

## How to Focus your Energy in Meditation

The best way to understand the elements is to work with them by using meditation and ritual. We will begin with meditation, so that you can have a foundation of understanding that will expand into your use of the tools of magic.

Elemental mediation as I am describing it here, is the state of being and of mind that allows you to be one with the element. This means that with these mediation you will experience each element in a physical, emotional and spiritual way.

How do you feel or experience each element in the physical? You must unleash your imagination and feel what it would be like **as if** you are part of the Air, the Fire, the Earth, and the Water.

What would earth feel like? Perhaps it is a slow and heavy feeling..and water? It is a moving wave of cold liquid..and Fire? It is hot, consuming, and burning. Air is light and flowing. You have to connect with these sensations by at first imagining them until you are able to recall that feeling in an instant through your personal awareness. You will have your own experience that you can relate to. This will be your doorway into perceiving and evoking the elements in your magic and it will enhance your experience as a magician.

How do you meditate on an emotion? This is a focused meditation where you explore all of the reasons and feelings behind a specific emotion that is related to an element. For instance, you focus on the emotion in an abstract way and feel what it means to you, and think about how it effects you and how you experience it.

Each element is related to or associated with specific emotions. While you meditate with each element, feel the physical effects of that specific emotion within your body, because this is the energy of the emotion. For instance what is it that you physically feel when you are afraid? Do you have unsettled feelings in your stomach or are you weak? How do you physically feel when you are angry? How does that feeling effect your physical body?

Of course, it is known that the brain is what controls these things and causes effects within the body, but from a metaphysical view these are also the energies of emotion that effect you in a physical way.

When you meditate on these things you gain an understanding and awareness of your own emotions, the emotions of others and the effects of these things on our environment. You increase your awareness of self and the world around you and you open your perception to new experiences.

The Spiritual meditation is an extra dimension of understanding that you can explore to increase your knowledge and awareness of spirituality. I have added information, insights and brief histories about the demons and gods related to each element that I use in my system of Witchcraft and magic.

Feel free to explore these ideas or search for your own demons or gods (related to each element) to study along with your elemental meditations. You wont be summoning demons until later, when you are strong enough to be able to deal with them with confidence, and after you gather your ritual tools and consecrate your ritual space. The meditations are a supplement to each ritual meditation as an introduction to each of the forces that I have chosen to represent each element.

If you do want to use references of additional demons or gods for these mediations, search for the ones that are related to each element. For instance, gods and demons who are associated with the five elements, specifically, such as Earth demons, Fire demons, and Water Demons. Their stories can be found in the books of mythology that can be found in many places.

You should practice these meditations that I give, one at a time, beginning with ten minutes a day, and slowly increase this to fifteen minutes per day. For instance, depending on how you apply yourself, if you meditated each day, within a month you will have gained a lot of knowledge and experience.

When you have done these meditations and you are ready, you will have a foundation to work with when you do your first ritual.

When I was practicing similar meditations it was several months before I felt that I had a deeper understanding of them, and was able to use these energies somewhat effectively in ritual and spell casting. Years later, learning the basic ideas behind the elemental energies has helped me in other areas of magic and divination. These things are now second nature to me, and they will be for you as well when you use these exercises to make these forces a part of your consciousness.

A month of meditation exercise [a full lunar cycle] is not a long time to sacrifice to learn so much about yourself and the world around you.

Practice your meditation in the morning after you awaken so that your mind is clear. Or, alternatively, do these practices before you rest. You should be in a quiet and private setting where you will not be disturbed or distracted. You can do these meditations with your eyes open or closed. Use dim lighting to close out distractions and focus on the Self. You can sit cross-legged or in any position as long as

you are comfortable, and not restless. If you are physically uncomfortable it will distract you. Your breathing should be calm, and if it helps you to focus, then focus on your breathing.

Meditation will help you in many areas of magic. It does not have to be complicated, although there are many rituals and practices like this that can be very elaborate. The benefits of meditation are two-fold. Depending on the meditation it can help you to calm and focus and center yourself. It can also help to ground your energy or to help you to focus on a concept through what is known as gnosis, like an intimate 'knowledge'.

I do know that this practice has helped me to learn how to focus my mind and it has given me great magical insights along the way, and expanded my conscious awareness. Meditation has also helped me to concentrate and to visualize during magic.

Most people think of practices of the far east when they hear of meditation. Practices like kundalini meditations, yoga, chi, reiki, and other practices from the east are not included in this book, as they are related to Buddhist religion, Hindu mysticism, and other religious beliefs.

These are very complex traditions that some new-age mystics use as a means of enlightenment. Their origins date to more than 5,000 years ago. Some of these methods can be learned through books and on line.

Awakening of the kundalini energy is through a spiritual process shared by the teacher and the student. "In terms of actually awakening kundalini, gurus .. claim that the kundalini is more easily and reliably awakened by the grace of the guru than by individual effort. "<sup>1</sup> (

In some methods of Kundalini Yoga, the pursuit of psychic or magical powers, called siddhis, is an after-effect that is intended to impede spiritual enlightenment. According to them, enlightenment is a process that brings an end to suffering that comes from ignorance.

According to the traditions that these practices are from, magic abilities and powers are sometimes considered to be the after-effects of failed spirituality, making these practices counter-productive to those who want to learn magic and divination.

So, it would seem that yoga, kundalini and some Indian or Eastern meditations are not really useful for magic users, and especially for

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1 Keutzer, 1996 [http://www.yoga-central.net/The\\_history\\_of\\_Yoga.html](http://www.yoga-central.net/The_history_of_Yoga.html)  
[accessed 1/2/10]

satanists, because within some of these traditions, the practice of magic, divination or psychism is discouraged.

"The goal of kundalini yoga is the same as the goal of any legitimate spiritual practice: To be liberated from the limited bounds of the self-centered and alienated ego. " The primary motivation is to move away from physicality, the sensual, and the ego. This seems to oppose the practices and beliefs in (spiritual) Satanism, or in Satanism in general, where a focus on the Self and one's own personal desires and will, within the realm of the physical and the spiritual.<sup>2</sup>

Of course you are free to explore these religious ideas as you wish; but remember that these practices belong to the realm of religion and mysticism, not really useful in magic. These practices have a very deep and complicated history, and some of these techniques should only be taught in person if they are to be learned correctly.

Those who attempt such things on their own often have completely undisciplined personal meditation practices. Time is spent instead to trying to recreate some of their initial experiences by following the guru around hoping for his or her grace. Some people spend 20 or more years in this manner without ever developing an inner core of practice or experience. Time, travel, and devotion to a spiritual quest like that can be very expensive.

There are some new age occult methods, such as Wicca, that have included Yoga meditation and kundalini meditations as a simplified pseudo-mystical practice. This method of mysticism is the pursuit of magic through religious and spiritual aims. It seems that these popularized new age versions of eastern meditations have been overdone by many occult authors.

I stay away from religious references in my magic practices so that I do not have to be dependent on any religious systems to produce magic. This non-religious structure for magic has many benefits - but mostly it is very expedient and practical, and useful to me as a Satanist. The use of demons or gods in magic is of course, completely optional and does not have to be religious in intent.

That being said, here is a non-religious, but spiritual approach to meditation. It is a basic guide inspired by my own work and experience with the elemental energies.

Some meditation guides teach that void meditation is the best way,

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2 Kundalini Yoga Faq

<http://www.eecs.berkeley.edu/~keutzer/kundalini/kundalini-yoga.html>

[Accessed 1/2/10]

because it teaches you how to clear the mind. I propose that you learn how to use focused meditation first, so that void meditation will be a lot easier to approach afterwards.

Void meditation is the silent and thoughtless state of mind that is focused on the Self. This is compared to focused meditation, which can be used to focus on an ideas or for visualization, metaphysical concepts, spiritual concepts and meditations, and to get to the depths of emotions. There are many possibilities using this basic method but here, focus is magic.

With these meditation exercises we are doing two basic things: Learning how to focus, and focusing on each element to become familiar with their forces and energies. You will use all five senses to experience each element. From this you will have a foundation of knowledge and experience that you can use.

Meditation is not a super-power, nor is it a path to super human abilities. Meditation is the focus of the mind, a method that also disciplines the will. Through the practice of meditation you can attract, repel, invoke, evoke, and increase your magical awareness. Its a basic skill that a magic user should have.

There are two main ingredients to successful focused meditation. These are attention, and imagination. Attention is the ability to focus on a task. Imagination is the ingredient that fuels fantasies, visions and desires. A focused meditation is neither too focused or too imaginative; it is a balance of conscious awareness that is created through practice and self-observance.

When you meditate you will be using your mind to guide your meditation, and from this you will have visions. Do not be alarmed, this is only your subconscious surfacing through into your conscious, and you experienced the vision. Acknowledge the thought or vision and then move on. Gently go back into a receptive focus. Enjoy the experience and let it come to you.

It can be frustrating when there is a lack of focus in the beginning. However, you are always in control of where your focus will be. When you become distracted, either within your mind or from your surroundings, acknowledge it but gently guide your thoughts back into your meditation.

If you spend your time worrying if you are doing it right, you will be wasting your time and effort. Your main concern should be doing - the observation of results will come later when you know what you have experienced. Again, gently guide yourself back into your

meditative focus if distractions arise.

A meditative focus is not a trance state; it is simply another avenue of your own consciousness that is a state of focused awareness. Once you get into the practice of it you will be able to do it for longer periods of time if you desire. Its not uncommon for me to spend an hour in meditation without even realizing that an hour has passed by.

Enough can not be said about focus and dedication and actual practice. Wanting to see results at this point is not as important as \*actually doing something\*, and making progress. It is only from consistent practice that you will see results. There are five ways to experience an element. These are through sight, sound, touch, taste, smell, and through the the spirit.

You will approach this method in three different ways using your mind's eye: Mentally, through a guided visual meditation, physically through exercises of invocation, and spiritually through a meditation on each representative god of the elements.

In these meditations, we will begin with Earth [South], and progress towards Water [West], exploring each area of the elemental pentagram. These meditations should be done for at least 15 minutes per day, or as often as you desire.

You do not have to be concerned about 'opening your third eye' or experiencing a revelation. In simple terms, the third eye is the mind and its ability to visualize, so as long as you have been able to visualize (and you have been since childhood) you have been using the mind's eye.

If you experience headaches or pressure during meditation, its time to relax and focus on steady breathing to calm yourself. It's best to be in a calm and receptive state so you may have to learn how to relax while you first start meditating.

These are not new-age meditations or guided visualizations. These exercises can show you how you can experience the energy and essence of these elements. They also show you from my perspective, how these elements relate to demonic forces. Your experiences will be personal and hopefully they will be meaningful to you.

To review, here are some important things to keep in mind while working on meditation:

1. When first starting out in meditation practice, you should try

to find a quiet, isolated area to practice. Try to minimize distraction and practice your meditation in silence. Do your practices when you know that you will not be disturbed. If it helps you, block out the light and experience the darkness. In the dark you are free from any visual distraction.

2. Remember to breathe steadily and calmly. When you breathe incorrectly it will cause tension in your body and your mind will easily wander. It is easy to forget that you are breathing incorrectly when you don't know how it should be done. Practice breathing from your diaphragm instead of breathing from your chest or your abdomen. You will notice a difference when your breathing is calm and steady. You will be less tense and it will enable you to focus on your body and your mind. There are many techniques of breathing but its easy to begin with a simple, calm and steady pace.
3. It is not uncommon for people who are new to meditation to have emotional experiences and personal revelations. When you are finally able to quiet the conscious mind that keeps you busy, you will be able to listen to the subconscious that is within. This journey can be an intense experience, but it is a journey that is experienced from within. The goal is self-exploration and understanding. Once you overcome the learning process and you are able to sustain a meditative state your inner journey will be more focused and direct.
4. Remember to sit comfortably and do not lay down because you may get too comfortable and end up falling asleep. Its important to find a comfortable position that will enable you to relax so that discomfort will not become a distraction to you while you meditate.