keeping you back straight while controlling your breathing.
2. Focus on a single subject, purpose or goal, allowing no other thoughts entering your mind.

3. Always think of energy as a flowing current which always visualise flowing through your body, much like your circulatory blood system.

**Energy Draining through Sight**

If a vampire has practiced “touch” vampirism for some time, it is now time to deepen “sight” faculty. Developing tendrils from the astral is very much depending on the discipline, will-power, intent, and experience so far of the vampire. Sight vampirism is affected by envisioning a tendril extending from your own astral body to entering your chosen victim; however, it is imperative to harm NO ONE.

1. As always, look for an energy filled and healthy individual.

2. With eyes drawn towards the solar plexus, imagine serpents or tendrils from your body into his or her astral body.

3. Watch and determine their breathing cycle as correct as possible, as you will drain in accordance to this.

4. That is not easy, but when they exhale, you need drawing in energy by breathing deeply through both your mouth and nose. Bring the breath in constant until your lungs are filled. Imagine the tendrils are released and drawn back. As always, breathe slowly and control your bodily movements.
5. You should repeat if you feel it is necessary.

Another technique for in absence or distance

This is some kind of ritual. In fact, it does not matter if you “believe” in the subjective world or not, you can also view it as a psychological link to that which you want to obtain, or even both.

1. You utilise a mirror, and a photograph of the chosen individual. This is preferably a photo, but failing it can also be a drawing or simply the name written on a piece of paper, depending how strong your intent ability is. Hold it in your hands and focus on it. Ideas of the person will eventually come through.

2. Visualise forces reaching you, in accordance to your will-power.

3. Imagine your victim in the mirror. Send forth your astral shadow to her or him; and, imagine entering into the victim’s through the object and the mirror.

4. Draw nine deep breaths from both yours nostrils and mouth at the same time. In all calmness, exhale slowly, controlling your bodily movements.

5. This can be repeated several times and for many days, until you feel that it has worked. As in everything do take your responsibilities, and never harm.
The Shadow and Dream Vampirism

When we are forced to acknowledge the reality of the Shadow, at first our relationship for instance is like an uneasy ritual dance, which is always threatening to end in an active war. Essentially Carl Gustav Jung’s psychology of the individualisation process addresses the second half of life. In his view, the humans spend the first half of their life developing a healthy ego, so that they are able to function satisfactorily in the outer world. With that accomplished, and if only successfully, the second half involves turning away from the world to find our deeper selves, as we do in vampirism. Individuation requires the humans to pass through both stages successfully. Until we have dealt successfully with the outer world before our transformation, we cannot hope to find a deeper psychic side in the personality. Jung developed his model of the psyche through exploration of both himself and his patients. Dealing with the Shadow, the Anima/Animus, and the Self, our “I-ness” are all the issues of the second half of life, our psychic and vampiric life.

When readers first hear of Jung’s concept of the Shadow, they usually envision something like a dark force. They think of a struggle between light and dark, good and evil. The Abrahamic Faiths, with their goals of perfection, have far too frequently led to just such dichotomies, not only within each individual, but also within the entire three cultures (Jews, Christianity and Islam). If everything good is attributed to God and everything evil to Satan, there is no room for any shadings or ambiguity. For instance, Christians are good and everyone else is bad. And, what about paedophilia in the Roman Church today, children victimised by bishops and priests? The history of Christianity’s pogroms against the Jews is sufficient evidence of the results of such a belief.
As soon as light is split off from darkness, and we identify ourselves exclusively with the light, everyone different from us becomes identified with the dark. We need the values hidden in the dark just as we need the values openly acknowledge in the light. That need leads vampires to project our hidden darkness onto those we perceive as different from us. When our darkness comes to the surface, it obviously brings with it associations to everything contrary to darkness. We look at the humans, and see everything we do not want to see in ourselves as vampires. No wonder we try to drain them.

When you find yourself in conflict with someone else in a dream, assume that the other person is a “Shadow” figure who possesses some quality that you as vampire need to integrate into your own personality. The more intense the struggle, the more sure you can be that you are dealing with a Shadow figure. At first, this is hard to acknowledge, since Shadow figures also represent qualities that vampires refuse to admit are part of our own personality. But, once you accept what you are, “Shadow Dreams” will represent opportunities for advancement rather than merely disagreeable, nightmarish interludes. Finally, the Shadow stage is that stage of our vampiric development where we are forced to consciously that some other, neglected personality traits, are part of us and important.

Finally, if the shadow is strongly developed and is under the control of the vampire, it can be projected into the aura of sleeping people and obsess them with sexual fantasies that can even drive them to madness and suicide. It is then withdrawn by the vampire who dispatched it and he nourishes himself on the energy which the shadow has 'collected'.

**Dream Vampirism Technique**

The vampire who is preparing him or herself to drain (feed) must establish first who will be fed from. Once this has been settled, the vampire must practice a form of meditation to gain control of the body and further strengthen the subconscious desire to drain (feed). At the point of sleep, your mind should focus on the one you intend to visit. Know your limitations, as you should never harm someone.

1. Meditate on your chosen victim before sleeping. Visualise how you wish to drain his or her energy.
2. Start with your mind and face, visualising
your astral body shape shifting into whatever form you desire. It may be a
demonic form, a specific animal as a bat, the choice is yours. You should be calm in body and mind, almost perfect.

3. Focus on a mirror or on a image, lie back flat on your bed, and close your eyes. Each breath should be a focus on your astral body rising.

4. Entering into sleep, your dreams may very often be intense and hungering. This is a prime indication of your subconscious being focused on your vampiric desires.

5. If your astral project is without sleeping, control your movement and move in. Imagine the entire process, and see it as clearly as if you were present there. Intent is the key to success. Drain and leave the victim sleeping.

**More on the Out of Body Experience**

More, on the Out of Body Experience as there are many methods from personal experience of vampires. As you will rise from your physical body, there is a focus of the element of which you will rise as you already know, the astral body being in direct control of the consciousness, and that is the mind itself.

As one grows further in his or her transformation period, and get more acquainted with astral projection, which is a step by step development, you will be able to rise from the physical body and take the form you wish. You may wish to take a legendary and mythological demonic form. If you wish to crawl on the roof from one you would like to drain from, and for such you may wish to have insect legs. You may also use combinations.

As you lay back on your bed in your chamber, complete the rules for meditation as described in the Bhagavad Gita, chapter six (see above), and with breathing, imagine your astral body twisting and mutating in that form you wish, moving to the centre of it where your consciousness is obviously projected, upward through the throat centre. As you do this, your eyes should be closed and visualise yourself rising out with each breath.
Slowly, with each breath, border yourself out of your physical body and look around with your astral eyes. There are no longer walls, or distances for you, you just rise up in the night. Now you are haunting the night, towards the purpose of further exploring the physical and astral dimensions, and towards the purpose of draining the psychic and energetic blood current from humans as an exercise which should be undertaken with vigour by the ascending Vampire.

**Absorbing Astral Energy**

We have now and again brought to mind the use and move of astral tendrils in this study, coming from your body to be extended at wish to your victim or chosen vessel. If you have not used this technique before, try the process moving throughout the room where you are.

As in your mind you have come to the place of your victim or chosen vessel (I prefer to say), reach done in thought to their side. If he or she is barely sleeping, your shade or presence may as some kind of nightmare surprise and awake them. If so, you may be rejected and cast back into your body. Do not be disappointed, and start again another time.

As you grow comfortable with this psychic technique you may reside and observe them. Your presence may be frightening as they cannot see but sense you like one would feel an insect creeping somewhere on the body. Or, it is that uneasy hearing or feeling quite often obtained from being in so-called haunted locations, during meditation or a ritual. I once lived for a couple of years or more in a flat where I could not sleep without even a small light on. In the dark, it was as it were someone removing my sheet and blanket, or pulling at my toes. Never be afraid as this is a spell-breaker. Never be disappointed, and never neglect to try again, allowing yourself to move down to the sleeping person and his or her unconscious mind will very likely respond and you will perceive it in their astral body.

If something is stopping the working of yours, through rippling and retracting from you, send again a tendril in them, slowly breathing inwardly, and drawing some life energy into yours. After a few moments, it is advisable, protectively, to retract from them, breaking all contact. So doing, you do not allow your energy to flow back. Rise up and return to your physical body. When you awake you will feel stronger; and in the morning after a night’s rest you will feel much better than usual.
Creating tendrils is a very meaningful act which alters the psychic body of the vampire to produce spider-like tendrils emerging from the astral body, with the purpose to pierce the target and slowly drain it of vital energy. Do try again and again until you succeed, as this process may be very slow at first, but gradually speeding up and moving deeper as time goes on.

There are two main types of Tendrils

1. Surfing Piercing may be done from the distance, once contact has been made with the astral body of the victim. However, the draining process is rather slow, often unwieldy yet can give powerful outbursts of energy and breath.

2. Deep piercing is possible when several vampiric tendrils pierce the astral body, allowing a rapid and spectacular absorption of breath. This has to be learned, preferably with an advanced vampire.

Remember, vampirism is a slow growing process through discipline firstly in meditation, and the willingness to achieve on the chosen way of life, to become a real devouring power and centre of being. Every act of yours must day after day increase personal and psychic power, and this is only possible in a real sound mind of accumulating power and personal strength. It is important, and I am emphasising that one vampire does not drain or attack another vampire or disciple, unless in extreme circumstances being attacked or drained by another vampire without consent.
Entering another’s aura or vital breath

In occultism and many forms of other metaphysical practices, an “aura” is a field of subtle, luminous radiation surrounding a person or object (like the halo). The depiction of such an aura often connotes a person of particular power or holiness in religious circles. However, every living thing (including humans) and all objects manifest such an aura. Often it is held to be perceptible, whether spontaneously or with practice: such perception is at times linked with the “Third Eye” (Agna Centre) important in vampirism. Various writers associate various personality traits with the colours of different layers of the aura.

The vampire having connected to the victim may choose to undertake an operation to enter another individual aura by means of the astral body. I cannot emphasise enough that meditation on the vampiric shadow will grow and expand the vampiric body, using chakra points to control and focus the astral body. How to enter the aura of another? The human aura is associated with the seven chakras, and is only workable if the seven centres have been properly awakened. The Crown Chakra is a great vital fiery energy in man, “the other god”. Once you have been successful the vampire must will to produce the abyssal darkness in his mind, and shadow to surround the astral body itself, using breathing control, slow and with exhaling steps, the astral body may rise in whatever desired form.

As you visualise the shadow, allow it to form and shape in the way of a beast, like a bat or even a combination of other animals as a reptile according to your imagination and likings, but also depending on the importance of the operation.

Focus now on drawing firstly one tendril from your abyssal mind and body, seeing it twist and form like spiders do, with their legs emerging from the darkness of the night. Remember, we are doing night work, while vampiric operations of that kind ceases at dawn. Daytime has its own vampiric works. Visualise another and another until you have a multitude of tendrils like a web.
Touching or smelling an item of the prey (or target), be his or her photograph, a drawing as near a possible to the chosen person, clothing or something other of connection, imagine them within your mind. With each breath focus on he or she with a quiet affirmation, “I will enter, and we will unite”, and with each breath push your consciousness out of your physical body, allow your abyssal mind to travel within the body of your intend. Having visualised the abyssal darkness moving into the nearness of the prey, extend your tendrils. Visualise the tendrils entering the aura, while imagining an aggressive piercing into the aura, like a serpent striking its prey.

As the tendrils enter the astral body of your prey, focus on whom the person is, the characteristics, begin entering with a deep, focussed breathing in the other’s energy. As you breathe in, visualise the other’s energy flowing from the tendrils into your astral body. If you see colours at all, you will see its colour, and feel than your own astral body. The success of energy surge is all a matter of intent (“faith” would religious leaders say.) The deeper and stronger your association is will send feelings of power and strength. Let the energy freely flow into your body, and feel your own aura expanding with the other’s life force. When you have finished, visualise your abyssal body of darkness removing the tendrils, then moving back to your body.

Awakening from this state really requires discipline not to lose excess energy. You will want to mingle the energy and blend it with your own innate energy. While breathing rhythmically, focus on the energy flowing about your body and adjusting to your abyssal mind, the more that with each heartbeat the energy strengthens your aura and psychic body of yours. Once you have succeeded in this kind of work and you grow stronger as you practice again and again, it will all be all in your favour and authority as vampire.

**Breathing Exercises for Humans and Vampires**

**Exercise One – Stimulating breath to raise vital energy and increase alertness**

a. Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.

b. Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
c. Do not do for more than 15 seconds on your first try. Each time you practice the stimulating breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this breathing exercise the next time you need an energy boost and feel yourself to have a energy draining.

Exercise Two – the Relaxing breath exercise, also called the 4, 7, 8 exercise

This exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

a. Exhale completely through your mouth, making a whoosh sound.
b. Close your mouth and inhale quietly through your nose to a mental count of four.
c. Hold your breath for a count of seven.
d. Exhale completely through your mouth, making a whoosh sound to a count of eight.
e. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4,7,8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4,7,8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a
little lightheaded when you first breathe this way, do not be concerned; it will pass.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

**Exercise Three – Breath counting**

If you wish to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique much used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

a. To begin the exercise, count "one" to yourself as you exhale.
   b. The next time you exhale, count "two," and so on up to "five."
   c. Then begin a new cycle, counting "one" on the next exhalation.

Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "twelve," and even "nineteen."

Try to do ten minutes of this form of meditation.

**Exercise Four: The Blossoming of the Rose (Meditation on the Self)**

*Dr. Roberto Assagioli, M.D. after mentioning the Rosicrucians, develops a beautiful exercise, one of the best known in Psychosynthesis - the blossoming of the rose. This is pure Rosicrucianism. Just as the cross needs to be planted firmly in the earth so the wood can 'bloom forth with a rose', so the rosebush in Assagioli's exercise needs to be firmly rooted in the earth to receive the nourishment required for it to blossom. The essential imagery of the rosy cross is a beautiful metaphor that lies at the heart of our Psychosynthesis way.*

**Exercise of the Blossoming of the Rose**

1. Let us imagine a rosebud, closed.
2. Let us visualize its stem and leaves with the bud above.
It appears green, because the sepals are closed, but at the very top a rose coloured point can be seen. Let us visualise this vividly, holding the image in the centre of our consciousness.

3. Now begins a slow movement: the sepals start to separate little by little, turning their points outward and revealing the rose-hued petals, which are still closed. The sepals continue to open until we can see the whole of the tender bud.
4. The pedals follow suit and slowly separate, until a perfect fully-opened rose is seen.
5. At this stage let us try to smell the perfume of this rose, inhaling its characteristic and unmistakable scent; so delicate, sweet and delicious. Let us smell it with delight.

(It may be recalled that religious language has frequently employed perfume as a symbol, e.g., “the odour of sanctity”; and incense is also used in many religious ceremonies).

6. Let us now expand our visualisation to include the whole rosebud, and imagine the life force that arises from the roots to the flower and originates the process of opening.
7. Finally let us identify ourselves with the rose itself or, more precisely, let us “introject” it into ourselves.

“Symbolically we are this flower, this rose. The same life that animates the universe and has created the miracle of the rose is producing in us a like, even greater miracle – the awakening and development of our spiritual being and that which radiates from it.”

Through this exercise we can effectively foster the inner “flowering.”

**Shielding the best Magickal Protection**

The best powerful and most practical protection against a psychic enemy or other is to create a shield around you. A shield is “energy programmed” with the intention of defence when attacked. Everyone, humans or vampires, has “energy” around their physical body, like a bubble. This energy field is called the aura. The boundary of the aura can be programmed to become your protection shield, preventing all physical and magickal harm reaching us.

First of all, there are two simple questions to be answered before we go any further on shielding.
**First Question:** What does a Vampire feed off of?  
**Answer:** Energy in any shape, or form.

**Question:** What are psychic and magical shields made out of?  
**Answer:** Energy.

Now, if you are able to see the connection between the two answers you can probably begin to formulate the total ineffectiveness that shielding of any form creates in a situation against a forbidden bloodsucker or a bad-intentional (scoundrel) Vampire. They will just latch onto your shielding and absorb the energy slowly, without you knowing, from there. Actually, it is more effective to drain energy off one’s shielding than to take it directly from the body as it is already in a focused format. Another disadvantage for the one who shields is that you will not realize that you are being fed off of until long after the actual feeding is done, and you withdrawn your shield back into the self. At which time you will probably feel incredibly drained for no apparent reason whatsoever.

As such, most forms of shielding presented on Internet and literature are totally and completely ineffective in any way, shape, or form. Though there are a handful of techniques that one can use against the unwitting bloodsucker or scoundrel Vampire. Among those techniques would be the various methods of grounding, which, basically, involves directing any excess energy that you have after a magical working back into the ground that it came from.

From here, the name “grounding”. In the case of a person trying to drain your energy you first have to realize that a person or thing is draining your energy whatever method is being used. Then you focus upon the place which you believe that the energy is being drained from your body and direct the focus of the drain down to the earth which will give the person or thing attempting to suck your energy a rather large jerk of energy equitable to drinking down five cups of coffee in a matter of seconds. This being due to the fact that the energies of the planet are rather potent as any practicing vampire can tell you. As such, giving the person attempting to feed off of you a rather large jerk of energy that usually causes an overload of energy that result in the person or thing breaking off the attempt to feed.

The grounding technique that I presented above will only delay the malevolent to a certain extent. And if you have any form of shielding up, they can rip through it like a hot knife through butter if they wish to do so. Believe me, I know from experience. One day I was talking with an occultist about how my...
shielding was relatively strong and effective in most cases as I had never come across a time when the techniques had truly failed me. The occultist organised a test for me with another and did something that would be equitable to unzipping a snowsuit; climbing inside with me and zipping it back up behind him. And, that was not all that bad of an experience though it was quite a shock for a handful of seconds. The feeling of holding me close tightly to him brought me back into reality. So if a Vampire really wants to feed off of you, there is really not all that much you can do. Though I really do not see why a Vampire that is adept enough at energy manipulation would want to do such a thing.

**Protection Shield Meditation**

1. Start your meditation session as described earlier.
2. Be aware of your energy field, the aura and astral space around your physical body. Feel your energy field.
3. Visualise the edge of the energy field becoming like a faceted crystal. It is like a clear quartz or diamond crystal, and hard, strong and protective. Let the light of your abyssal mind reflect in the dazzling facets of the gem. The crystal surrounds you, above and below.
4. Hold the intention of protection from all harm in your mind. The shield will protect you from all harm. It normally blocks harmful or unwanted energy and allows “in” the energy you need for your highest feeding and well-being. The following words may be used: “I charge my protection field to protect me from all harm on any level, and reflect “goodness” (compassion) back on the source of the harm.” This is being repeated three times, with the final doxology: “So be It.”
5. Repeat the process as many times as you feel the necessity, and hold the image of what is being done. When done let the “image” fade from your mind, when it starts to wander. You can pursue with your meditation, or bring it to a close.
6. Now, return yourself to normal consciousness, giving yourself clearance and balance. Finish by doing any necessary grounding. You do not need any invaluable, costly exorcist or priest to help you. You can do it all by yourself.

The best protection is having a defensive strategy of your own, where everyone wins.
Grand Hierophant’s Quartz Crystal
The Best DVD’s of the moment on Psychic or Energetic Vampirism

The Twilight Saga

Coming: “Breaking Dawn”
Queen of the demons is Lilith, long-haired and winged. She is supposed to have been the first wife of Adam. She had been one of the wives of Samaël, but of a wild, heroic and passionate nature she left her spouse and joined Adam. From their union issued the demons or Shedim, who rode about in the world as wicked spirits, persecute and plague men, and bring upon them illness, disease, and other sufferings. Lilith, like Adam, had been created from the dust (Adamah) of the earth. But as soon as she had joined Adam they began to quarrel, each refusing to be subservient and Submissive to the other. "I am your lord and master," spoke Adam, "and it is your duty to obey me."

But Lilith replied: "We are both equal, for we are both issued from dust (Adamah), and I will not be submissive to you." And thus they quarrelled and none would give in. And when Lilith saw this she spoke the Ineffable Name of the Creator and soared up into the air. Thereupon Adam stood in prayer before the Creator and thus he spake: "O Lord of the Universe, the woman Thou hast given me has fled from me." Lilith, it is said that her powers were “greatest at the time of the waning moon when the dogs of night are loosed from their chains.
to roam about until morning, they were werewolves. As a Goddess of the Dark Moon as well, Lilith carries the patriarch’s shadow projection of the defiant woman as seductress and child-killer.

In ancient times we find the hypothesis of an invisible earth satellite known as Nephtys, to which Pitagora gave the name "Anti-Earth". This heavenly body, which absorbs and does not reflect sunlight, is the one who better represents the archetype of Lilith, the provocative and lustful creature, who rebels against the first man by copulating with demons and forcing God to create Eve. Since then until today, the image of "negative" feminine is part of every civilization: evil goddesses, pythonesses, necromancers, sorceresses, soothsayers and witches, who generally were ugly and bad, but also satanic charmers, able to push a man to perdition. In this way sexuality became synonymous with sin, dirty thing, loss of reason! That is why the "obscure side" of our erotic charge finds in the “Black Moon”, known by everybody as Lilith the Demon, the reference star and protecting Goddess.

The Zohar’s account of creation tells the following version of Lilith’s origin. God made two great lights, the Sun and Moon, which shone with equal splendour. At first the Moon wanted to merge with the Sun and bask in the light, but when a dispute arose, God took the side of the Sun. He sent the Moon down to follow in the footsteps of humanity as his shadow. When the light of the Moon was diminished, it was said that “Holiness” became surrounded by a husk of evil, from which Lilith was born. She arose out of primal darkness, flaming forth with all of its assertive power.

We find accounts of Lilith throughout the lands of the ancient Near East, and we will see further, makes her appearance in the Sumerian, but also the Babylonian, Assyrian, Hebraic, and Arabic mythology. And, legends tell of her as the first wife of Adam in the Garden of Eden, the paramour of lascivious spirits in the Red Sea, as the bride of Samaël the Devil (Diabolus), as the Queen of Sheba and Zemargrad, and the Consort of God himself in the fifteenth-century Cabbalism.

The first mentions of Lilith were long before Christianity, or even Judaism emerged; perhaps before even 4000 BC, which is when mythologists and historians have dated her first appearance. Then, she was called “Lilitu”, an ancient storm demoness, who was said to be the bearer of disease, and illness on the winds, of old Sumeria. The malevolent female has always been a presence in religious beliefs, regardless of age. Many believe this is because women have always been the symbol of threat to a man’s supremacy over the earth. The mysteries of female sexuality, reproduction, and birth have always been a source of much mythical speculation. The idea of a woman turning her powers of
femininity and sexuality against mankind have always been feared, and still are today.

The World of the Immortal Night awakens all the aspirants and adepts of the Demon and Goddess Lilith. It is a world shrouded in darkness, where the Supernatural reigns in the transforming and renewing Mind or Consciousness of men and women, where Mist and Mysticism are seeped in every move. You, lovers of the night, play the game of a dark life, starting in the darkness of your Abyssal Mind, where silver and holy water are weapons of mass destruction. And, where demons thrive and the things of nightmares creep around every corner.

Lilith is most well-known as the demoness/goddess who was the first woman, created by God at the same time as Adam, unlike Eve who was created from Adam's rib. Lilith refused to submit to Adam’s will and left the Garden of Eden and was subsequently cursed by god. According to popular opinion, this tale is "evidence" that she was originally a Goddess or at the very least an aspect of the great Goddess and was demonised for being an independent female.

Unfortunately, what many people forget is that the "first Eve" story of Lilith first appeared in medieval times, in the controversial work known as the alphabet of Bin Sirah. Although Lilith herself existed before the middle ages, all earlier descriptions of her were demonic. Lilith’s true origins are obscure, but both her Sumerian and Babylonian predecessors were also all demonic. Lilith may be many things today, including but not limited to a Goddess, a role model, and a demoness, but originally she was purely a demoness.

In Islamic literature, the Holy One, blessed be His name, sent at once three angels whose names were Senoi, Sansenoi, and Sammangelof, to fetch and bring Lilith back to Adam. He ordered them to tell her to return, and if he refused to obey then a hundred of her offspring would die daily. The three afore-mentioned angels followed Lilith, and they found her in the midst of the sea, on the mighty waves (which were once to drown the Egyptians).

They communicated to her the command of the Eternal, but she refused to return. And the angels spake to this rebel, this she-demon: "We will drown thee in the sea." But she made answer: "Know ye not that I have been created for the purpose of weakening and punishing little children, infants and babes. I have power over them from the day they are born until they are eight days old if they are boys, and until the twentieth day if they are girls." And when the three angels heard her speech they wished to drown her by force, but she begged them to let her live, and they gave in. She swore to them in the name of the living God
that whenever she came and saw the names or images or faces of these three angels, Senoi, Sansenoi, and Sammangelof, upon an amulet or cameo in the room where there was an infant, she would not touch it. But because she did not return to Adam, every day a hundred of her own children or spirits and demons die.

The legend of Lilith and the message of the three angels is found in several sources of Rabbinical lore in some of which it is quoted from the Alphabetum Siracidis.

The book known as the Sefer Rasiel describes the formula to be written upon amulets or cameos and to be placed in the rooms where there are new-born babes. It refers to Lilith as the first Eve, and conjurers her in the name of the three angels and the angel of the sea to whom she had sworn not to harm the babes in whose rooms she found written on paper the names of the three angels.

Lilith is thus a female night demon, and is also known under the name of Meyalleleth or the howling one.

The she-demon Makhlath (the dancer) and her daughter Agrath are two female demons who live in strife with Lilith. Lilith is accompanied by four hundred and eighty hosts of evil spirits and destroying angels, and she is constantly howling. Makhlath is accompanied by four hundred and seventy-eight hosts of evil spirits. She and her daughter Agrath, from the Zend word Agra = beating, are in constant enmity with Lilith.

We will now unravel more than preceding Lilith’s mythical biography from the time she first emerges in ancient Sumeria as a handmaiden, to the great goddess Inanna. The threads of her story lead us through the Hebraic mythology where she is the first wife of Adam and later the consort of God in the Cabbalistic tradition. To the Romantic poets of the nineteenth century, Lilith came to embody the image of woman as “femme fatale”, alluring, irresistible, and even deadly. Now at the beginning of the twenty-first century, Lilith reasserts herself as the liberated feminine, exalting ecstatic sexuality, upholding integrity, and refusing submission.

Firstly, the feminist critique of conventional values has not overlooked the Jewish tradition. Whether or not one acknowledges the validity of all the charges that have been levelled against the treatment of women in Jewish law and theology, it is hardly possible to ignore these issues.

As one who is normally sympathetic with feminist aspirations, I have often been disappointed with the scholarly standards of the debate, especially when it has
been directed towards the classical texts of Judaism. In the course of polemical ideological exchanges, I find too frequently that sweeping generalizations are being supported by flimsy or questionable evidence, with a disturbing disregard for factual accuracy and historical context.

As an example of this sort of scholarly sloppiness, I wish to discuss an intriguing Hebrew legend that has found its way into dozens of recent works about Jewish attitudes towards women.

The legend in question was inspired by the Bible's dual accounts of the creation of the first woman, which led its author to the conclusion that Adam had a first wife before his marriage to Eve. Adam's original mate was the demonic Lilith who had been fashioned, just like her male counterpart, from the dust of the earth. Lilith insisted from the outset on equal treatment, a fact which caused constant friction between the couple. Eventually the frustrated Lilith used her magical powers to fly away from her spouse. At Adam's urging, God dispatched three angels to negotiate her return. When these angels made threats against Lilith's demonic descendants, she countered that she would prey eternally upon newborn human babies, who could be saved only by invoking the protection of the three angels. In the end Lilith stood her ground and never returned to her husband.

The story implies that when Eve was afterwards fashioned out of Adam's rib (symbolic of her subjection to him), this was to serve as an antidote to Lilith's short-lived attempt at egalitarianism. Here, declare the feminists matronizingly, we have a clear statement of the Rabbinic Attitude Towards Women!

There is only one slight problem with this theory: The story of Lilith is not actually found in any authentic Rabbinic tradition. Although it is repeatedly cited as a "Rabbinic legend" or a "midrash," it is not recorded in any ancient Jewish text!

The tale of Lilith originates in a medieval work called "the Alphabet of Ben-Sira," a work whose relationship to the conventional streams of Judaism is, to say the least, problematic.

The unknown author of this work has filled it with many elements that seem designed to upset the sensibilities of traditional Jews. In particular, the heroes of the Bible and Talmud are frequently portrayed in the most perverse colours. So, the book's protagonist, Ben-Sira, is said to have issued from an incestuous union between the prophet Jeremiah and his daughter. Joshua is described as a buffoon too fat to ride a horse. King David comes across as a heartless and spiteful figure...
who secretly delights in the death of his son Absalom, while putting on a
disingenuous public display of grief. The book is consistently sounding the
praises of hypocritical and insincere behaviour.

So shocking and abhorrent are some of the contents of "the Alphabet of Ben-
Sira" that modern scholars have been at a loss to explain why anyone would
have written such a book. Some see it as an impious digest of risqué folk-tales.
Others have suggested that it was a polemical broadside aimed at Christians,
Karaites, or some other opposing movement. I personally would not rule out the
possibility that it was actually an anti-Jewish satire--though, to be sure, it did
come to be accepted by the Jewish mystics of medieval Germany; and amulets
to fend off the vengeful Lilith became an essential protection for newborn
infants in many Jewish communities.

Eventually the tale of Lilith was included in a popular English-language
compendium of Rabbinic legend, and some uncritical readers, unable or
unwilling to check after the editor's sources, cited it as a representative Rabbinic
statement on the topic. As tends to happen in such instances, subsequent authors
kept copying from one another until the original error turned into an
unchallenged historical fact. Certainly there are volumes of real texts and
traditions that could benefit from a searching and critical feminist analysis, and
it is a shame to focus so much intellectual energy on a dubious and
uncharacteristic legend of this sort.

The names that Lilith has possessed over the years, such as Lilitu, or other terms
with the “Lil” prefix, come from the ancient Proto-Semitic languages, a root
word for nocturne female, night woman, etc. Another theory, which comes from
the interpretation of Lilitu as a wind bearing plague, was that Lil, or the LYL
prefix instead meant “lady air” and was perhaps not malevolent, so much as a
darker force of nature. With this translation in mind, Lilith became a sort of
guardian of night birds, owls for example, which is later coined in the Bible as a
“screech owl”.

In the former translation, Lilith being the malevolent night and wind demoness,
she also spawned the race of “Lilitu demons”. These pre-dated the female
demon, and were more akin to incubi; they were called Lila, or Lilu, and their
main purpose was to bring nightmares or fear to women in their sleep. Lilitu was
also once called the “hand of Inanna” because it was said that Inanna, in her
anger, would send the goddess Lilitu to the earth to seduce, and lead men astray.

The apocryphal legend of Lilith’s desertion of Eden is well known, and –one of
the most controversially sexist morality tales from Judeo-Christian religions.
According to apocryphal text from the Hebrew Bible, Lilith was created with Adam, from the dirt and clay of the earth. When Adam commanded to Lilith that she lay beneath him, she refused, replying she was equal, and made from the same earth as he; why then was it her duty to be beneath, and not above? Adam was outraged, and prayed to God asking why his wife was disobedient, God sought to find Lilith, and correct her, but she had left Eden to travel to the sea. God sent three angels after Lilith, and they sought to bring her back, but she refused; then they threatened to drown her in the sea.

Lilith then said to the three angels; Senoy, Sansenoy, and Samangelof, that it was her duty now to cause illness in infants; for every male child born would be under her power for eight days, and if female, then twenty days. When the angels heard this, they begged Lilith to come back to Eden, but she refused once more, and told them that, if she should see the angels’ names near the child, then she would hold no power over him or her. Lilith also agreed to allow one hundred of her children to perish every day; thusly, every day, one hundred demons die.

This story was told exclusively in “The Alphabet” of Ben Sira, though it may or may not be a much older tale; certain passages in the Book of Genesis also indicate that there was a predecessor to Eve, such as conflicting remarks in the continuity. Though the Bible itself is not known for its accuracy in chronological matters, the story can also be found in the Hebrew text, Genesis Rabbah.

The Biblical mythology surrounding Lilith is both mundane, and minute; at least at first glance. The Hebrew Bible, and Jewish texts all contain some mention of Lilith, but only in Isaiah 34:14, where she is called a screech-owl.

In the King James Version, she is thusly mentioned in Isaiah 34:14:

“The wild beasts of the desert shall also meet with the wild beasts of the island, and the satyr shall cry to his fellow; the screech owl also shall rest there, and find for her a place of rest.”

And how is it that we know that something as innocuous as an owl, was actually Lilith? We know this from the Hebrew texts. However, the terms used here were all very non-descript, and it was also, some believed, a deliberate tool of the writer to used non-specific terms for the demons and beasts that would fill the barren deserts after God took his vengeance on earth.

The Greek version of Lilith, or Lamia, portrays a dark picture, portraying her as a vicious, cannibalistic, child-killing demon and vampire. She is a monstrous
figure, with a normal human body from head to waist, and the body of a snake from the waist downwards; even her physical form revealing her twisted nature. Some Greek images portray her more gently, and more akin to the Sirens, with wings and the feet of a bird.

Lilith’s origins are uncertain, with some sources calling her the daughter of Hecate, perhaps born a monster or hybrid, while others claim that her monstrous nature began when she became one among many victims of Hera’s wild jealousy.

Lilith, like many women in Greek mythology, had a sexual relationship with Hera’s husband, Zeus, the king of the gods. Zeus even gave Lilith the gift of second sight, known as the “mark of Sibyl.” Mad with jealousy, Hera cursed Lilith to a childless life, and murdered all her living children save for Scylla. Hera also cursed Lilith’s gift of sight so that she would never be able to shut her eyes, forcing her to perpetually see and obsess over her dead children. Traumatized, Lilith became a monster and claimed her vengeance on all mothers by stealing and devouring their children.

Eventually Zeus took pity on Lilith and gave her the ability to take out her eyes, so that she would not be at all times haunted by the ghosts of her murdered children.

In addition to her cannibalism and child-murdering tendencies, Lilith was known for her vicious sexual appetite and vampiric spirit; she loved to drink men’s blood. She also spawned a class of demons called the “Empusae” who were ruled by Hecate, who would send to scare travellers to death, or to inhabit and consume people.

Lilith represents two main angles in the modern occult; one in modern Luciferism, the practice of really worshiping Satan (in traditional Satanism we do not worship Satan), and not to be confused with other Satanism dogmas, and the other in Wicca, modern Pagan religions, and general Moon occultism. The former is much better founded, because of Lilith’s history, and actual apocryphal references as being a mother of demons, and one of the oldest demons, and vampires. The latter is a haphazardly strung together dogma revolving around Lilith as being the first mother, a moon goddess, equal or alternative to Hecate, or an ancient mother goddess of Sumeria. Though much of the more benevolent beliefs of Lilith are flawed, the combined mythology of several cultures does indicate a few misconceptions of the degrees of her malevolence, so she may in fact, have once been a figure of more positive standing.
Aleister Crowley was a particular fan of Lilith’s and even named one of his children after her; while also penning a few magick ceremonies to honour Lilith, as being the queen of harlots, mother of demons, etc., a creature mainly to be looked upon with lust and despair. In other modern Luciferism, Lilith is considered to be the female counterpart, or aspect of Satan. When the two mate, the creature born of the pair is the Goat of Mendes, or Bahomet, who is recognized as being the King of God of Witches, –not be be confused with the practitioners of modern Wicca.

In Wiccan tradition, Lilith is sometimes identified as being an aspect of the Goddess; a darker side to the great mother spirit of earth, ruling of birth, pregnancy, menstruation, and cycles of the moon. Other Wiccan writers have identified Lilith as being instead, an aspect of Diana, and the Goddess or protector of all witches, –those at least of the more benevolent, or Wiccan persuasion. Lilith also has her part in astrology; the Black Moon Lilith, the point at which the moon is furthest from the earth, is said to indicate emotional intelligence in an individual’s astrological chart. In the “Western Mystery Tradition”, it is noted in the Kabbalah that homosexual men are Lilith’s henchmen, and that worshiping, or meditating on Lilith is using the power of the Divine Spirit, i.e., God, in a negative manner.
Traditional Satanism and Vampirism (two different philosophies as Satanism is not Vampirism, but can match very well together) is not simply inversion, but a complete rejection of the images of a particular culture, religion or philosophy. From there a Satanist or Vampire uses those images against the ethos itself that was once his own conditioning. Persons who participate in traditional Satanic Masses or Vampiric Rituals sometimes experience a kind of “satori”, a sudden enlightenment, to an increase in their own consciousness, and feeling stronger and satisfied because they had broken with the constraining opposites. In other words, at its highest level “Opposite Philosophy” uncovers what the ethos of a particular community or society has covered up through images, dogma, words and ideas, returning the individual to the primal chaos out of which “opposites” were created.

Should the Roman Catholic Church had not forbidden the marriage of clergy in the year 1074, there would be no paedophilia scandals among their consecrated employees, because bishops, priests and others would have led a normal and natural conjugal and sexual life, among adults only. The sexual abuse problem is, therefore, systemic and a combination of compulsory priestly celibacy and the confession booth. The Vatican in Rome is a brood of vipers along the ages and the cause of all abuse, bloodshed and wars all the way through and maybe to come. Roman Catholic scandals are today spread all over the globe, and not only
in Belgium where the author of this chapter lives. Religions can no longer keep secret their horrifying hypocrisy and practices, and the media spread the information. The former Belgian archbishop-cardinal, and that is very recent, did not bother about child abuse in his church, and hided cases of sexual abuse committed by clergy. However, the selfsame Cardinal Godfried Danneels claims that justice must do its work. In spite of this, the Belgian Catholic Church has been hit hard by the sex abuse scandal that has engulfed the wider European Roman Catholic clergy with reports that bishops covered up abuse of in seminars, schools and other church-run institutions. Can the catholic believers still trust their own church? One must be very stupid these days attending church meetings whatever the Christian denomination, a complete waste of time and energy. Let they rather say: “Praised are You Prince of Darkness. By the defiant: through our lusts for delights, we have this drink (the ritual cup with strong wine). Let it become for us an elixir of joy.” (Taken from a Satanic Ritual)

Traditional Satanism possesses two major themes: the Dark Tradition concerning the Dark Gods together with the Septenary system, and opposition to the organized religion of the Nazarene, chosen to be a world religion by Emperor Constantine in the third century. Indeed, and more than ever, Traditional Satanism and Vampirism despise Christianity, and for centuries has waged a psychological war against its teaching and beliefs. Satanists see it as a complete negation of those instincts that urge conquest, vitality, exploration and true knowledge. However, Traditional Satanism more than Vampirism in a way, is much more than simply a rejection of this corrupt, hypocritical and therefore disgusting religion. Traditional Satanism is often regarded as being superior to other traditions because it combines cultivation of experience by often dangerous means, through the development of will-power and energy. For this, read the author’s book, “Becoming Another God, Exercising Your Abyssal Mind Through Will-Power”.

To exercise the will, along the Order of Nine Angles, the so-called “Black Pilgrimage”, a sevenfold way which takes many months, is difficult and even dangerous, but by doing this produces a profound individual change. The young vampire during his period of transformation should also follow this route.

Pathworking, whatever technique, even in worship is the mover and shaker of all Esoteric Groups even in Traditional Satanism and vampirism as well. The Ritual of Worship, meditative communication, dance, sex in full agreement and love, faithful thoughts (prayer), and all those things that “end up” expressing one’s deepest “intent” (beliefs), is very powerful working in magick. No matter what form “Pathworking” takes, it is the essence behind it, which causes it to be filled with energy as located in the Cosmic Tree of Wyrd, as found in the ONA
writings. Pathworking is a Craft that opens our hearts and minds to the experience of the moment.
The Seven Spheres of the Septenary as found in the Cosmic Tree of Wyrd (see above) represent Gates, and each gate expresses an aspect of what is represented by the abstract symbol “Time”. In one sense, these gates join our physical world to those realms created by the evolution of consciousness itself. These realms can be viewed in two major ways – firstly as convenient abstract, bounded by acausal time, and whose most fundamental forms are what the psychologist Carl Gustav Jung called “archetypes”; and, secondly, as having an actual existence, either extra-terrestrial or extra-dimensional, and from there our twenty-one Dark Gods, three per sphere or planet. The spheres are seven. This tradition may be considered as having, like some other myth in whatever religion, a basis in fact, or it may be regarded simply as a mythos, which is a means, soon discarded, to greater insight to one ‘self.

To draw a Dark God or Gods to himself, the author Magister Hagur uses a crystal tetrahedron, or other as shown on his photographs, the quartz ending up in the proposed shape. There are various pathworkings or rituals found in the ONA writings and manuscripts. Just read them.

My faith, as in Satanism, gives one strength, hope, also carnal pleasure and orgies in mutual respect, responsibility, and dark joy (the contrary of what corrupt Christianity is proposing). These all are big pluses in any sinister but spiritual, mindful growth. This is limitless potentiality, which gives us a sense of real contributing to our “destroy and restore” Satanic concept.

Our consciousness must behave in a manner which complements its “containmentary” sinister forces (natural forces but not as proposed by corrupt Christianity as in Catholicism with all its scandals). Our consciousness in any given physical life is contained within the body, and spread in turn within our environment. Having embraced Traditional Satanism, our behaviour, the manifestation of consciousness, must be expressed in accordance with that which contains the Self. We must act in the way that does not disrupt our sinister container. We do not walk into fire because we know that we will be burned.

The Sinister Pathway Triangle Order, like the Order of Nine Angles teaches you how to develop such as extrasensory perception through Pathworking, whatever technique. In doing so, you must be prepared for hard work, and face many possible disappointments as well.

Whatever, you must first of all be absolutely sure of your capacities and inner power. Our “Sinister Pathway” is a craft rich and positive, however, always walk the path of seeking knowledge through the dark light of the gods of the Cosmic Tree of Wyrd, Energies at our disposal.

“I am the Power, I am the Glory, I am another god.”
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Vampiric Personal Magnetism

(Educational and part of forthcoming manuscript “Vampiric Psychic Manuscript)

By Hagur, Grand Hierophant


When vampires are around irresistibly magnetic people in one-mindedness we feel wonderful, we feel inspired, and quick to action. We feel attracted to our community members because they are as ourselves enthusiastic about life; they have a vision, they have confidence in what they are saying and doing, they are energetic. We are aware of their power, yet there is also a lightness of being, childlike qualities of playfulness, openness and curiosity. They are spontaneous and fun-loving. They live their lives without struggle and burdens, they do not have to chase after things - whatever they desire flows to them effortlessly because of their magnetic impulse.

The most recent science tells us that the countless billions of atoms of which the body is composed are charged, each and every one of them, with inherent or native magnetism, the presence of which is necessary to hold together their electrons, and to maintain a sort of solar system in which a central orb exerts an influence over its satellites, and the latter in turn by the magnetism of a force akin to that known as centripetal, keep their distance from the ruling orb. Also we are told that each atom holds a pent-up power that, if let loose, could destroy matter vastly greater than its size. All these engines of force and energy are coming into the body in countless billions daily, serving their mission of making and maintaining life, and passing out to join the great fund from which they were drawn. All this magnetism is known as diffused power; and, it is scattered throughout the body.
This is recognised by all scientists as the basis of a higher use than that which has yet been drawn from it. In order to understand how this higher use may come about, let us review the manner in which the vegetable cell that holds the germ of intelligence is made by “Nature” to collect these scattered forms of intelligence into a collective mass, which is called the brain, and by which the animal is created from the plant.

In the same way the diffused or scattered presence of magnetism in the countless atoms of the body is drawn collectively into ganglia, or nerve centres, and into the brain or greatest of all nerve centres. When the process of collecting this magnetism is carried forward to greater results, there is present in the body a much more active fund of magnetism. When the collective fund known as brain-power is united with the increased fund of magnetism, the result is personal magnetism.

If you will notice the man and woman who are considered the most "magnetic," you will find that almost invariably they are people who have what is called "soul" about them – that is, they manifest and induce "feeling," or emotion.

They manifest traits of character and nature similar to that manifested by actors and actresses. They throw out a part of themselves, which seems to affect those coming in contact with them. Notice a non-magnetic actor, and you will see that although he may be letter perfect in his part, and may have acquired the proper mannerisms, gestures and other technical parts of his art, still he lacks a "certain something," and that something may be seen to be the ability to communicate "feeling."

Now, those who are in the secret of the show business, know full well that many of the successful actors, who seem to burn with passion, feeling and emotion on the stage, really feel but little of these qualities while acting – they are like phonographs, giving off sounds that have been registered in them. But if you will investigate still further, you will see that in studying their parts and practicing the same privately, these people induced a stimulated emotion, such as the part called for, and held it firmly in their minds, accompanying it with the appropriate gestures, etc., until it became firmly "set" there – impressed upon the tablets of the mentality as the record of a phonograph is likewise impressed upon the wax. Then, when afterward they played the part, the outward semblance of the feelings, with the motions, gestures, emphasis, etc., reproduced itself and impressed the audience. It is said that if an actor allows himself to be actually carried away with his part so that he feels the same keenly, the result will not be advantageous, for he is overcome with the feeling and its effect is upon himself rather than upon his audience. The best result is said to be obtained
when one has first experienced and felt the emotion, and then afterward reproduces it in the manner above stated, without allowing it to control him.

**Reading about Personal Magnetism is not enough**

No matter how great may be your ability to read and understand books, that growth, that law, requires time as well as intelligent effort? No matter how poor may be your ability in such respect, that growth is absolutely certain if you put reasonable time and genuine effort into its acquisition.

The giant trees of our parks anywhere in the world were once puny saplings. The slow lapse of time has drawn nature into their mighty hearts. Magnetism can no more be acquired by the mere reading an article, or by hurried practice of its directions, than can these giants of East and West, North and South be produced in the hot-house culture of a northern summer. Magnetic growth is naturally slow. Its principles, its methods, and the results of its study, have to be deeply sunk into and absorbed and assimilated by the subjective self before the reaction of magnetism in the objective life can obtain. If you have read these lines correctly, you have learned that magnetic growth as well as other psychic development cannot be hurried. These statements are placed here because, had they appeared at the beginning of our work, the outlook would have seemed, perhaps, discouraging, but more especially because they would not have been understood. You now understand them because you have toiled, and you can afford to smile at such possible discouragement. You have paid an easy price for magnetic power, for the gains discount the pains.

The faithful observance of these suggestions has developed many surprises during the time occupied. The growth of magnetism involves intense and continuous concentration of thought upon the psychic field, and it is very likely that you may find it necessary to guard against that danger. The method of so guarding is briefly indicated below.

The sole value of magnetism consists in its practical application to everyday affairs. Success-Magnetism is not an accomplishment merely; it is a practical power. When rightly developed and used, it controls the subjective self in the concrete work of the objective. The definition of the goal you have been seeking now appears: Success-magnetism is personal magnetism intelligently multiplied into actual life.
Psychic Vampire Ritual for Development

(A visual help, not a means)

Preparations

The altar should be positioned against or closest to the west wall. A plain black cloth will be your cover. On the altar you will have: two black candles with holders (additional lighting may be provided by black candles throughout the chamber), a ceremonial dagger, a human size realistic looking skull), a bell (the loud, clanging variety), and a chalice.

Optional: Above and behind the altar, at eye level, may hang a black inverted cross (this is not necessary). If you are using a photo of the intended person to help you focus, you may affix it to the wall or place it on the altar.

Music

My favourite music is anything from Black or Death Metal. Quite differently, a fabulous vampires we know loves the theme from Miami Vice. Other choices will include selections from Wagner or Grieg. You may like Type O Negative, Dark Aria by Danzig, or movie soundtracks from Legend, Interview with the Vampire, the Hunger or Bram Stoker's Dracula. Others may prefer opera.
Whatever you choose, remember that setting the correct "tone" is extremely important. Do experiment.

**Elixir**

In this working the chalice must be filled with some strong red liquid as wine *(my choice)* which the celebrant enjoys. But, it really matters not what it is. What is important is that it represents the blood of the sacrifice, and that it is red. None alcoholic grape juice, cherry soda, or tomato juice are also fine choices, though not alcoholic.

**The Black Flame**

This must be placed in the centre of your altar. A sterno can provide the bluish-black flame.

**Dress**

Black, of course! An amulet bearing the inverted pentagram must be worn. Full robe is optional, nudity is not appropriate for this ritual.

**Opening of the Ritual**

Ring bell -- six times in the direction of the south, six times toward the east, and six times toward the north. Lift dagger and point it to the west *(or at crucifix)* -- recite the invocation.

**Invocation**

"*In nomine dei nostri Satanas Luciferi Excelsi! In the name of the Master Satan, His Excellency Lucifer, I command the forces of Darkness and the Infernal Power within!*

*Sung *(if possible)*

**Agios O Lilith**

**Agios O Lucifer**
Agios O Satanas

(Trace a cross with the dagger -- top to bottom, then right to left. This may be inverted or equal armed)

(Light the Black Flame -- continue with invocation.)

"The Black Flame is kindled, and the Gates of Hell swing wide open, revealing the dreaded vampire Caine who comes forth to work His Will upon creation! Beware foolish mortals, for it is my double which now comes and appears before ye!

Behold! I am the god of yesterday, today, and tomorrow - the Guardian of Time and Eternity! Sovereign! Unique! Undefiled in wisdom! Unmatched in strength! I call upon the elements to serve me and the forces of creation to manifest my desires!! Arise! Enter into this Working by the words of which follow:"  

(Again, point the dagger at the West -- recite the Invocation of the Elements:)

Invocation of the Elements

"Caine! Dracul! I seize upon and manifest the power of the vampire. Come forth Caine, that I may use your form to execute my Exalted Daemonic Will! Colour my imagination with stirring legend and folklore! Cloak me in layers of invisibility and secrecy. Bestow upon me stalk and flight - the form of wolf and bat! Enable me with sharp fang that I may pierce deep, sucking hard the rich, fresh warm blood of my chosen sacrifice!"

(Raise chalice towards crucifix as an Offering, dipping the index finger of your right hand into the liquid. As you speak your victim's name below, run that finger over the rim of the chalice in a counter-clockwise direction.)
"I partake of this chalice, the Vessel of Life, and gorge myself on the essence of him/her whose name is as this sound, (victim's name)."

(Drink from chalice - drain it completely!)

(You are now ready to summon forth the Four Crown Princes of Hell! As you pronounce each Name, trace the sign of the inverted pentagram in the air directly in front of you at full arms reach, using the ceremonial dagger.)

The Summoning

"Come forth O' Mighty Prince! Accompany me! Make your presence known to me!"

(face the south) "Satanas!!"

(face the east) "Lucifer!!"

(face the north) "Belial!!"

(face the altar) "Leviathan!!"

The Grand Conjuration

"Behold the spirit of Caine, leaving a black shadow over the earth. 'Beware!! Beware!' scream the ravens of the night!!

By foot, by paw, by wing and claw, I hunt for quarry!! Through the angles of the curved dimensions I travel, flying out across the hot winds of Hell!! Concealed beneath my flowing cape, a crystal reveals where you hide!! I seek you (victim's name), I find you (victim’s name), I track you down (victim’s name)!! Behold, my fangs as I dive for your throat!! Feel my sharp, pointed teeth as they pierce your tender flesh!!
Huge leathery bat wings enfold you and surround you, making a prison from which there is no escape!! Hungry jowls tear into you, sucking deep!! Greedily gorging myself, I consume frantically all that there is!! Fresh life force now courses through my veins!!"

(The ritual now builds to a climax as you directly confront your victim - extend arms, fingers outstretched as if "reaching out" to his/her image. With the effort of your Supreme Will, repeat the following COMMAND several times until exhaustion ensues:)

"I DRAIN YOUR DAYS!!! I DRAIN YOUR NIGHTS!!!"

"With ever increasing power, the form of the Vampire Caine does manifest itself!! Look upon me (victim’s name) Set your eyes upon my stare; you feel pulled - drawn towards my hypnotic glare!! My gaze is as deep as a bottomless well; you find yourself tumbling, falling - you fell!! All awareness is of me. You have forgotten who you are; you have no identity!! You are but a vassal, a vessel, a shell; obey my commands - you are under my spell!!

I drain you. I drain you, again and again; again and again and again and again and again. There is no end, 'til the last drop I have tasted. Your soul is now mine, (victim’s name), you are wasted!!

The Vampire is, the Vampire was, the Vampire shall be; my essence will live through eternity, forever to speak the word which comforts those who dwell in the shadows. Abrahadabra! Abrahadabra! Abrahadabra!

By the powers of darkness and shadow and light, I return to the world of the flesh and the living, ready to strike another night!!"
(Replace lid on sterno, covering the Black Flame.)

(Ring bell in opposite direction to Opening - clockwise.)

"SO IT IS DONE!!!

(Blow out candles.)

End of Rite

There is something more in the rite, but that is the secret of the Grand Hierophant. If you attend the ritual just watch.

Important remarks

Potential difficulties

It is worth noting that you have to be careful not to absorb all the negative psychic crap people tend to give off. One makes easily the mistake of just opening the self to all the energy in an area crowded with people who are likely as not under stress, and have suffered results from nausea, headaches and disorientation, to extreme emotional states such as panic or loneliness. Some people get round this by only feeding when the victim is in a suitable emotional state, only feeding from specific types of people, only feeding from one person at a time in a secluded place, by setting up servitors or shields to filter out undesirable energy, or by doing this manually. Extreme negative reactions only become uncontrollable if the vampire is exhausted, emotionally or physically.

Does it become addictive to the vampire?

It has been known to in some cases, particularly in those of unconscious psychic vampirism. In terms of intentional vampirism for magickal purposes, blood addiction is more usual, although that can be replaced by psychic vampirism under certain circumstances. In the case of psychic vampirism becoming addictive, it does not usually pose a problem, as sources of energy are readily available to most.

An interesting note on the subject of addiction is that in a relationship between individuals who practice magickal vampirism, and the exchange between the people involved on occasion has been known to replace any additional craving almost entirely in many cases.
However, in relationships of this sort, separation even for a few days can be painful and draining for everyone involved, as this practice creates an intense magickal link. For this reason it is advisable to be very careful who you form this bond with.

**Can it become addictive for the victim?**

It is very easy to get someone to come back for more if you come across as the fulfilment of their fetishes and obsessions, especially if you give them a bit of pleasure while feeding, but one needs currently testing a technique of psychic vampirism that is addictive to the victim. Watch this space.

**What role do the emotions of the victim play in this?**

Extreme emotional states of any sort tend to make feeding easier, and energy more obvious however, in my opinion, the most suitable is lust. Some people find the energy they are feeding on to be unpleasant if the victim is in a certain emotional state (*for example, extreme depression*). Others do not notice any difference. It is another aspect which appears to largely be a matter of taste.