

# CASA UMBRAE PRESENTS

# Magic Manifest

The second volume of a continuing series of articles, experiences and tutorials on psionics, metaphysics and magic.

Compiled and edited by Heron  
Featuring contributions from Caz, Cccy and Alusa.

[www.casaumbrae.tk](http://www.casaumbrae.tk)

VOLUME III

Released 1st of May, 2011

# Introduction

The Magic Manifest is a project that began on 11th November 2010 on the Casa Umbrae forums. It aimed to produce a newsletter exclusively focused on magical topics. Many were happy to take part and soon an issue was produced and released two months later on the 11th of January 2011. It contained articles, tutorials, photos and personal experiences and findings with magic, psionics and the energy arts. With each article, we receive more and more contributions and so offer more content. We aim to release on the first of every second month, with the next issue available in July 2011.

The Magic Manifest can be downloaded from [www.casaumbrae.tk](http://www.casaumbrae.tk) for free.

Submissions of content for the Manifest are welcomed even if you are not part of Casa Umbrae, although you are encouraged and invited to visit us and become a part of the [forums](#) and [IRC](#). Even if you have never written before but want to share your ideas or experience we can lend a hand in proof reading, grammar, and the like. Photos and non-text submissions can be used too, such as the art-style sigils of SilentDragon.

We've worked hard and hope you enjoy this latest issue!

– Casa Umbrae

# Credits

## Articles and Text

**Spellhawk** – Q&A

**Casa Umbrae** – The Veil

**Mattman** – Fey Experiences

**Heron** – Magic and Psychoactives – Part One

**Cccy** – Psionics Guide – Part Three

**Caz** – Orgonite – Crystals and Additives, The Gifting Movement

**Alusa** – On Telepathy

**Pete Carroll** – Where do we go from here?

**Azure Phoenix** – Techs For Energy Maintenance

## Graphics and Photos

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Heron and Caz

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# Questions and Answers

*Questions submitted by many, answered by Spellhawk*

## General

### **What are ghosts and how does it relate to geisting?**

Ghosts are the spirits of people or animals that go about places, drawn to their remains or where their energy is in objects. If they're riled, then they can act like demons or poltergeists or other types of beings. It sometimes takes a year or more for the ghost to dissipate and go to where they think they be destined, thus they can haunt a place.

Humans can geist people, acting like ghosts or other beings, and this be where the are sending their spirit through projecting to haunt someone or someplace. Some get caught and 'stopped' for it. And, interesting enough, some people geist others to punish them.

### **A white fairy has shown up lately, what type is that?**

That's an air sylph, its like an fairy it can give you what you want. Ask a need and you get results.

### **Why have fairies and slyphs shown up all of the sudden?**

A good sign. It means an energy activity will occur, such as using the fairy mists.

### **What is the Veil?**

The Veil is a placed wall that exists in a dimension all on its own. It separates the other dimensional energy world from ours. Things can pass between the wall as the mind allows for it, including the energy. The things that pass through will seemingly make a 'hole' that is placed in the wall in your mind.

[See this Magic Manifest edition's article on the Veil.]

### **What is the secret to effective idea?**

Knowing, as you know the effect that's represented by idea and you use the knowledge, you

actually more effectively gain insight and effectiveness to the idea you want to express.

You can

gain knowing through gnosis, experience and observing. Gnosis is the pulling of info from thin air as to what things are, in this case.

### **What is intention?**

Its a focusing thought that be used by the subconscious and this thought is the intent of any action.

## **Magic related**

### **Can two people from different times be in the same room without a paradox or something?**

When one sends themselves, mentally to that room then they can be in the same room.

Time-wise, anything is possible.

### **Why can I manifest a subconscious of anyone I can imagine?**

That you can communicate with, but doesn't effect the person at all is possible by the subconscious. The subconscious will is powerful as it can manifest anything if you think on it. So, it can easily manifest any subconscious.

### **What are the chances of an action of burning oneself having the result of many dictatorships being shaken and break?**

That only happens if you use the action intent to have many dictatorships shaken and break. As such, you burn yourself.

## **What is magic exactly?**

Magic is the idea you have that's needed and will and the subconscious enact the effect that you want. That be if you have a strong enough connection and will.

## **How does religion affect magic?**

Religions can influence magic and magic can influence religion. However if you combine the two, then you may get a stronger form; a prayed faith spell that uses faith and directed magic.

## **What do you consider magic for in applicable uses?**

I consider magic to be useful in most cases, as it can help make things easier, less stressful, and amongst other things, it is very unique as it can solve problems, even without you knowing the details.

When you use magic, and every time you use magic, things become easier to do, you can get better results and when you focus in on things, you may more likely find it will manifest, as to make itself happen.

## **Psionics**

### **Who made up the term psionics?**

B. P. Wiesner and Robert H. Thouless first proposed the term "psi" in 1942. Earliest known sighting of the term "Psionic" is in Theodore Sturgeon's novel "More Than Human" in 1953. Source: [Wikipedia](#) and <http://sphynxcatvp.nocturna.org/faq/lex-psi.html>

### **What are psi techniques?**

Psi techniques are the actions that you take to cause the effect, that may happen because of energy. This energy is necessary to create from the mind, the effect itself. An idea that's focused is required to make the effect work. When it works, it forms as manipulation.

### **Why do psionic acts tire out the user?**

The act of psionics comes from the self, to direct the energy outside and this includes the objects energy. The more you do, the more tired you can get during a single session. The more you rest after, the more you regain your energy. If an energy headache occurs, then you overspent your available energy.

### **When meditation is improbable due to a busy lifestyle and one can't practice online, what're good ways to incorporate psionics and magic into daily life?**

The answer to the question be to focus your mind and feel energy flow as ya link hands.

### **How about if you are too busy and do not have people who would not consider holding hands weird?**

Release the energy of the stress to the air as you do the hand holding and unlink the hands in the bathroom. Then turn you hands up and down and up after washing them.

### **What of telepathy?**

Just think at the person. Receiving, not sending is to close your eyes and try to listen in to the mind as you will the subconscious to do so. Stress the temples with finger rubbings as you do and the person might think your with headache. Otherwise look here <http://alt-sites.tripod.com/psi5.htm#midred>.

### **How would be the best ways to verify?**

Ask them about it, if you're not afraid of getting into others business.

# The Veil

*By Casa Umbrae*

"The Veil" for lack of a better term is this huge expanse on the edge of reality. One may see it like a huge semi-translucent purple wall of jello. It is incredibly durable. You can open or blast holes in it, but it will reform and regenerate like 'Flubber'. It can be breached possible but there's a barrier that's part of the wall that prevents it from being breached completely and thus have energy flood out. It's not yet known how to get past that barrier.

The Veil is commonly known in the magical community as "the Wall." It is presumed to be the barrier between astral and physical, but that's not exactly true. Fact is it is the boundary which holds magic away from the physical, it is literally what's making the magic not as effective on physical as it should be. Some people, think that the veil must be protected at all costs. In reality, the more holes in the veil, the bigger these holes, the more veil as a whole is thinned or completely destroyed, the more magic will be present in our reality/plane/dimension.

Beyond the wall is the endless 'schism' of energies. Damaging the wall causes the energies to leak into our realm like a waterfall. Energies from our dimension seep like dust back into the wall. It's possible the "bouncing" of energy has slowed or hastened, resulting in either the image of a faltering "wall" as the result of slowing, or the "wall" is less effective as a result of a hastening. It might be considered a natural cycle or doomsday because it's possible that if it disappeared, time would lose what little concise properties it has, space would 'double back on it'.

Other names for The Wall are, "The Barrier", "The Purple Gate", "The Big Purple Jello Wall" and "The Gauntlet".

Some think that opening the wall is dangerous. Some think it a source of energy to warp the world. Those that put the wall there felt it was the only way to block out uninvited intrusive behavior. But we can manipulate the way things pass through it.

And, our mind makes the idea of a hole in the wall to represent that. The more that passes through, the bigger the appearance of the hole in the wall. However, some think that all mass moves through the wall regularly, that it is a byproduct of time and bouncing.

In other words, it's one of the borders of another realm, where you can manipulate the wall by thought. When holes were punched in it, there haven't been that much in repercussions. Except that magic became much easier and all you need to do now is state the spell to get the effect.

Also, wounds are more easily achieved, except we got used to it. I call the hole in the wall, a tap of life energy.

There's a very interesting theory about it only being present in the solar system, but our sub-consciences felt the need to get protected and placed the wall by instructing the higher beings to watch over us and place a barrier.

Either way, we should put all of our efforts into widening holes, creating new ones, etc, to get more magic possibilities. One could argue that we crippled ourselves more and our ability to defend against things like that by putting up the wall in the first place, especially considering the same criminal elements present in fey and human society. At least if it were down we could have a more direct effect on them.

It is destined to fall, as it isn't always possible to keep it up all the time, so it's running out of energy, allowing more and more attacks through. There was no peace of mind before it was put up, then it was up and we knew peace. Some have a prophecy, that it will fall completely in around 5 months. And when it falls in the night there will be no rest for us. But we will know power and a clarity of minds. Beings will be able to come freely again and there will be possessions. There will be little peace of mind in those days.

# Fey Experiences

*By Mattman*

When I first started noticing the fey, I was at work, bagging.

At home, I saw them near my computer facing the monitor. What I noticed was when they appeared, they appeared very close to me, within 1-2 feet. They looked like dark dots. They started following me to work.

Some Drowish fey were influencing my mind this morning with death thoughts and energy.

So the light fey like me and dark fey hate me. When I tried the yellow chakra shield, it felt like a warm blanket was over me. It was total peace and happiness.

They were freaking my mom out by making sparks in the air purifier. When I started to notice the light fey, I was trying fairy magic. One darted across the room, when they did that, they appeared clear. They seemed to be doing things on their own- playing and doing other things.

Perhaps you're wondering what the fey are doing now. One light fairy appeared near the sunshine on the front door. There was a dark one near me, though I'm not sure as the dot is a lot bigger, baseball sized. I saw one fly upward slowly, part black, and then a flash of light. It flew diagonally upwards and looked like genie smoke.

I asked the light fairies for help, so I talked to the light fey mentally, and told them I would give them chocolate. Projecting the smell of chocolate to them, I asked for help seeing into the future and help with trances. Time seemed to be distorted.

They listened. One appeared as a pure white flash. My head felt cooler. I started conversing with them again and I asked for the dark fey to be driven away, offering more chocolate later as payment. The room felt colder and the air seemed cleaner. I also saw what appear to be flies, but on second glance were black lines.

# Magic and Psychoactives - Part One

*By Heron*

Psychoactive drugs are part of life for nearly everyone. Many people use drugs in some form or another, and those that don't at least know [of] someone that does, even if it's just coffee or the occasional drink. Humans in general like to play with their cognition, some more than others, and drugs are an easy way to reach an interesting state of mind with a myriad of mental and physical effects and strengths that range from slight augmentation to changing your world to something completely alien for a period.

These countless mind-altering substances are of importance to humanity (and animals too!) but are of special consideration to a mage. Not just as a human but as a magic user you must decide on what drugs you'll put into your body, if any, and you should understand how they affect your physical body, your energy body and your magical path in general. Some might help your magic temporarily, some might mess it up, some might raise your vibrations, some might lower them. Nearly anything can be abused, but as well, some things may be surprisingly useful to magic if used properly and with care.

Using drugs to create a magic-ready consciousness is called chemognosticism, especially in the chaos magic community. Bear in mind that much improper use of drugs can and will damage your energy body, likely with 'holes' where the energy is blackened and dead.

Please do not combine drugs you're not experienced with and do not drive or go to dangerous locations when intoxicated. Use a sitter whenever possible.

Because it draws primarily from my personal experience with certain drugs and their effects on magic, this article is not exhaustive, although this list will include some fairly common ones. More parts of this series may become available as my personal experience grows, and you can feel free to email me at [agentheron2@yahoo.com](mailto:agentheron2@yahoo.com) for your input and ideas. I apologize for not including ecstasy, psilocybin mushrooms, cocaine or meth, but I've never tested these yet. (And some I very well may not!) This is

not a recommendation to use drugs of any sort, but a documentation of my experience of their effects and those effects' relationship with magic use. And no matter what, always research something before you dare to put it in your body!

## Hallucinogens

### Cannabis

*Marijuana, weed, grass, bud*

Cannabis is the most commonly used illegal drug in the world, right behind cocaine. Although many countries are starting to loosen up on its use, it's still illegal most places you go. (Personal use is accepted to varying degrees in certain places, such as Belgium, Holland, Canada, some US states, etc.) Its many unique, medical uses are also becoming more apparent. In the United States, it and its non-psychoactive version called hemp is illegal mostly due to paper industry lobbying in the 1930's. (Hemp has an extremely rich history dating back to ancient times and has widespread uses in industry, such as bio-fuel, textiles and fiber, paper, etc, just as does psychoactive cannabis.

Cannabis comes in various qualities and on the high end, (no pun intended,) there are hundreds, maybe thousands of various strains with noticeably different effects. The effects of cannabis generally include some euphoria, a dream-like state of mind, the munchies, (feeling very hungry,) red/bloodshot eyes, and auditory/visual hallucinations. (Usually not too extreme unless you've had a lot.) The buds from female plants are the only majorly psychoactive part, not the leaves, but other preparations of cannabis include kief, hash and hash/honey oil, which are more potent, sometimes greatly so.

Cannabis has a profound effect on magic and so its acceptance among mages is split; where some see great value in it, some see it as valueless or even harmful, and some are too stoned all the time to care. From my experience, cannabis can indeed have some very useful effects on magic if used properly. In the short term, it increases sensitivity to magic and eases use of magic by putting you in a more fluid mental state. However, the possible magical benefits can easily be nullified by using it purely for recreation, (which is easy to allow accidentally unless you are using cannabis very specifically for magic.)

Profound thoughts and realizations related to life and magic are common with use. Your aura vision may be increased, as well as your 'feeling' ability, (seeing without sight.) New magic techniques may present themselves spontaneously, and you use them with relative ease, just *knowing* how to. Social interaction may be hampered as far as speech, but your ability to feel out others, connect with them, 'read' them- these may all be greatly enhanced.

On the other hand, you may easily be given to hallucinogenic delusions, basking in the euphoria and dreaminess rather than using it for a tool. For some rare few, you may become psychologically addicted to it, needing your puffs but forgetting the magical, meditative and musing values of cannabis. Recreational use is not necessarily a bad thing, especially infrequently and especially compared to certain other drugs, but using it constantly for recreational use can cause you to become lazy and stop doing things, including magic. Yes, weed can catalyze using more magic, or it can cause you to practice less. Your vibrations are temporarily raised, but you can easily end up with lowered vibrations when you're done if you're not careful.

All in all, cannabis can be an exceptional tool, both for magic and fun/relaxation, but like anything, it will have an overall negative effect on you if you do not use it with caution. The key, I find, is to use it for specific sorts of productivity, (magic, thinking, writing, art, etc,) and avoid simply giving yourself over to the fun effects.

## **LSD**

*Lysergic acid diethylamide, LSD-25, acid, tabs*

LSD is the gold standard of hallucinogens, although it's less common these days. It creates trips that last 8-14 hours, usually starting between one and three hours after you take it. It usually comes in tabs of paper blotter, but can also be found in diluted liquid form, gel tabs and tiny "Microdot" tablets. Hits range from virtually free to as much as \$15 per tab, at least in the US. LSD is extremely safe and impossible to overdose on, so if you know your stuff and play it smart, there's virtually no physical risk with LSD, although it is possible to overdose on LSD fakes, such as DOB. "If it's bitter, it's a

spitter," they say. Personally, if I received a bitter tab, I would only take one, to get a feel for what it is without much risk even if it is DOB or something that isn't quite LSD!

LSD's magical use is fairly similar to cannabis, with some key differences. Similarly, it can create unique experiences with profound thoughts and feelings, it can create a useful state for magic, and it can also be wasted or worse, have negative effects. Unlike cannabis, not many people do LSD very frequently, so your experiences may be few and far between, so try not to waste them!

Like cannabis, a tricky aspect of using LSD for magic is to tell the difference between extrinsic (although fun) hallucinations and actual magic perceptions. This may be harder than you think, but it's a necessity; things you discover on LSD might not be accepted as anything more than hallucinogenic delusions and nonsense by most others, but only you will know what was frivolous and what was useful knowledge gained. That connection with the universe you might feel is real, and you can use it to your advantage, or you can just sit back and watch the fireworks with little but some fun memories gained.

What precisely you can more easily accomplish on LSD is hard to say, but, again, it's sort of similar to cannabis: your mind is opened! Abstract systems might pop into your head or you might suddenly understand things from a completely different point of view. A lot of them might seem to make sense but have little real use, but some of them might be revolutionary ideas that you can permanently integrate into your life. Memories may also come up, and you might 'deal with them' in a way that leaves them, well, dealt with- positively, permanently and properly. (From what I hear, MDMA, aka ecstasy is also used for this purpose with good results.)

Contact with non-physical entities is likely, although it might be hard to tell between hallucinations and actual contact. Some ways to differentiate between them: consider why this sort of being would talk to you right now and see if it makes any sense. If you're a decent mage and on acid this should give enough boost to your magic 'feeling' that you can figure out certain facts such as why they came to, and if it seems to make sense, it's more likely the being is real.

In general, these entities should just make sense. Not that a guy in a business suit with long, black hair and a cat-head-shaped bag over his head makes sense to a normal, sober person, (yes, I met such a thing,) but if he's an actual entity, it should be easy to tell. Does the thing feel real, or just like a frivolous hallucination? Does it have depth like a real being should? (In my case, it seemed cat-head-bag-man was a shady energy loaner/trader who noticed me and wanted to do business. He wanted 'core' energy from my self in exchange for large amounts of plain energy so I declined.)

You might even accidentally (or purposely) create a construct that is sort of forged by the nonsensical whims of your trip, (more common than you think.) In that case, just realize it for what it is. And that's really what you always want to do with the LSD experience- understand what you're experiencing and accept whatever it is for what it really is. Don't play games with yourself if you're trying to get something serious done, just do what you plan to and see what you can get done in this mysterious and intriguing state.

## **Salvia Divinorum**

*Lady Salvia, Diviner's Sage*

Salvia is a sage-type herb from Central America that is legally available in much of the world. Despite being safe, (in terms of toxicity, which is probably completely negligible with salvia,) legal and easily accessible in a lot of places, it is extremely potent and, done in sufficient dose, will leave you completely at the mercy of a bizarre and potentially very threatening world for the majority of its short (10-15 minute) duration. A sitter, someone sober to watch over you while you're under the influence of the substance, is highly recommended with salvia, especially for the inexperienced.

Salvia's leaves can be smoked and plants can be purchased, although they are fairly difficult to grow. The most common method of ingestion, aside from traditional, shamanic preparations in Mexico, is smoking varying levels of extracts through a pipe. These extracts, ranging from 5x, 10x, 20x, 40x to 100x and even more, are available online and through head shops in many countries, including Canada, the UK and most of the US. The number indicates the concentration of psychoactive chemicals, (mostly

salvinorin A,) versus what an average salvia leaf might have. In my opinion, 20x is the highest one should go and even with that, it doesn't take more than one big hit (inhalation) of a pinch to you into a mind-blowing salvia trip.

Salvia's experience is very unique, as is its use in magic. Although it is by default a more serious and spiritual substance than cannabis or LSD, it can still easily be wasted-distracted by good effects, bad ones, or simply the completely oddity and novelty of it. To actually make use of salvia, you have to have a lot of will and purpose, not just in your head, (because chances are your mind is going to sort of clear out to make room for all the oddness that salvia brings,) but your whole self needs to actively pursue some certain thing if you expect to get it out of the salvia ritual.

You should really look on what you're about to do with somberness and intent, or you're bound to get spooked or get nothing of substance. When you puff on a joint of weed, you're going to get a fairly long, even-strength experience where, if you screw around some, you'll likely be able to remember what you wanted to accomplish and get back on track. With salvia, you don't have time to waste on getting scared or caught in the novelty or fun, you have to do what you came to do. Even if you don't have a particular goal, you must decide beforehand to *listen* to the salvia intently!

## **DXM**

*Dextromethorphan, robi, cough syrup*

DXM is easily available in the US and other countries through various cough syrups that use DXM in small doses for relieving coughs, most notably Robitussin, which accounts for the nickname "robi" and the term "robo-tripping," as does the depersonalized nature of the experience. Extractions using solvents can produce relatively pure DXM Hbr, (though it's not very safe,) and cold-water extraction of the Delsym brand only can produced relatively pure time release DXM with no hazard from leftover chemicals from extraction.

The DXM trip is fairly long and can be fairly uncomfortable, such as creating nausea or general dysphoria. And while many people who use DXM get it from chugging cough syrup, I don't recommend this as the syrup is specially designed to be nauseating and, combined with the potential negatives of the DXM chemical itself, can make an extremely unpleasant experience for most people.

The experience itself occurs in fairly distinct 'plateaus' where different effects are much more prominent. The first plateau is more like a stimulant, the second sort of like being both drunk and high on cannabis. The third is like the second but more depersonalization and hallucinations, and the fourth plateau takes the depersonalization and hallucinations to a higher level. (Third and fourth can be extremely harsh so it's recommended to approach them very slowly and cautiously, if at all.)

DXM's use in magic might be less apparent to a user, especially the higher in doses you go. I have never tried magic in the third dose or higher, so this will cover mostly second plateau use. (See various sites on the internet to calculate body weight-dose/plateau ratios.) Like with alcohol or cannabis, the experience itself can distract you from magic use, (even if it's negative,) but it can also be used for magic for sure.

DXM can have a cannabis-like effect in increasing general sensitivity, helping as well in picking up small details and realizing abstract ideas. Various systems of enacting magic may become apparent and available, possibly with more clear meaning than cannabis ideas. Still, it's overall harder to use magic while on DXM than with cannabis generally, and can quite possibly make magic even harder to use than when sober depending on the person using it.

## **Synthetic Cannabis**

*K2, Spice*

Synthetic cannabis is usually a mix of herbs sprayed with synthesized cannabinoids, still legal in some forms but becoming increasingly illegal across the US and Europe. Spice and K2 are two common brands, although they come in a variety of brands and flavors, many capitalizing on terms that denote strain and quality in real cannabis terminology, such as "Sticky, Blueberry, Dank, Kush," etc.

The chemicals that impart the high are newly discovered research chemicals that, until recently, were not illegal in nearly any countries. Although the high from synthetic cannabis is considered similar to real cannabis by some people, others find it completely different, and myself and many people actually find it to be a wholly unpleasurable experience. Its experience is like cannabis without the fun, shorter with more side effects, and the substance itself is like cannabis without the medicinal benefits or safety profile.

I can't imagine that during the short but unpleasant, weed rip-off trip that synthetic cannabis brings would one find their ability to perform magic amplified or much eased in any way. Any use in magic that one would find, I imagine at least, would be less than any of the other hallucinogens' effect on magic, and would likely be more akin to alcohol's effect, if not significantly lower. I would recommend to stick to the real stuff, as its benefits, recreational, legal, magical or otherwise don't compare well with the real stuff.

# Stimulants

## Caffeine

*Coffee, tea, caffeine pills*

Caffeine is an extremely common drug found in tea and coffee in most places in the world. In the morning coffee, the lunchtime tea, the daytime chocolate and even in many medicines, caffeine is used both medicinally, such as for headaches and migraines, and even more commonly, as an energy and focus boosting stimulant. It is relatively mild but can become addictive with frequent use, which is common. Withdrawals from frequent use can cause migraines and nausea, and drinking too much at a time can cause anxiety and rapid heartbeat. Causes dehydration.

Caffeine doesn't have a strong, direct effect on magic except perhaps a bit more energy overall. Most of its use is by proxy- through boosting your body and mind and thus giving you some energy, focus, positivity and initiative, something that can easily be used for magic or non-magic stuff, so you must use it specifically. Caffeine combines well with other drugs for both magic and non-magic use when not overdone.

## Amphetamines

*Speed, Adderall, Vyvanse*

Amphetamines and dextroamphetamines are commonly available in the US and Canada through prescription Adderall, which is available in both instant release and extended release forms, and is actually 75% dextroamphetamines and 25% amphetamines (similar drugs). Although amphetamines, or speed as it was commonly called were available frequently in the past in dancing and club scenes, methamphetamine, a more potent, cheaper, more harmful and easier-to-make amphetamine-type-drug has overtaken it in popularity, even stealing its most common street name "speed" for itself.

Amphetamines are perhaps somewhere between caffeine and cocaine, with a longer but more even effect than coke, but they speed can still be extremely euphoric and exhilarating with high doses. Tolerance builds very quickly and addiction builds with more frequent and larger use. Nasal and oral are the most common routes. Dehydration and increased urination likely, as well as some vaso-constriction. Feelings of focus, restlessness, invincibility or increased strength, euphoria, initiative, talkativeness and clear thinking comprise most of its effects.

Stimulants such as amphetamines, methamphetamines and cocaine cause your energy to go erratic. Although they can increase your focus and thinking ability substantially, they can also distract you with their euphoria or reckless action. Amphetamines is the least likely of these, but it can still cause that, especially with higher dosages at lower tolerances.

If used properly, it can certainly allow you to focus on a task and use energy fluently. It can cause thinking to become more coherent and connected, unlike hallucinogens and depressants which tend to cloud thoughts or generate more abstract ones. In this regard, low doses are good for use similar to extra-strength coffee, but I do not recommend that amphetamines be used in high doses as a crutch, as this tends to be potentially damaging or at least facilitate useless sorts of recreation. Feel free to experiment but frequent dosage in anything high at all is not likely to do much but harm a crutch.

## **Tobacco**

*Nicotine, chew, snuff, cigarettes, cigars*

Nicotine is a commonly used stimulant found primarily in tobacco, where it is smoked and chewed all over the world. Although tobacco claims the most lives worldwide out of any drug, it is still frequently used and legal in most countries. Frequent use of tobacco products can lead to lung and throat cancer, heart disease and a myriad of other cancers and life-threatening conditions, and even using e-cigarettes that vaporize

nicotine solution or nicotine packages which do not contain tobacco can still itself cause health problems.

Nicotine has some depressant effects as well as its primarily stimulant effects, causing increased heart rate, feelings of relaxation and even euphoria, mostly in new smokers, as well as causing relaxation of the muscles. It works on the dopamine system, which is a cause of its addictiveness, which can cause extremely unpleasant withdrawals.

Infrequent use is also common and is, for example, used widely among Europeans that smoke cannabis, who tend to roll approximately 50/50 'spliffs' of cannabis and tobacco in rolling papers rather than joints of cannabis only.

It does not have a strong effect on magic, but like most other drugs can either distract one from using magic or, in some cases, be used to help one to, such as by changing their assemblage point. Indeed, though, it has little use beyond that and some relaxation or fairly brief, extra focus.

## **Depressants**

### **Alcohol**

*Booze, grog, liquid courage, blood of Scots, etc*

Alcohol is an extremely common drug available in most of the world in a variety of fermented beverages, ranging from beer and wine to high-alcohol, distilled liquors. It is a depressant that causes euphoria, depression of the central nervous system, decreased inhibitions and physical balance, some anesthesia, etc. Although it is legal in most countries, is an extremely dangerous drug that is a frequent cause of death related to both illness and car accidents.

Alcohol should be used cautiously with the experienced and inexperienced alike, as it can become unpleasant or unsafe fairly easily, and even unsafe for others if one is driving or in an otherwise dangerous circumstance. Its direct effect on magic is not extraordinarily strong, although its effect on the user itself are considerable. As well, it

can open you up to demons. Magic effects may become more direct and even effective, if more whimsical. Openness to new systems and somewhat abstract thoughts is certainly possible, and lends itself to ways to perform magic, especially while the alcohol is in effect.

Alcohol, like stimulants, can have a use in magic or at least be used some without hurting it if careful, but likewise it can be harmful to the user and their magic if not used carefully. Over-dosing is easier than one might think, especially if care is not given to maintain alcohol content relative to your body weight and the contents of your stomach, which affect absorption of alcohol. In any high dose, though, it can make one egotistical and tends to inhibit magic rather than help it. Take care and learn how substances affect you and your abilities!

## **Painkillers**

*Opiates, codeine, vicodin*

Opiate and opioid painkillers are available in many countries with prescriptions, usually related to painful injuries or illnesses, or after major dental operations. They are most commonly paired with acetaminophen or ibuprofen in combination medicines. They are used most commonly to treat medium and major pain, chronic and acute, but have some other, less frequent uses, such as as diuretics. Opiates are chemicals such as codeine and morphine that are found in the poppy plant, or opium, whereas opioids such as hydrocodine or heroin are made from chemicals related to those found in opium. They are all addictive, although they range in strength from codeine to heroin and vary in primary effects.

Opiates and opioids likely do little to help magic, and their use is mostly recreational, although they might change the mind in such a way that facilitates magic-working to some extent. Frequent use of any of the strong forms, such as morphine, methadone or heroin is likely to screw you up overall so bad that your magic will be damaged too, so overall I recommend to avoid opiates except for medical use or occasional recreation.

# Other

## Nitrous Oxide

*Laughing gas, whipped cream cans*

Nitrous oxide is available in many countries in the form of whipped cream and whippit cartridges for creating whipped cream. It is also used by dentists, at least in the US, to relax and partially anesthetize patients during various operations. In clinical settings, it is usually found in 50/50 form paired with oxygen, whereas by recreational users it is in pure form. Its only real threat is that it causes vitamin B12 deficiency with frequent use which can likely be combated effectively with vitamin supplements.

Nitrous' effects are short-lived but can be extremely strong, generating a unique euphoria, general anesthesia and extremely altered memories and thinking for its brief experience (1-2 minute for single inhalations.) It is possible that its major change on perceptions can allow very increased efficiency in magic, but if so, this effect would need to be capitalized on quickly by a mage, due to its short length of effects. Long nitrous experiences are only common in medical settings.

Nitrous oxide has a special use that is extremely effective and widely applicable, although its use in magic is largely dependent on what other substance(s) you are on and on the user of the substance(s) him/herself: using nitrous oxide to provide a brief but immense 'peak' to an experience involving one or more other drugs is a common and easy technique that can take various experience to new heights. Again, its effect on magic though is highly variable and dependent on the user.

## **Diphenhydramine**

*Benadryl*

Diphenhydramine, commonly found in Benadryl might have its place as an occasional sleeping aid/antihistamine, but has little to no use in magic or recreation. Anything much above the medicinal dose will produce a profound tiredness, where any open-mindedness is overshadowed by sleepiness and any potentially enjoyable hallucinations, (which can occur to extreme degrees in high, 500mg+ or so doses and less extreme degrees around 300mg,) are also likely to be hampered or even likewise overshadowed by the tiredness. Even if the sleepiness were to be beaten, it would have little use beyond occasional medicinal purposes.

## **5-HTP**

*5-Hydroxytryptophan*

5-HTP is a simple chemical that is most commonly available as a dietary supplement. It is also a metabolite of tryptophan, which itself is commonly found in varying amounts in fruits and other foods, and is a common amino acid in the human diet. Both 5-HTP is converted by the body into serotonin, which is a neurotransmitter that is affected by various drugs. 5-HTP, in the drug world, is often used to replace lost serotonin before and after use of ecstasy, which tends to deplete serotonin levels.

5-HTP's use by itself will do virtually nothing to magic and its effect on you yourself will likely be limited to some benefits to your mood. There is a possibility that 5-HTP can have some negative effects on your heart with frequent, long-term use, although this has not been established. (In tryptophan itself however, I believe it is.) Combination with weed or stimulants can raise the heart rate substantially and is not recommended. Combination with alcohol can cause seizures, so avoid!

# Psionics Guide – Part Three

*By cccy*

## **About**

This is the third part of a quick and easy psionics guide, I will be starting with the extreme basics so that those who are hoping to learn psionics can use and follow too, before progressing on to the more advanced parts of psionics.

## **Part 3: Common psionics.**

### **In this Issue**

In this issue, I will cover the psionics sections most people use and some useful ways of manipulating psi. They are not only common, but are also required in many aspects of psi.

### **The skills and their classifications**

To allow you to get a better understanding of the skills, I am going to list their classifications here. Shielding is part of energy manipulation and telepathic suggestion, scanning is a part of remote viewing, Healing is a entire skill and classification by itself.

### **Why those skills?**

They may be only a few of the skills psionics cover, but they are most possibly going to be the skills you are going to use often in real life. So learn them well!

### **Shielding**

Shielding is a method of protecting oneself from attacks originating from others, both humans and other beings. The method which I am going to teach is the bubble shield, the most common of basic shields. It is recommended that once you are familiar with shields that you create your own shields, but for now, I will cover a basic shield to get

you started. First, visualize a bubble surrounding yourself, before filling it with psi and using telepathic suggestion, program the shield to repel attacks from others.

## **Scanning**

Scanning is the most common method of remote viewing, which can be used anywhere, on anything. Although the method is mainly universal, you may perceive your results differently from others. As I have previously mentioned in previous articles, different practitioners may feel it differently. Some may perceive a colour, some may perceive a feeling, some may perceive an image, some may perceive other senses/effects. There is no need to worry if your results are different from everyone else.

## **Healing**

Healing is a special part of psionics, which is, as the title says, healing! The method used, although simple, requires practice. Just visualize psi flowing around you, healing your affected areas and removing the pain.

## **Practice!**

As I have previously mentioned in my articles, practice! The skills mentioned here may sound simple, but it would be nothing without practice.

## **That's all for this issue!**

With this said, I now end my basic psionics guide. In the next issue, I will be moving on to the other less common sections of psionics. If you have any questions, constructive comments or ideas, you can contact me by the following email: [clintonchen@hotmail.com](mailto:clintonchen@hotmail.com) or by via PM to the nickname cccy.

# Orgonite – Crystals and Additives

*By Caz*

Basic orgonite is fine for gifting, but sometimes you want to make personal orgonite or just shake it up a little. With quartz, resin and metal you can make a basic device, but they can be strengthened and suited for various purposes using additives. The most common of these are crystals and minerals. Quartz is the best 'transformer' for orgonite, so I always include a piece, but you can use amethyst and citrine instead, or other quartz variants. Other crystals are useful for the 'flavour' they impart to the energy of the device, colouring it to purpose and aiding your intent.

You should really listen to the energy of crystals. It's like listening to the world, they can give us answers on how to properly use them. Try also sensing their strength – smaller crystals hold less intent commands, while larger and stronger crystals hold more. Flawed, cloudy crystals seem to be weaker, while double-terminated lemurians are power horses. Learn to feel their energy.

In this article I'll describe some of the more common and useful additives, then go on about some more experimental ones.

## Crystals

**Quartz** – The basic energy conduit, quartz can be used for almost any magical purpose. It transforms energy when used with intent. Quartz or a quartz variant (must be SiO<sub>2</sub> but I don't recommend sand exclusively) must be used in orgonite, otherwise you're just creating an orgone accumulator a la Reich.

**Amethyst** – Much like quartz but amethyst focuses on the more psychic aspects – intents of the mind and of other worlds are suited uses for this. Put some amethyst-powered orgonite under your pillow for lucid dreams. It will enhance most forms of magic.

**Citrine** – The fortune and money stone. Use this for intents relating to your physical/society existence. Things like drawing wealth, and good luck. Very pleasant, almost 'happy' energy. Remember that wealth can also be things such as friendship, trust, etc, so it can draw those as well.

# Minerals

**Selenite** – One of the two 'cleansing' stones of orgonite. You don't have to use a whole stone or blade, selenite will crumble easily and you can sprinkle some powdered selenite into the resin before pouring. Selenite brings clarity and will help stop orgonite from going 'dormant'.

Sometimes when you leave orgonite in one place for a long time the piece goes a bit tired and doesn't transform as much energy as it used to. Moving the piece, paying attention to it through intent, or cleansing it like you would a crystal brings it back to top form. With selenite in the piece however, you don't need to.

**Kyanite** – Works very well with selenite to keep orgonite in top shape. Think of them like the two people who make endless cups of hot tea for laborers. Kyanite comes in many different colours, all with a different energy flavour. The only way I can describe kyanite's energy is 'alignment'. If you are off-balance, kyanite will centre you. It really does bring you to a perfect attention.

**Obsidian** – Stone of absorption. It will bring up all the negative energy it can and draw it into itself, making this a great protective stone. Works wonders against magical attack, as it forms a shield against them. It is not a subtle stone by any means, so be careful. The transforming nature of orgonite helps obsidian recycle the negative energy into positive.

**Hematite** – Very grounding, so use this in orgonite when you want to earth someone, or for an anxious person. It gives willpower and banishes weakness. It also works well as part of a healing intent, being the stone of blood.

**Tigers Eye** – Stone of courage. Has multiple effects but it works best as a personal stone, for example an orgonite pendant. It grounds and uplifts and unblocks and is great for stressful times like exams.

**Lapis Lazuli** – Very powerful additive. It brings both peace and inner knowledge, allowing you to step back and view situations objectively. Allows you not to be so drawn into things where your personal power would be squandered. Needless to say, it works great in personal orgonite.

**Moss Agate** – The gardener's stone, so perfect for plant-aiding orgonite. I also suspect that it attracts moss-top cats, but don't quote me.

There are many others to use, so just try them and see which you prefer. You can even sample the energy of a crystal by viewing a picture of it and expanding your senses with the hidden knowledge. Crystals do have an energy feel that can't be explained properly in words, only felt. So I do advise that you 'feel' each of the crystals and minerals mentioned in this articles to get a more complete idea of their properties. Don't just add every type of mineral you can find into one piece to make 'super orgonite'. Some energies don't mesh well with others, and you can find out which by scanning. Generally, stones used for similar purposes will work well together.

## Additives

**Organic** – Some have used organic additives such as dirt, or leaves, part of a flower, even a hair. The purpose of these is to link the item with the orgonite, for example an orgonite made containing a tomato seed would be used in a greenhouse to help plants grow.

**Pigment** – Comes in a paste syrup-like form, or as a powder. Simple enough, it adds colour to the orgonite. Doesn't change the energy much by itself but colours are power in themselves and each have attributes – purple is psychic, green for the heart chakra, red for courage etc. Also makes orgonite look nice, especially the translucent variety.

**Titanium Dioxide** – This is the white pigment used in many paints. It turns the orgonite white, and gives a nice 'timbre' to the energy. You don't need to use a lot.

**Salt** – If you're going to use salt in orgonite, don't use the 12-cents-a-bag-from-Walmart variety. The pink himalyan salt works well. Be aware that resin is a bit permeable, so the orgonite will degrade faster when containing salt. Does add an interesting protective energy. (Remember when people used to salt their doorways to keep negative influences out? Protective circles can also be casted with salt.) But, use very sparingly unless you want the orgonite to dissolve.

What you can put in orgonite is only limited by your imagination. The most important thing is just to listen to the world when you're trying something new, and what you hear will lead you in the right direction. Some have made pouring into an artform, and it can be an addicting hobby, though a fulfilling one.

# Orgonite – The Gifting Movement

*By Caz*

## What is Gifting?

The number of negative energy generators have growing over the past years, such as 'death towers' (a name for any transmitting tower that exudes DOR, most commonly cell phone communication towers) and other devices, as well as negative areas such as slums, city centres, even certain places like schools, churches, malls etc. Some areas just have really bad mojo. Along with the other effects such as HAARP, chemtrails, nefarious cults, organizations and aliens or whatever other metaphor you wish to use. Gifting is the solution to this multi-headed beast, balancing the playing field by using orgonite to transform the negative energy into positive. Orgonite generators are placed in grids around an area, or just beside sources of DOR such as cell phone towers. The areas are thus transformed with many visible effects, people are nicer, droughts end, sickness abates... the list goes on and on.



Mountaintop array over Tzaneen (image credit [orgoniseafrica.com](http://orgoniseafrica.com))

## Orgonise Africa

Project Orgonise Africa is probably the most documented gifting movement around. They have made many expeditions to locations in Africa, gifting huge amounts of orgonite and cloud busters. The documented effects include ending of drought, blocking the effects of HAARP and other weather modifications such as dispelling hurricanes. Orgonise Africa has made a huge difference, and it's quite comical to have every news report and scientist predicting drought and then it just not materialising once they have gifted the area.

You can find out more from [www.orgoniseafrica.com](http://www.orgoniseafrica.com)

## Facing Problems

As with anything, gifting has obstacles that need to be overcome to succeed. One nice thing is that gifters always seem to help each other in times of need.

**Socially** – Certain people that are sensitive to energy but in denial of it can react badly to orgonite if they have a closed mind. They will usually go on and on about how orgonite isn't scientifically based or how it's all tosh and try to force their opinions on you. You can tell by their vehemence that the reaction is rooted in fear, and these people will try to ridicule you or even attack you. Sometimes people are carrying really bad energy and orgonite begins to remove it, but this stirs up unresolved problems. They could then act very strange indeed. You need a personality that isn't bothered by others' opinions to shield yourself from this, so it's very good to cultivate a calm nature and not get into pointless arguments with people. If someone seems open minded and willing to listen, then by all means explain orgonite to them. Just don't waste your breathe with someone that has already made up their mind. For others you can still give orgonite as gifts without telling them its' true purpose. Much of orgonite can pass as a paperweight or a strange piece of art. Or hide towerbusters under their beds...

**Financially** – Orgonite does cost, even if you do make it yourself. Some serious gifters sell their orgonite to help pay for the cost of materials, and you can tell the good orgonite sellers from the bad by their gifting reports – whether they're making sub-par devices for a quick buck or really know their craft. The most expensive component of orgonite is usually resin, as budget resins usually perform poorly and look cheap. Metal can sometimes be gotten for free, and crystals are used in small amounts for gifting

(personal orgonite like power wands can be more expensive, and CB's are an altogether different story)

**Magically** – Making orgonite is a great way to plant a 'kick me' sign on yourself. Negative entities and organizations don't like their food source being destroyed (POR is a bit like sour milk to them) and gifting is putting a huge wrench into certain groups' plans. Sooner or later you will come under etheric attack, probably even if you don't make orgonite. Most begin to sense attacks when working with orgonite though, as it increases their perceptions where before they were blind. You can use orgonite combined with magic to make a shield against these enemies, or to destroy them. In orgonite circles this is known as 'boosting' or 'blasting', using intent to negate the magical effects placed on them. Or you can use one of countless techniques to defend against magical attack, which I'm sure you know if you're reading this.

Next issue will be an orgonite article on provable experiments – how you can use orgonite in tests to prove that it's working, as well as a bucket of great tips on how to use your orgonite most effectively. Thanks for reading.

# On Telepathy

*By Alusa*

## **What is it?**

Telepathy is the ability to talk to spirits and other living things, its about sending and receiving information mind to mind without any verbal communication. Telepathy tends to be an individual and highly adaptive experience. Some people can communicate with words, some think in pictures, and some in raw concepts, which is how I conduct and experience most telepathy. Psychic empathy is also an aspect of telepathy, feeling others emotions as if they are your own, or feeling them coming off others.

You can string intentions and concepts together to make sentences. For example what would be your concept for water? Water is cold, its wet, what it sounds like, what it feels like, what its like swimming, drinking any personal feelings or memories you have around water. All of that is one concept, and your experience of water is going to be different than someone else's, even though its subjective most thoughts will have enough associations with it with it that anything else can understand. Telepathy is a kind of universal way most things talk to each other and its a way to break down the language barrier, most humans have forgotten how.

## **How I learned telepathy**

Four years ago I read a controversial book once called "The Secret Life of Plants" it was about this guy who hooked up a polygraph machine to a houseplant and supposedly got some results when he thought about burning a leaf off which lead to a series of experiments. That book opened me up to the possibility telepathy may be real. True or not scientific data is useful, but what good is it if you cant talk to something?

All you need for telepathy is an open heart and an open mind with the ability to be receptive. Try not to be judgmental of yourself and stay open, even if you think your mind might be making it all up that's ok. Pay attention to any feelings or emotions you get and try not to immediately dismiss it. Keep at it, eventually you may find information and verify it later, things that you had no way of knowing. It takes time and patience to develop. Telepathy is a worthwhile skill to learn as it lets you

communicate with just about anything, it opens many doors. It played a major role in my spiritual life but that is outside the scope of this article.

## **Etiquette and some things to expect**

I actually first started learning on trees, first I started feeling emotions. You can start with people, plants, or animals, but I highly recommend plants and trees. They tend to have much clearer minds and be better listeners, animals and people tend to have more distractions, thinking about how hungry they are, or endless rambling thoughts. A clouded mind can make practicing telepathy very difficult. I actually found out later that I was talking to the dryads in the trees, and often times fairies grow fond of certain plants and stay nearby but they are slow to trust people. You may inadvertently end up talking to elementals or nature spirits that way, that's ok too.

Remember to be polite and respectful when you're talking just like you would with a friend. If something does not feel friendly and receptive try again later or go find something else to practice on, in nature most things are curious about you but not everything wants to participate. Also remember that spirits are just like people, most are ok but not everyone is nice, you cant trust everyone you meet.

## **About nature**

One other thing to keep in mind is that everything is strongly connected. Everything in nature is much different than human culture. In nature by default there is no such thing as privacy and everything is shared. I was surprised when I told a plant my name one day and a hawk said "Hi Amanda" like several miles away and I had not told anyone else. Things may come up and offer you advice to a problem you were thinking about and didn't tell any body, the road goes both ways. Things in nature are open and will read what is on the surface of your mind unless you purposely wish them not to or feel very uneasy about it. Most things feel your energy, and if you are not comfortable they will back off. Do not be afraid to show others what your comfort zone is. And if you are ever worried you can learn shielding to keep your thoughts private.

## **Some strange things and ideas**

Telepathy is a way of giving and receiving information. I once had a friend who gave me an interesting idea. He was actually a repair man of sorts and he found he could save lots of time by talking to the objects and finding out what is wrong with them. I have tried that and gotten information from inanimate objects before. I suspect energy has a memory of sorts, maybe that's how you are able to program a construct for example because it remembers all the information you put into it. Energy can pick up on information if something is imprinted strongly enough, that might be how we get things like residual haunting where traumatic events play over and over again but there is no intelligence behind it. Or how some mediums can use a skill such as psychic touch where they hold an object belonging to a murder victim to get visions and give police information that lead to solving a crime. I believe telepathy may be used in a similar way to connect with things and get information, even if they aren't technically alive, just another way the mind can interpret and receive information.

# Where do we go from here?

*By Pete Carroll*

Occult revivals occur when the social, economic or intellectual status quo is disturbed by the unexpected. Affluence combined with the collapse of the Roman state religion caused one revival. The rediscovery of classical knowledge in the Renaissance brought about another. Dissatisfaction with Catholic hellfire Christianity spawned spiritualism, theosophy, the Golden Dawn and Crowley. In our own time anti-semitism, affluence, drugs and oriental ideas spawned another outburst.

Occult revivals are stimulated by economics and by the availability, rather than the creation of ideas. Roman culture was subject to a huge influx of ideas, cults and philosophies from conquered peoples. Written material surviving from this synthesis appeared again as hermetics in the Renaissance. The revivals of the late nineteenth century and the nineteen-sixties owe much to the availability of scientific ideas and oriental philosophies. It is probably more useful then, to look for impending changes in the general situation rather than within the occult itself if we want to second guess the next revival. The period between one revival and the next is shortening rapidly and we are probably due for another around the turn of the century, give or take a decade. I'd like to try and identify some of the factors which may help shape it.

Firstly the millennium. Christianity is unfortunately not yet completely extinguished and humanity will have to cope with a rising tide of apocalypse mania as the calendrical millennium draws closer. Right wing Christian fundamentalists in America may even be in a political position to inaugurate a real Armageddon by then. I hope that whatever courage and imagination there is in the occult is put to good use in undermining this sort of idiocy. Those occultists who do jump on the millennial bandwagon have only disaster or ridicule to look forward to.

Economics has a powerful effect on the occult climate. A fairly rapid increase in affluence will often provoke a revival as leisure time becomes available and some minds turn to higher things. Conversely, a decline in living conditions will sometimes make people seek what they have lost, or a substitute, by occult means. Boom propelled revivals are usually much more fun than slump propelled upsurges. In this country, any increment in occultism arising from socio-economic desperation, is likely to be some species of neo-Nazi mystic nationalism. As with millenium madness, the greater honour will, in the long run, go to those occultists who oppose such nonsense.

However, the metaphysical fallout from the sixties may yet carry us through to the next boom revival and these problems may not yet arise.

It seems unlikely that anthropology or archaeology will be able to make fresh ideas available for cannibalisation by the occult in the next revival. Computerised libraries, satellite photography and global communication systems leave few stones unturned. There seems little chance lost ancient manuscripts, magical tribes or forgotten occult civilisations coming to light nowadays. So it is to science itself that I think we should turn for fresh ammunition.

There are already discernable strains of space mysticism in some quarters of the occult. Questions about the reality or otherwise of supposed visits by aliens should not distract us from recognising that UFO-mania itself is a mystico-religious phenomena. The ufologist wants to personally receive wisdom for the whole of humanity from some superhuman being. Seeking angels in space suits is to repeat humanity's perennial mistake, pretending to look outside for what is really inside ourselves.

Quantum physics has been quietly undermining the whole basis of mechanistic cause and effect type science for nearly sixty years. It has been said that if you are not shocked by the implications of quantum physics then you have not understood it. This may be perfectly true for the scientist but for the magician, quantum physics provides elegant confirmation of many of his theories. A quantitative approach to quantum physics is beyond all but the best mathematician. Many of the principles are enshrined in equations for which we have few verbal or visual analogies. Because of this very few laymen or philosophers have been able to appreciate what has been going on.

Briefly in qualitative terms, we now have hard experimental evidence which strongly implies that physical process are, at root, acausal; they just happen out of themselves and that consciousness, or at least the decisions of the observer, can modify or control what happens. Secondly it would seem that pure information can travel anywhere instantaneously and perhaps persists indefinitely, providing there is some sort of affinity, or magical link as we would call it, between that which emits and that which receives. Very few liberties need to be taken with quantum physics to fit in virtually the whole of parapsychology. It remains to be seen if quantum physics can be presented in sufficiently accessible form to provoke another occult revival.

A quantum based revival would effectively demolish the spirit hypothesis. A "spirit" would have to be recognised as nothing more than the information that a phenomenon

emitted about itself when it existed physically. Anything else would have to be put down to the creativity of the observer's subconsciousness. Thus the "tree-ness" of a tree or the quality of a thought is just an extension of the object itself on the plane of non-local information. If you talk to Egyptian gods your subconsciousness is, at best, simply animating the general personality characteristics of the gods projected by their worshippers millenia ago. Spirits cannot be gaseous vertebrates with powers of independent discursive thought. On the practical level quantum physics implies that the medium of magic is not some sort of nebulous psychic energy or force, it is simply a transfer of information. Magical healing or attack is accomplished by long range telepathic suggestion not by astral bandages or thunderbolts. The quantum paradigm forces a re-examination of reincarnation. There is no reason why anybody should not be able to tap the memories of any historical person. Conversely we can all look forward to fragments of our ideas and personalities manifesting in other people in the future.

Telekinesis and related phenomena can be accommodated within the quantum paradigm if we allow intent to expand upon the small degree of fundamental uncertainty, or more properly indeterminacy, in the position and momentum of any object. Prophecy is always the most doubtful of the magical arts although short term prediction or precognition can often be impressive. The quantum model allows for this providing the operator later observes the precognised event. Such apparent nonsense as astrology and homeopathy begin to make more sense in a quantum paradigm which suggests that expectation can have real effects via what one might call a magical level. This is quite over and above the purely psychological effects of expectation that materialists usually invoke to explain away these things. I've heard the quantum occult paradigm described as Big Bang Mysticism and Electro-Gnosis. I rather like this, for it implies that the universe is being viewed as a self-created magical organism and that magic itself is a technology we can potentially master because it is a part of the nature of ordinary reality. Of course, what is missing in this scheme are the pseudo certainties of belief in gods and higher powers or even a benign cosmic mind. It throws us back on our own powers and ingenuities, but isn't this what the best occultism has always been about anyway?

# Lucid Dreaming and All the Boring Stuff

*By Navajo*

In this issue I will take a break from the Inspiration series and write a brief explanation on the things I know about lucid dreaming. I'm sorry if you have been looking forward to read Inspiration Part 3 (I doubt it though).

Well, lucid dreaming- what is it? It means coming to the awareness in a dream that the dream is a dream (normally people are not aware that they're dreaming, we think it's real or circumstantial). To understand what it means to figure out that we are dreaming, we must first ask why don't we ever know that we are dreaming while we are dreaming.

## **Pathology**

Our brain is made of cells and these cells communicate in many ways. The result of this massive communication is a human (or rather the reason). This communication and the act of existence is carried out in several ways. One of these ways is called protein synthesis. Human brain and how it works is still a big mystery to people and we still have lots to go about explaining where dreams come from. But the closest explanation is that it happens as a result of protein synthesis in the brain.

Protein synthesis goes on best while we are sleeping. But people can dream even while they're awake, though it's rather unusual. To do certain vital protein syntheses in the body, the person needs to be sleeping regularly. In sleeping, the brain kind of enters into a phase. To enter into this phase, it hypnotises itself. Actually, every person is constantly in a certain hypnotic state all the time. Our body clock, beating heart and many chemical reactions in our nerve system makes sure that this song keeps us dancing. Entering hypnosis as we know it, simply is a stage of swapping the level of hypnotic we are on.

## **Hypnosis**

Coming from that idea, we can better understand why the hypnosis actually means in ancient Greek "sleep". It's just a phase and while we dream, we are most definitely hypnotized and therefore thinking only with a limited part of our consciousness. Due to some creation rule, this limit includes that we should not be aware that we are sleeping. But our bodies are not perfect. Sometimes as a result of accidents or as an inherent feature, these limits can be lifted or swapped. Therefore it's absolutely possible to have a healthy mind and force oneself to lift the limits that bind us from realizing that we are sleeping in a dream.

Now actually understanding that we are sleeping. Inside a dream is different than realising that we are dreaming inside a dream. Figuring out both is different also. It's because hypnosis has different layers that are next to each other. Lifting one layer wont stop you from closing down another. Or you can lift several, certain ones or all of them. It's all about control.

## **The Truth**

Before I get deeper into the subject I must tell you that the reason I stopped actively practicing the things needed for lucid dreaming was that I felt it damaged me. Full control is something people can never achieve due to our flawed nature. Trying might lead to harm, or it might not.

I talked about hypnosis because that's the main grounds we shall stay on while talking about methods to lucid dream. It's pretty simple and easy. The part that gets harder is after you manage it. Also I talked about the physical side of it. The magical side is a bit different.

## **Waking World and the Dreaming**

We dream, and these dreams are experiences. We have a soul and a body. There are other things between the soul and body but these two are also connected in a direct manner. Our soul needs our body to stay intact with this realm of existence (crudely speaking- practically there are different methods as well). And therefore our soul stays intact with our body while our consciousness travels into the dream world.

For someone to have the most efficient way of giving themselves hypnotic commands, they should have a clear mind and healthy thinking. Of course it's possible, even more densely, to do that without a clear mind too but in lucid dreaming case we need the first one. We lucid dream by giving ourselves certain commands before going to sleep.

These commands are simple. Most people can tell themselves "I will wake up at 7AM" and next morning they wake up and look at the time and see that its 7AM. They cant do that all the time though. Why? Because they get scrambled and stressed. Stress makes us inefficient in self hypnosis. Also being on a regulated meditation habit helps negate this effect caused by stress.

So these commands should be "I'm going to remember that I'm dreaming next time I dream." Tell yourself that when you say this ten times to yourself just before you fall asleep, then it will actually come true. Then say it to yourself ten times just before you go to sleep and its most probably to happen. If it doesn't, do the same thing tomorrow. When self hypnosis works we usually don't feel it as a part of ourselves but observe it from a distance, usually surprised. If it doesn't work just do it again the next day.

To have the best efficiency to command yourself, you must use these commands as close as you can get just before going to sleep. Best is to do it right exactly on the "falling asleep" part. There's a certain level somewhere there that we are awake and hypnotized, but not sleeping. To get into that level you should be practicing self hypnosis for a few day or so already. Or a few months, years. Understand how your mind sinks into limited control and how your body goes numb.

## Methods

By the way, the actual phase of sleeping is explained by the fact that all the conscious muscles of our body stop working. This works other way around also. If you stop every muscle that you control from moving (only the muscles you are supposed to control. Don't try to stop your heart, if you try too hard it might really stop) then you will automatically doze into sleep. Because that's what your body tells your mind to do.

So just lay in bed, don't move (not in the meaning of clenching yourself, but about letting go and relaxing) and don't ever move. Even if your nose itches (it will, a lot) or even if you feel something tingling, just don't move. Observe the impulses that make you want to move a part of your body. Breathe slowly. Don't bother slowing down your breathing as if meditating, it will happen by itself. Close your eyes and just look into the darkness and wait. The fact that you will be dreaming will not mean you will stop seeing. Closing eyes doesn't mean closing sight. Be sure to stop the movement of your eyes also. They will move as much as you want later.

As you lay like that, don't let it go. Your mind and body will go into sleep by themselves. You don't have to sink into unconsciousness to observe them sleep. Just observe yourself as you sink into the mystical hands of sleep. But keep awake your own senses.

Also, if you cannot keep yourself awake in this pre-sleep phase and just fall asleep out of your control, then don't force it. It means you just need a good sleep. Means maybe you're stressed in your life or restless for a long time period. First get your sleep and have your rest. After that you can do it. Go to bed early and have a good rest for a few days, it will be much easier to self-hypnosis when you're rested generally.

As you watch yourself sink into sleep just study yourself. Observe how your mind works and keep calm. When you think you're very close or even passed the borders of the sleep world, just repeat the 10 sentences you promised to yourself. Say 10 times that you will figure out that you are dreaming next time you dream.

Now we have many dreams when we sleep. We remember some and we don't remember most. If it doesn't work for the first time, just do it the next day. And give yourself also commands that you will remember your next dream.

## **Objects in the Dream**

Study your own dreams. Whenever you dream, think about it in detail. Think about the small details. Think at which point your dream stopped being realistic and what triggered its virtuality. Think about your past dreams. The more you think about your dreams, the more clearly you will remember them in the following days. Write down your dreams and analyse. Tell your dreams to other people in great details. (Let them think you're a nutcase). And finally try to draw a scene from your most detailed dreams. You will notice how hard it is to draw it without replacing the items with the images you put yourself and were not so in the actual dream. Slowly by slowly you will realise that its very hard to define items and conditions that are inside your dream with your waking symbolism.

Make rules about your dreams. For example what are the prime 3 conditions that are common in all of your dreams? For example in mine it was the fact that I always had a certain item with myself while dreaming. This was in every single of my dreams. Find rules like that. Define what makes your dream a dream.

There are definitely some dreams that we don't want to think about. Don't think about those. Dreams don't run out. Think about the nice ones.

## **Unwanted Ones**

And there are dreams that we are ashamed to think about and even reject that we had such a dream. It happens to most people. They dream about getting married to their sister or making love to their father even though they don't have such a desire in reality. There are two reasons that we have such dreams. The first one is that they're a type of dream that is meant to tell us something. The other reason is that there's a function in our brain. Normally our brain is like a very good calculation machine. It calculates every possibility and outcome the circumstances bring as a chance of happening. For example we see a scissor and a paper. We don't want to cut a paper so we don't even think about the possibility of doing that. But our brain calculates the possibility that we cut the paper. It simulates the action but it stays in our subconsciousness. These possibilities are separated by a veil in our mind, the ones that will happen and the ones that wont. Under deep hypnosis this veil can get lifted. Its the same reason that people under deep hypnosis can cry in pain if tickled or laugh if tormented. In sleep, we might simply not notice that this veil is lifted and that we dream about one of the possibilities

only because this veil is lifted. Not because having intercourse with a family member is our deepest secret desire (unless it is actually that way though. but if we don't, then these dreams are not the way to tell if we secretly desire such things or not)

The actual truth is, the more you spend time in a day thinking about lucid dreaming, the more you will actually do it. We can do anything to our sleep when we think about what we want to do every evening. If we think a lot everyday that we will always wake up at 8 o' clock, we will wake up at 8 o' clock. If we think that we will wake up in middle of the night, go to toilet, and come back fall sleep again, we will do it. If we think about our troubles every evening, we wont get much of a sleep. If we think that by the morning we will find a solution to our troubles, we will eventually find a solution one morning.

Think more about your dreams, and think more about succeeding in lucid dreaming. There are also lots of other ways to lucid dream. One really strange one I once heard went like this: everyday (in real life) you drink a glass of water and put your glass on your table at the same place. Whenever you see the glass and when you feel thirsty, you go and put water in the glass, drink it, and put it back to its exact place again. You make yourself very used to the location of the glass in your room.

Then one day you will come into your room and find your glass full. Now that will mean you're dreaming, because you never leave your glass empty on the table. This is such a weak and almost hopeless method for lucid dreaming. But it works and that means how easy it is actually to lucid dream and there's nothing special about it.

## **Writings in the Dreams**

There are ways to figure out if you're dreaming or not. The most valid way is to ask yourself "am I dreaming?" Pinching or other stuff doesn't help, you can get hurt in a dream (some people are even known to have burning marks on their skin after dreaming about touching a blazing object in their dream). But trying to read in a dream will certainly get most people. Most people cannot read in a dream and the scientists explanation is that the reading center in our brain doesn't work while were sleeping. Truth is, it does and you can actually read in a dream. There are different ways of reading in a dream. One of them is that you "think" you're reading, for example, the paper. And you don't actually see the letters and words but just thinking loud and fool yourself that you read. Another way is that you look into the letters but they don't

make any sense. Even if the letters do, the words don't. Like "fAhaHDFgGfdGDFGgfg" or "Wrdýfa Yousoa bosurltr glop Makkorni". The more you try to look at these letters the more senseless it gets. Another one is you can read the letters and even the words make sense, but the general layout of the sentences or the paragraph won't. This looks like this: "Gone free red about the children went across the street purple flowering can not definitely trough. Must over into the grass outline." Another way is that you will see runes instead of letters. They wont make sense to you and you cant read them. But sometimes you will. And another way is that you will actually read like in real life. The things you read will make sense as much as a sleeping person does, because you will be talking to yourself trough the writings. Another way is you will be reading as in real life but they wont be your own words, but they will be in collaboration with the dream itself. Like reading an article about the recent heist that you dreamt that happened.

And finally, the way that the writing you read has nothing to do with you. The words were written by someone else. They are messages from outside into your dream, or things left behind. Its a part of outside interference. This is the rarest one but considering the amount of dream variations we have every night, its possible that it happens often. In this case you will read things that scare you, make you really happy or very curious. You might have a very strong feeling of reality.

## **Nightmares and the Side of Us That We Think Is Actually a Part of Us**

Do not let dreams scare you. Dreaming is in parallel with reality. Not in the disappointing way. We might see good dreams if we are having a very stress-filled or a sad life. But if we start to dream nightmares while having a bad life, that only shows how serious the effect of the bad circumstances in your life have had on you. Stop these circumstances. Being happy is your duty to yourself. If you cant, then try to cope with these as well as you can. Don't forget that God doesn't let us go without testing us truly thoroughly. And hope will never come unless it's depleted.

Back on the subject, if you're having a happy or semi happy life and keep having nightmares it doesn't mean anything is wrong with your head (unless you have committed a crime already, then the nightmares might be the result. but they're hardly the cause). But in rare cases these nightmares out of nowhere might damage us. They might effect our daily life. You might even be in a position that you have no idea where these crazy ideas are coming from. Well, they might as well be coming from outside. So being in control of your nightmares might be crucial.

The biggest fault of nightmares are that we don't know they're nightmares. But well, I'll tell you a secret. It gets worse when you know that they're nightmares and that you're dreaming and can't wake up, can't control and feel raped. So aside from doing the hypnosis methods I mentioned, you might need to meditate. Meditation in the way of thinking. Think. Think about that you're having nightmares (don't try to think about the content of the nightmares if they're related to painful memories) and think good things. Think how you would rather have the nightmare go. Think about what you would rather dream about. Think hard. Think regularly. Think while sitting in a drawn meditation circle. Dream that you inhale disrupted energies marked by a color you don't like, and filter these inside your body, or somewhere else and turn them into stable energies that are symbolized by a color you like.

Visualise in waking mind. Practice it. The more you are practiced in it, the better results will be when you're having a nightmare. Visualise good things. Take it seriously. Imagine. Write stories about good things maybe. Or draw things that you never drew before. Because when you're in a nightmare and understand that you're sleeping, visualisation will be your weapon against yourself (or someone else). So for example you're dreaming that you're walking into a room full of razors coming out of walls and keep getting sliced. And you suddenly realize that it doesn't kill you. You realize it's a dream. Then you run out of the room only to find more razors cutting you. You bleed and get wounded but you can't escape. Just stop. Close your eyes. Un-feel the razors. Re-heal yourself. Turn the lights on. If you're having difficulty about unfeeling the bad stimulation in a nightmare (like the razors here) do counterparts to it. For example imagine armor on you. Imagine that the razors are roses with thorns instead. And then imagine that they're grasses and are not cutting you anymore.

Or for example say you are having a lengthy nightmare about losing someone you love. Circumstances and the real-like human interactions make it really impossible to point such dreams, especially if you have already gone through the experience in reality and just dreaming about it again. Having a constant habit of trying to guess the future in general helps to fight out these dreams. Because in a dream you will be doing the mental habits that you do in the waking world. So you will keep trying to guess what will happen next in your dream also. And as it mysteriously keeps happening the things you guessed or you will keep feeling what will happen next, you will find it easier to understand that you're dreaming, even though it actually happened in reality also. Don't get disappointed. Just point out to yourself that you don't want to dream this, and change the channel as if watching TV. Make people do the things you want them to do. Or again, close your eyes in the dream and imagine things changing. Also I

have to remind you that, as I said before, the more you think actively, in sleep or in the waking mind, about a particular dream, you will dream about it. Think about what you would rather dream, or how you would rather have things come to be, instead of how they are naturally.

## **Wrapping Up With Good Dreams**

If you're having difficulty in battling your willpower to change something in a dream, keep pushing it. Don't push it towards inside your own mind, push it outwards. Imagine that there are muscles in your brain or that there's a strong muscle in middle of your brain, right behind your eyes and power that muscle, forcing the dream to manipulate for you. It's not easy if you already have this problem but it's not unbeatable.

If your nightmares are not severe like this, then just study them. Is pretty interesting to see what your conscious has in collaboration with the universe. Some things will look genius or amazing. As you keep lucid nightmaring minorly they will stop being nightmares and turn into comedy-horror type of movies. Use that well.

And about the good dreams.. Well that's a subject that is deep and deep, dense like the particles in a lump of diamond. I cant explain it to you. Just do your best to remember them. Don't try to control them like a fascist. It's mostly better to let good dreams in their natural progress. Observe them. Record them after you wake up (or before... if you can). Think about them as much as you can and hang onto them. They are, as said, dreams.

That's all I'm going to say but its definitely not even one out of a million of things that can be written or said about this subject. Keep meditating and stay strong. See you in the next chapter (if there's even a single soul following this Manifest).

# Techs For Energy Maintenance

*By Azure Phoenix*

## **Energy Currents**

Well this is a personal technique of mine for increasing sensitivity to energy and for strengthening your chakras.

First focus internally and visualize energy running in a circle through your chakras make the current pull energy into it and try to hold the feeling for a longer time every time you do it.

This technique will make your energy a lot denser after a while of doing it.

## **Purging**

This is a very useful skill that we all need to learn and use. It is called purging.

Basically with purging we get rid of all unwanted and or foreign material within our energetic body.

This is a very useful skill against any foreign material or entity in your body that you do not approve of , also very good on exercising your energetic system.

What I do is I focus in a spot in my body mostly an orb in my chest and focus on energy building up there and only focus on that, and once its a big physical pressure I program it to shoot waves of energetic fire that burns and ex-pulses all negative and unwelcomed foreign things from my body.

So far this is causes very random and powerful changes in temperature and goosebumps, but it might be painful the first time after that, it shouldn't be a discomfort.

If you really wanna feel it then try to focus on it for like 2 days, each day meditating for 10 minutes twice a day on it building up and on the third day it goes off.

This is excellent for making your energetic body much stronger and also great training.

# Quotes

"A warrior must focus his attention on the link between himself and his death. Without remorse or sadness or worrying, he must focus his attention on the fact that he does not have time and let his acts flow accordingly. He must let each of his acts be his last battle on earth. Only under those conditions will his acts have their rightful power. Otherwise they will be, for as long as he lives, the acts of a fool."

**-Don Juan**

"Morality is temporary, wisdom is permanent."

**-Hunter S. Thompson**

"Reality leaves a lot to the imagination."

**-John Lennon**

Only as a warrior can one withstand the path of knowledge. A warrior cannot complain or regret anything. His life is an endless challenge, and challenges cannot possibly be good or bad. Challenges are simple challenges.

**-Don Juan**

"I will do as especially is required, to get the results I get when done. Anything, except to appear evil to people."

**-Spellhawk**

# Afterword

The goal of the Magic Manifest is to provide valuable knowledge to the magic online energy community as a whole, through community participation. Articles and other content can easily be submitted and distributed to many eyes across the OECs. The Magic Manifest's value is that it brings together ideas from so many sources.

Magocracy.org is a similar concept, a forum that acts as a bridge between the many various online energy communities— a place where ideas, projects and communication from many sources can come together and produce far-reaching positive results. We believe Magocracy may become of immense importance in the coming months and so we invite the readers of Magic Manifest and all other mages to join the Magocracy forums.

You can submit any questions or comments you have about the Magic Manifest to **[casa.umbrae@gmail.com](mailto:casa.umbrae@gmail.com)** and also suggestions or ideas of any kind. If you've taken a photo or written an article that you want us to put in the newsletter, just email it to that address or contact one of us on the Casa Umbrae forum or IRC channel.

Server: irc.dal.net  
Channel: #CU

Thanks for reading.