Lesson 1: The Foundation

By Dramega

 The Occultist is an entity that cannot be measured by ordinary standards. Nobody knows what he or she is really capable of, nor what their actions consist of. His or her path is impenetrable. You may be their best friend, companion, or even a lover; you may think you own their heart, their affection, or their devotion. And yet, he or she will be an *other*, besides the one you already know. You will become aware of this “other” one only when you enter his or her domain. Then you will feel as if you had been walking along the edge of an abyss.

-Michael Moynihan

 The foundation of any metaphysical regiment starts with developing the subtle skills of visualization and altered states of consciousness. Visualization allows us to peer in to the mindscape with a secure sense of control. This control allows for greater rhythms in developing vital energies and a more even flow within the faculties of the mind. Altered states of consciousness are the key to many metaphysical powers. The particular state of mind is most commonly as No-Mind or the Gnosis State. It is an extension of magical trance.

Visualization

 Visualization is a technique practiced during meditation or performed in combination with other techniques. If you are not familiar with Meditation, I suggest you refresh on that particular topic. Visualization is the act of using the mental frame to control experiences within the mind’s eye. In other words, one can manipulate images, thought forms, and other senses in the mind through the act of visualization. On a basic level, it allows us to gain better control over our thoughts during meditative states. On more complex levels, it aids us in performing complex mental tasks such as programming, trance, or various magical operations.

 To visualize is rather simple. A simple visualization is using your imagination to think of something or recalling an event and watching it play out within your mind. Controlled visualization is the act of placing something within your mind’s eye to see, instead of constant and wandering thoughts. An example of this would be: meditating and focusing on the symbol of a pentagram within the mind. You are visualizing the symbol within the mind. To practice simple visualization, just meditate and focus on various symbols for extended periods of time.

The Circle

The Circle is a visualization technique that can be applied for Energy and Magical purposes.  Its purpose is to quiet outside noise and distractions allowing one’s self to sink into a deeper meditative state.  For energy purposes it can be applied for any simple meditation in order to setup for letting the mind flow, raising energy, or cleansing your energy systems, etc.  For magical purposes it applies to “setting a distinct space,” this distinct space sets your mind’s eye at ease and clears the mind.  By setting place you create a personally sacred domain for yourself in which you can operate in whatever kind of magic you use.  The same concept can be used in conjunction as well.

The Circle itself begins by getting into a comfortable position for meditation, sitting, laying down, praying, however you wish as long as it’s comfortable and sustainable. Begin by inhaling through your nose and exhaling through your mouth.  Take deep breaths each time you do this and place a count on it, try it to ten first, then twenty, then thirty and so on, you’ll find a rhythm in deep breathing that works.  And soon you’ll see yourself breathing without a count and not having to focus on it.  Next as you inhale visualize light entering your body; as you exhale visualize negative leaving your body.  This is the process of taking in good energy and sending out the bad energy.  Do this to a count as well starting at 10, then 20, then 30, and so on.  Soon it will become natural as well.  Now allow yourself just to sit and breath, allowing the energy to flow in and out. After some time passes, your meditative state will sink deeper.  After a bit, begin to visualize yourself sitting in dark room within your mind’s eye.  As you sit here you can see the energy flowing around you from your breathing.  Visualize a piece of white chalk lying next to you, pick it up and draw a circle around you.  As the circle is formed, channel the energy around you into that circle.  See this circle forming protectively around you, shielding you from outside influence. It’s just you within your own mind.  Now take time to bask in silence. Use this consistently while meditating or when you just want to silence your mind.

Senses of the Mind

Now let's discuss the strength of your mind's eye. By strength I mean the strength of your visualization.  This can be determined by testing the 5 basic senses within your mind's eye (sight, hearing, taste, touch, and smell).  Choose something that associates itself best with each sense. If you do not have a journal, please start one here. It is a good idea to write down experiences and experiments to see how you have progressed. Make sure to write down each sense and the associated object. Meditate and focus on the 5 objects.  See how well you can draw upon each aspect of the senses within the mind's eye. Practice drawing up each object in your meditations over the course of your training, making the visualization as intense as possible.

The next step would be to test longevity.  Choose something new for each of the 5 basic senses. Begin doing meditation sets to see how long you can focus on the one thought. Record the initial readings and work up to beating your old score. If you’re looking for some kind of parameters, try moving up in 3 min intervals. For example: 3 min Meditation 1, 6 Meditation 2, 9 Min Meditation 3, all for Hearing, etc.

  After working with each sense separately, try putting them all together.  Record 1 detailed memory and 1 fuzzy memory. Use each sense and visualization to go through the memory in detail, experiencing each aspect of it.

Altered States

 Altered states of consciousness are the key to many metaphysical abilities, especially in the magical areas. The following information will aid in visualization training, but the above information was intended to give a taste. The prime goal of anyone practicing meditation is to stop the internal dialogue. This stops the erratic thought flow and leaves only focus, making the mind equivalent to that of a well sharpened sword. With this sword, one can accomplish many feats, such as: magical operations, sigil work, casting spells, invocation, evocation, complex programming, etc. This state of mind has many names, for now it will be for referred to as the Gnosis. I will go in to further uses on what Gnosis is used for in later lessons. Now the main focus should be is accomplishing it.

 Methods of achieving Gnosis can be divided in to two types. In inhibitory mode, the mind is progressively silenced until a single object of concentration remains. In the excitatory mode, the mind is raised to a very high pitch of excitement while concentration on the object is maintained. Strong stimulation eventually elicits a reflex inhibition and paralyzes all but the most central function, the object of concentration. Thus strong inhibition and excitation end up creating the same effect, the one pointed consciousness, or gnosis.

 The choice in which method to use is based on one’s personal paradigm and how they feel about practicing. I will list various methods from both inhibitory and excitatory. If you feel that none of these please you, feel free to search for alternative methods. However, there are some methods that will not be listed here due to safety reasons. If you choose to use those methods, please do enough research and do so with responsibility. GT does not promote the use of illegal drugs, lol.

Inhibitory Methods

Trance Meditation

 This is the most basic of any method, but one of the more difficult depending on the practitioner. One will begin by choosing a comfortable position and performing a basic meditation. The key is to not move at all, if a pain or itch comes up, do not move! Once this aspect is accomplished one can move on to the second aspect. One must breathe full deep breaths and maintain focus upon them. Breathe slowly, in and out. This needs to be practiced until it can be held for up to thirty minutes. The next and most important part is clearing the mind. After accomplishing breathing, begin to fight off any invading thoughts. If a thought enters, destroy it. If you think of a result of this, destroy it. The point is to have NO Mind. Once the body numbs and the mind sinks, only to feel the body within, one can possibly achieve trance. It is unique for everyone. This type takes practice.

Gazing

 Gazing can be accomplished through one of two ways. The first way can be accomplished by finding a mirror and gazing at yourself with an unblinking stare for long periods of time. Once again the point is to maintain focus, and keep the mind clear. The other way to is, find an object or something from nature and gaze upon it in a similar fashion. Gazing focuses the mind’s attention on one thing and blocks other thoughts. Some things will need to be blocked out in the beginning. In time this skill can be developed to gaze upon an object for focus and maintaining trance.

Additional Techs

 Fasting is an additional technique that can be used to gain gnosis. However is you are not used to fasting, it is good to practice with it. Exhaustion is another way, by wearing the body down we let go of the rational mind. This option can be used in conjunction with meditation, but should only be used if practiced beforehand.

Excitatory Method

Emotional Arousal

 Using various emotions to paralyze the rational mind in order to quiet its erratic banter is optional. However the feeling must be genuine and must be well planned. Also, one must be able to maintain their thought process in order to gain gnosis. An example of this would be fear. If you’re afraid of the dark, try meditating in the woods and night. The fear will paralyze higher thoughts, but have your mind racing. Quiet said thoughts and focus on nothing. Just let go and you should achieve gnosis.

Dancing, drumming, chanting

 Using some type of tribal setup can work as well. Dancing exhausts the physical body while making the mind focus on steps. Drumming puts the body in motion and makes the mind focus. Chanting causes the mind to focus on rhythms and also shuts out thoughts due to the repetitive nature. Each one excites the mind until exhaustion and at that peak gnosis can be achieved.

Additional tips

 Sensory overload is an option for those having trouble. Be careful with this however. It is achieved when a combination of techniques are used together. The stimulation of many senses from a variety of techniques will push the rational mind to a peak, thus leaving only the central focus. This can ultimately achieve gnosis. It can also be used in the inhibitory sense, but is more functional in the excitatory method. Be careful when mixing various methods.