

CASA UMBRAE PRESENTO

Magical Manifest

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

Compiled and edited by the Chaos Potato
Featuring contributions from Navajo, Spellhawk and Cccy.
www.casaumbrae.tk

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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 11th January 2011. It contained articles, tutorials, photos and personal experiences and findings with magic, psionics and the energy arts. Now we are proud to release the second issue, with even more content than before and a third issue is planned. We aim to release on the first of every second month, with the next issue available in May 2011. The Magic Manifest can be downloaded from www.casaumbrae.tk for free.

Submissions of content for the newspaper are welcomed and you do not have to have anything to do with the Casa Umbrae group for your article to get in (some of us are a bit fruity) but it is encouraged (we are lonely and require FRESH VIRGIN SOULS). 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 Page and Sending Energy to Cause Effect Article

Libertine – Sending Energy to Cause Effect Article

Caz – Introduction, Orgonite Tutorial, Magical Attacks Article and Afterword

Heron – Magic and the Subconscious Article, Magical Attacks Article and Afterword

Kel'Oren – Magical Attacks Article

Navajo – Magic and Inspiration Pt.2 and Magical Attacks Article

Cccy – Psionics Guide Pt. 2

SilentDragon – Methods of Seeing and Magical Attacks Article

Mattman – Personal Experience

Graphics and Photos

SilentDragon – front page logo

astateofmind.eu – psiwheel tutorial pic

controlmind.info – subconscious diagram

and others

Editing and Proofreading

Caz

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Spellhawk's Q&A

Answered by Spellhawk, questions submitted by Various

General questions:

What, if any, are the levels of the 'higher realms'? What makes them all unique?

The levels of the higher realms are basically thought formed into a semblance of existence and sometimes visitable by thinking yourself there..or doing actions. What makes them all unique are the energy levels that they represent. What is meant by this is, any idea that's expressed can shape and mold them, but they are special in different ways to each individual for that reason.

What, if any, are the dangers of the 'higher realms'? Namely, the Astral.

Ah, there could be unseen interference from the higher realms, if you got the attention of some being that's in humanoid form, or similar. They each have their own intentions and that doesn't always suit our purposes. So, we can defend against them or shield.

How could there be an unseen interference from a higher realm?

By the being from the higher realm following you at least mentally. Manifesting in some form where you are. When they do, they can cause effects while being unseen to the physical eyes.

Offering materials or herbs to spirits, do they really benefit from or desire it?

If they desire it, they will accept the offering and they decide if they really benefit from it.

What do you expect when talking to practitioners of metaphysical arts and how to approach them?

Expect that some of them know what they say is true, at least on some realm. So, they aren't completely wrong. To approach them, gather information about your idea subject. Then, find a way to speak about it, near them or at them. Ask a question about the idea in mind. Be willing to share experiences.

Magic related:

What is the difference between elements and energy types?

Elements are the basic building blocks of the universe, as they be the very basic energy that can not be broken down into anything more elemental than they are. And they are air, fire, water and earth and spirit or quintessence, as a fifth element along with their combinations. Where energy types are potential elemental energy given a form.

What is the difference between sigils and runes?

Sigils are empowered lines and graphics that be used for magic by your will and with intent. Runes are an ancient and early language alphabet that can be used for magic or writing. The Sigil can be anything that drawn, where the Runes are used in rituals and drawn to resemble a letter.

What are some basic defences that every aspiring mage should know?

The defence is what you think it be, and shielding is one. Shielding against the beings that you sense or against the unknown. The offensive defence is two, brought about by the thinking of an attack and making it happen by some actions. Making effects is three, where you make an effect by causing the moment through your will and intent.

Say you thought 'Nothing will touch me and there's not one thing that will affect me.' That will cause the subconscious to enact it and you can come up with a counter every time you need one. This create effect uses the subconscious and your intent is what the subconscious follows to make the effect and is known as your will. There are more idea that are defences. But you can come up with those.

How to become a dragon?

I believe you can become a dragon by things being constantly very bad for you and then a change occurs, that is in your body or expression. So, you become a dragon in form or by speaking. Another way, is to gene change yourself or another. And this way causes you to change somewhat more into a dragon. However, I could be wrong.

Psionic Related:

What's the difference between psi and magick?

Psi is energy as well as magick is, in use to create a result or generated effort. The difference is psi causes a direct manipulative effect. It literally pushes the effect to happen. Sometimes it does else, though. It depends on the circumstances and approach, mostly.

Magic is mostly done with a ritual and this can be caused in almost any ritual. It is indirectly causing an effect and the only actual exception is the elemental magick. As, elemental magick is pulling the element to be used by directing it and by direct effort.

Indirective means to cause by indirect focus.

So, what magic ritual does is cause effects by a pulling and pooling of energy and using idea to manifest and direct it. Thus its actually depending where the energy comes from, with psi and magic. Where psi energy comes from yourself, and magick energy mostly uses your ability and causes the energy to come from other sources.

Despite being considered to be the same, psi uses more concentration and thus makes you tired much more easily and with magick you use less concentration and you can get tired much less easily. And also, it depends on your viewpoint. As if you look at the thing psi and magic does, then generally they are the same. In the end, they are the same, as they are creating effect. In some viewpoints, however, they are opposites in the moments they are done.

Sending Energy to cause Effect

by Spellhawk and Libertine

Ever want to try to control or cause effects to an event? This is the action to send aura energy to cause events by intent and applying your will. So you can send auric energy through the chat room or area, to 'liven it up'. This is a trick that seems to work, as long as you have in mind the thoughts of making conversation or activity.

You must remember to withdraw the energy when there's a doubter of magic in the room, as they can give headaches if you send your energy into somewhere they are and they start doubting it. And then resend your energy. Otherwise, whatever you're considering or thinking of to happen, the energy you send will cause it. Till you dissipate the energy and reabsorb it into you or withdraw the energy.

It works because where thought goes, energy flows. Where energy flows, things happen. More to the point, that's how the idea of the moment can work. This is intent that drives thought and where the thought goes, the energy flows to and helps the thought you want done to happen.

If a person is aware of the energy, then they could trap it or affect it by their thoughts and you are almost bound to do what they think. Unless you manage to resist their thoughts, their thought will appear as an impulse you find yourself wanting to do. Sometimes you don't think about this and just do it. It depends on the person's personal power, to how much effect they have on you.

How some people steal power unconsciously on both sides, by emotional impacts and actions, is when they trap the energy you send, and they mostly eat it as if they were a psi-vampire. For the reason of wanting to do something and not having enough energy to do it with. This be where they cause you to have an emotion or energy flow. Through their actions they then 'pull' it from you and use it as their own energy, to psi-drain it from you, and attempt or try to 'convert' it to their use. Or they don't try to convert the energy to being their own. All by the reasoning that the energy is there and theirs to play with. They use it to power themselves.

In either case, you only have to suggest something to get the result of them wanting to do it. As it's your energy that's making them do so, the energy is still yours to play with and cause to do things, unless they stripped it of your properties and 'influence'. Also, they who have your power or energy only have to suggest something and focus their mind on you to get you to do what they want. It's as though you were linked to them and there was a will battle going on.

The energy is there within them and more directly influenced by their own energy. Thus it's there until it's used up or you pull it back to yourself. As they are focus on you, they send their energy to influence you and your energy they fed on seems to help this influence. You can tend to think it was yourself that's suggesting what they want.

A psi-vampire will most likely feel attached to it, though. So they may want to try reclaiming lost power from somewhere, yourself included. Mostly they may think of yourself as a 'source' for energy. And they'll ignore your complaints till you are either dead or they fed enough. Sometimes you have to convince them otherwise. Instead of wanting to keep the energy, they willingly give it up. And so on. Or, suggest to them to give back the energy they stole, making your energy cause that action.

Orgonite Tutorial: *Beyond the Basics – Materials*

By Caz

In this article will be a glossary-style listing of the properties of orgonite materials and their suited use. Resin and metal types, metal shape and the role that density plays in the function of orgonite. Info found by shared trial and error, now available without the sadness when your art piece turns opaque or you have to fumigate your shed because of mercury vapors.



Resin Types

- **'Budget' Resin** - Cheaper than other resin, used mostly for gifting. When cured it turns an opaque off-white.
- **Standard Resin** - Used in gifting and some personal pieces, this is the most common type used. It cures to a semi-translucent beige, but the colour can be improved greatly using pigment paste.
- **Clear Resin** - Translucent resin that cures with no off-colours. Can be coloured with translucent pigment pastes to give colour while still showing the inside components of the piece. Used in personal pieces.
- **Waterclear Resin** - The most expensive of resins, waterclear must be cured at a low temperature to avoid cracking but gives the clearest viewing into the piece, great for showing off complicated coil-wrapped crystals and additives. Used only in personal pieces made for display.
- **Other** - Epoxy and some other resins and materials like beeswax and sugar orgonite can be used but I've stuck with polyester resin so I won't cover them in the guide.

Throughout communities polyester resin is the gold standard and others suffer from a number of problems such as poor durability, negligible shrinking while curing - preventing the piezo-electric effect - and their high price.

Metal Types

- **Aluminium** - The most commonly used metal. Makes light and strong pieces, and aluminium is easily obtained at machine shops. A little stronger than iron, probably because aluminium comes in finer and mixed densities. The perfect metal for mass gifting - light, cheap and powerful.
- **Copper** - Another commonly used metal, this is the aluminium of personal orgonite. Has a warmer feel than aluminium but is quite similar energy-wise. Very earthy metal.
- **Iron** - Works great, but the iron can rust which could be undesirable for art pieces, but does nothing to the functionality of the orgonite. Much heavier than aluminium (makes a difference while carrying a load of orgonite over the hills to gift) some say iron is more grounding. Steel is similar to iron but gives a more complete resonance from what I've seen, the carbon acting as a good connector and colouring for the energy.
- **Brass** - A good multipurpose metal, this is much like copper but the high notes of zinc give the energy a fresher feel. This is usually what you get if you obtain metal from keyshops.
- **Bronze** - Less commonly used but is a bit like brass. Note there are different types of bronze which makes for various types of energy though they are generally similar. Be careful only to use bronze with non-toxic ingredients as some can contain arsenic.
- **Gold** - Expensive but sometimes used in personal pieces in the form of gold flake. Gives a special high-tuned energy that is incomparable to other metals. Very personal and protective.
- **Silver** - Rarely used for orgonite, pieces containing silver have been said to have a cold and harsh energy. Some have used it successfully though.

I don't recommend using the toxic metals such as lead and mercury. When combined with curing resin they can produce toxic vapors that even your respirator won't filter.

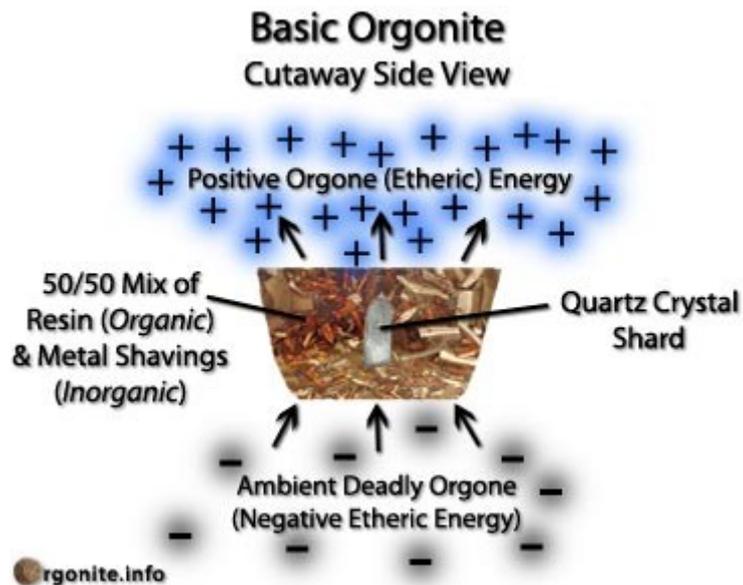
Metal Shape

- **Ball Bearings** - These are usually steel or copper-coated steel and great for adding mass to orgonite. The sphere shape seems to have a special resonance that increases the concentration of POR beyond a similar non-sphere metal piece, something to do with sacred geometry. Works good for personal pieces and they look nice too.
- **Shavings** - Easy to get and effective. They come in a mixed density so just using them on their own works fine. Aluminium shavings are the cheapest sort of metal you will find, excellent for mass gifting. You can sometimes get them for free at a metalshop, and small quantities of fine brass shavings are available at keymakers.
- **Powder** - Many metals and oxides come in this form. Can be used as an additive with lower density metals, as used alone there is difficulty in pushing the POR through the device. Powders and shavings combined can make great mixed-density and mixed-metal devices.
- **Nails** - Usually even the smallest nails are too big for anything more than low-density orgonite. Maybe use them sparingly with other densities. They're attractive because of their availability but really don't do the job like other metal shapes. Screws are maybe a little better.
- **Flake** - The most common - and usually only - metal used in this form is gold, being too expensive to use in any other way. It is thinner than even the smallest powders and comes in small square sheets that can be scraped and sprinkled into the resin mix.

Cascading Densities

Orgone is easily drawn in by orgonite of low-density, but has trouble moving through the higher densities. It has to be pushed. The solution is to make orgonite of cascading density layers. Pour one layer with maybe small nails and shavings, then another layer of shavings and powder, then a final layer of just powder and have the main matrix crystal set between the second and third layer. This will make a device that easily draws in energy from the low-density layer, and the POR will travel up the device to the higher density layers all while becoming more and more concentrated. Mixed density and cascading density devices work much better than single-density.

Too low a density and the orgone won't be tightly powered, too high and orgone won't be able to enter the device easily to be purified. Exceptions are powered pieces such as power wands, as energy is poured into them continuously.



That's it for now...

In the next Manifest will be an orgonite double article. In part one I'll continue rambling about the additives you can put into orgonite - crystals and their properties, minerals and various metal powders. In the second part will be info about the gifting movement and gifters, along with the problems they face - socially("they're nutters!"), financially("halp i ran out of money") and magically(gifting is a great way to plant a big astral 'kick me' sign on yourself.)

Thanks for reading and don't melt your table! - Caz

Magical Attacks and Effective Defence Techniques

By Caz, Spelly, Heron, Kel'Oren, Mich and Navajo

Intro

This article is about magical attacks from other entities, astral organisations and even other flesh-and-blood mages, along with hazards of encountering trapped energy fields or rogue constructs or even accidental smiting from Xom. It's also about defending yourself against these myriad dangers.

The first and most important line of defence in attacks is your awareness of them. Unless you're aware that there are many kinds of attacks and they are probably all going to be attacking you at some point, you'll be at a disadvantage when one of them is hitting you over the head with a mallet and you're like "Hmm what is this? Tension headache? Where is aspirin..." So we'll begin with a list of attacks that are commonly used along with how to effectively defend yourself against them and neutralise their effects. These aren't the only types of attacks you'll experience by any means, but they will give a nice groundwork that you can work from and adapt the techniques for when you have to defend against others.

Attack Types

Direct

These are attacks that generally come from one source or attacker, or a small group of attackers. They are targeted attacks, though you might come across one accidentally through tripping a construct, but this is rare. Sometimes you will get these from opportunistic entities, so don't make yourself a target by sloppy practices.

Indirect

These are attacks designed to impair you in some way, usually so a direct attack will be more successful on you. Illusions, harming your ability to perceive or your ability to do magic, all come under the category of indirect attacks.

Hazard

These are more likely to be the magical equivalent of flora and fauna than a strategic attack for a specific purpose. Energy fields, some astral entities and constructs are included in this, though sometimes it's difficult to discern where the line ends - self-replicating constructs can quickly become just another type of astral pest, indeed all entities are constructs of a sort.

Attack Methods

Blatant - Direct

Attackers may send hallucinations, voices, disturbing images or thoughts, manipulate your perception of reality, and send other energy attacks with various effects. This type of attack is most effective when you are new or your defenses are somehow compromised. Their various types of attacks can weaken your energy body if not properly defended against, and/or give your assemblage point a knock and move it into an unstable state, where it's harder to access your rational mind and locate and defense against the attack.

On the long term, a destabilized assemblage point may leave you more vulnerable to other types of attacks that can 'finish the job' on you, leaving you powerless and useless.

These attacks usually cut you off from most of your rationality and stability in knowing the world. This can be very debilitating if you are not used to having your perceptions changed or usually have kept your reality in one level, as knowing our reality gives us a sense of security. The key to defeating this attack is to remain aloof while seeing the mutated perceptions. If you consider them seriously you'll get yourself in a state and waste all your energy worrying that you've gone insane. Accept what you're perceiving without accepting it, so that it can't grab ahold of you and so that you're not clinging to what you want your reality to be. Once you become stable with the warped perceptions, the ability to use will slowly returns and you can will yourself out of the attack and dispense with the attacker.

Another method for dealing with blatant attacks is to use your personal shields. These are exercises used that will return the assemblage point to its usual position and so the distorted perceptions will disappear.

Dreams - Direct

Similar to the 'Blatant' attack type. Entities that attack you in your sleep can lead to strange, twisted nightmares. Sometimes they lead you into being trapped several dream levels down so that you 'wake up' multiple times and it takes an act of will to finally wake up into reality. Other times they send things to attack you in the dream state, when these entities attack you it will feel like a painful electric shock or vibration, comparable by some to feeling 'the rolling force' said by don Juan to be the force that pushes us each second of our lives, the force that finally overcomes us when we die and pushes us towards the eagle's beak. The 'rolling force' vibration is also similar to the feeling experienced when on the way to astral projection, many of the sensations in these attacks are similar.

Sleep paralysis and other attacks that will alter your consciousness in waking to be less effective so you can fall prey to their other attacks easier. Sometimes you can get these too without any memory of the dream, but you will feel very groggy despite a good length of sleep, with a headache usually, (no, hangovers don't count). They like to work on you while you sleep as your defences are 'down' - none of us have reliable dreaming bodies.

Sometimes you'll get dreams which seem like attacks but aren't, those being warnings of perception that you're being attacked in another way. It's kind of difficult to sense the difference between them sometimes, but you can just treat them in the same way by destroying the source of the attack whether dreamed or other.

The way to combat these if you're stuck in a dream being attacked is to try to wake yourself up through intending it. Sometimes you will be able to detect your physical body while trapped in the dream and by trying to move it you can dispel the dream. Small body parts are the easiest to move as most of the body will be paralysed while you sleep, so you aren't running around sleepwalking. Try moving the tips of the fingers or wiggling the toes.

If you're stuck in a dream attack where you wake up and are still in the dream, the solution is to claw yourself out of it through applying your will. Sometimes there will be many layers, all with a different obstacle or horror to face. Keep trying and you will get there.

The important thing is not to concentrate on the events in the dream or abandon yourself to them, as this sets you up to have your energy drained by the dream. Focus only on getting out of the dream and ignore the flying screaming hell-bats or the naked rolling fat men etc.

Isolation - Indirect

One of their attacks is this shimmering layer like the color oil makes on water. They use this between mages to reflect the image back at them. Simply put, it's an attack for separating mages, making it easier to attack them when isolated. The mirror image reflects magic and telepathy while giving the appearance that all is well. A variant of this can affect electrical equipment.

Fortunately the 'shimmering layer' is easy to detect once you're privy to it, or just have the self awareness to notice when you're being lead away from the flock. Wolves use this technique when hunting deer. Swallow your ego and ask for help if you can't disperse it on your own. These kind of attacks will frequently try to stop you from contacting anyone, causing them to be away at just the right moment or busy etc. Don't be meek and keep trying, sometimes even persistence will dispel these attacks.

Causal - Indirect

If you forget what attack this is, read the 'Reality Waves and Points Theory' threads again. It's based on this except they use it against us. They get a small thread they can move easily a while back and then guide it into a maelstrom of whatever they want to screw you with. Very deceptive as it doesn't look at all like a magic attack, just 'bad luck' with strange events happening against you, like your dog being hit by a truck or your house catching fire... but it's very subtle work over a long period done by will so it's 'decomplicated' to cast. For example the tiny thread could be a small event that would change the outlook of a person causing a kernel of their philosophy to change resulting in them having a different reaction to you on a certain event leading to them kicking you from your house. That's just an example but you get the idea- insidious stuff and difficult to combat... until now.

Causal attacks can be hard to detect but can also be extremely damaging to a mage, by targeting their lives; relationships, livelihood, school, etc. They get a small thread they can easily manipulate and over time it's guided into a maelstrom of their choosing, inflicted onto some aspect of your life.

They are very deceptive as one might see the effects and assume it's just bad luck where something strange and terrible happens like a house fire or your dog being hit by a car. The event's cause could have been very subtle, lying with the manipulation of one small 'reality thread' and growing into a destructive effect.

For example the tiny thread could be a small event that changes the outlook of a person, causing a kernel of their philosophy to change resulting in them having a different reaction to you on a certain event leading to them kicking you out of your house. That's just one example of how a casual attack could play out.

These attacks do take time to cast but are usually done through a retro-effect, manipulating the reality threads in the past to create a large effect in the present or near-future.

Retrospecting and following the reality threads can lead you to its originator if you have the skill, where you can proceed to meatgrind them and remedy the threads to halt the effect. You need to be able to see the threads to move them back, or just move them into an acceptable position through a force of will. These are hard to detect if you're not actively searching for them, so it's good practice to do a daily sweep just as if you were searching for astral bugs. You can also make a construct effect field that automatically neutralises negative effects placed on you by thread manipulation, and they're quite effective too.

Cancerous Thoughts - Indirect, Hazard

These cause your normal thoughts to warp into troubling things so you can't think properly or form a defence. Like you'll think of your grandmother and see a grinning skull or eye sockets looking at you. Sometimes you'll get Aztec heads coming out the wall watching you all day and night and singing in Swedish. If these thoughts hook you in you can get on a track of mind where you try to find a solution to an imagined problem that would happen on a 0.0001% chance. They do this because you will spend your energy trying to find the solution where a solution is pointless and your energy will become agitated, leading to other attacks and entities gaining easy access to you. Some energy fields have this effect as well, but these are easier sensed and usually have other properties. These attacks are a lesser form of the 'Blatant' attack type and most times you can still use your will normally, they are more of a distracting force than a real danger.

It's important not to get lead down a thread of their thinking, in which they guide you to think about a scenario that they make you feel is important to unravel. The scenario often has no good solution and just serves to distract and agitate you. Whenever you start thinking like this, search for attacks and cleanse your energy.

False Ally - Indirect

At a certain point they may make an artificial opening where everything finally looks easy. Then they guide you toward do or go along with whatever they made look simple. Then they stop guiding you and leave you set up to fall, because the abilities were either down to them or they were using some other attack to make you forget an important detail, etc etc. The purpose of this is to lead you into a trap by preying on your ego arrogance and lack of caution.

Avoid these by being aware of your limitations and not getting into a situation that you can't handle alone. Allies can't always be relied on so act strategically when doing magic. Ignore the ones saying "Don't look the gift Cerberus in the mouths" because being rude is very important if you want to survive. Be suspicious if someone aids you without reason but not paranoid. Always have a backup plan.

Attack Misdirection Gambit - Indirect

They can sometimes manipulate your thoughts so that you think you've done something when you haven't. The reason for this is that they've actually done the same thing to another, so that once you find out about this you claim that it was your act. So when you are warned of a threat, you will think that everything is alright and you won't feel the need to defend against what you supposedly did yourself. You will instead undo "your" effect, and you're not open for further attacks because in fact THEIR effect is still there. They can also use these to make an ally think you attacked them or get others to think the same by imitating your energy signature.

As a further result, an ally may be trying to tell you that you did not do it, and while they are setting up a massive fortification to defend against the flood that is coming, you're standing outside to try to stop the rain that you think you caused. This is egoism. Always try to listen to others without putting your own opinions on a pedestal.

Sometimes you will be subjected to moments which are hurtful and be tricked into believing it was yourself that caused it through your will. This is just another variant of the misdirection. The thing is that as long as you don't believe you caused the attack, your subconscious will negate the effect. Though the attack will make you doubtful by the effects it has, sometimes combined with other attacks like the reality threads to cause bad coincidences. The solution to this attack is don't be a martyr. If you're not running around murdering people then you're not so bad really. Think for yourself and cast out the mind worms. Realize the trick and then don't react, as that's their goal for you.

Astral Parasite - Direct, Hazard, rarely Indirect

These creatures seem to arise naturally and feed on various energies. If you don't shield or if you bleed out a lot of tasty energy these things will soon make a meal out of you. They come in more varieties than can be known and sometimes spread disease effects, mutate your energy, change your mental state etc. You will feel tired or maybe emotional for no reason. When scanned these are commonly seen as bugs, worms, beetles or swarms of flies. It's unclear whether that's the form they take or we see them that way because of what bugs represent to us in this world - disease and decay.

Blast these out using energy and turn them into ash. Afterwards you should ground yourself and clear your energies to remove any harmful effects that the parasites could've had on you. Meditate on a white ball of light spinning at your solar plexus, where the stomach is in the body. Feel the cleansing energy flow into every part, dislodging the negative energies and carrying them away. Then feel the energy leaving through your feet into the ground and being neutralised by Gaia's energy. You can recoup the energy by bringing the yellow-gold energy from the Earth and flowing it through you. Breathe deeply while doing all of this. There are many other cleansing and healing techniques available, Reiki is a good one and simple to learn.

Cloud - Indirect, Hazard

Makes you forget a point of reality, even to the point that it ever existed. Dissolves your thoughts. See on wikipedia as 'thought removal'. This article would be here months sooner if the clouds were not in place, as it had been planned but not written because of 'mysterious distractions' Stops you from thinking on a certain thing, it's what keeps many from being able to practice magic or participate in their community.

Defences are the Castanedan-esque 'personal shields'; effective techniques for stopping the cloud are breathing quick, short breaths so that you feel a vibration in the stomach, splashing COLD water on the face, or jogging on the spot. There are lots of these, splashed around like mines. They also pop up whenever one of us gets too close to finding out about a series of attacks. To be aware of the attacks, you need to store poder.

Though this is grouped under hazards as the cloud element was first discovered that way, it is also a direct-based attack that can be used either by dropping fields of the cloud element in locations, programming them to take effect on a certain trigger, or will-based direct cloud attacks that don't use the element at all except in thought.

Seals - Direct + Indirect

Seals are magic locks intending to prevent you from accessing something, usually your own abilities or wills. Mental blocks because of not having enough power to receive them are different and are caused naturally so you don't take on too much early and injure yourself. Magic locks that've been put on you can be sensed by a feeling of being 'held back' and stifled by some source. They might prevent you from doing a certain magic like healing or using a certain energy, or block your sight from a certain magic thing that was supposed to advance you, like a reality point. Sometimes the seal is designed to drain your power and use it to power the seal or to siphon it off so the attacker can use it, this is a leech seal when designed for the main purpose of stopping your power, I generally call ones designed for mainly stealing power as parasites though we get fiddly with semantics at this stage. Doesn't matter what you call them as long as everyone knows what each do.

Some seals have a malignant effect on them too, so instead of you casting a shield it will filter and program the energy into something harmful, like attacking a friend. This has the added part of demoralising who they attacked and maybe getting them to attack you, so again be careful. If you feel something is wrong with you, even because you tripped over stairs, it's nothing to take 5 seconds and scan yourself. Seals are pretty easy to detect for the energy-aware but sometimes you can get seals on parts of yourself that you barely use that can go unnoticed. Like someone with a closed crown chakra who doesn't notice it's been sealed because they hardly use it anyway. So another prevention is just to keep balanced and tune every part of your energy body, even if you don't consider it that useful at the moment.

How to Defend

It's really a matter of self-awareness. You have to know how you'll act in the normal way so you can detect when you're acting oddly. Others can help with this as well but not as much, and regularly scanning yourself helps too. Any time I reach out to attempt to see the 'strings' of the attackers (as I perceive them), I always find some, even if I just spent half an hour nuking them. There's always more, and remember to look behind the string as well. Get good shields and defence systems. Use various types of energy and soon you'll learn intuitively what energy types are best to use, for example some entities are weak to fire. Listen to your inner navigator, which is your voice of intuition or 'knowing', or a link to the z-point field or 'universal database' this also may be the envoy that is described by don Juan. Whatever it is, this voice gives the 'true knowledge' and allows you to gain instant information when needed. This is especially useful when being attacked, because you can just ask "How do I defeat this?" and the knowledge will come.

The simple visualisation to nuke all of these kinds of attacks is retroscanning + kablam, aka locate and destroy. Sense outwards for all the negative effects placed on you, you can see them as coloured patches or dots on a black background, they show red for me as a negative effect. View the cords that link the attacks to the caster, follow the cord, and KILL. Kill until the blood-mist can't be cleaned even with vinegar. If you don't fight back harshly, more entities and constructs will flock to you as you're marked as a soft touch. Teach them that attacking you isn't a good idea. You could even add a construct that records all you destroy and plays it to any entity that comes close or scans you, like a "ye be warned" type of thingo.

Some entities use emotion as an energy to hurt us. They force themselves to hate us so much which can shatter their souls when using magic. This becomes a weak point to target, although it's not readily apparent. A better way to combat those is by using the green energy that comes from the heart area, the hera. Saturating the entities with this energy neutralises them and eventually destroys them as it forces their vibrations to change. By fixating on the lower negative emotions and energies, they can't handle high quantities of the higher ones. This is also why they need to feed on others - they can't generate the higher energy themselves, but desire it.

Idea to the Effect

By Various

This is a new page which will show a few different snippets of random magical idea or technique. These are mainly experimental or spur of the moment ideas designed mostly for whetting your inspiration. Not to say that they don't work or aren't useful, but that is up for you to decide. Feel free to use and modify the techniques, and if they worked out for you feel free to send us an email at casa.umbrae@gmail.com!

Custom Spells by Spellhawk

Remote Viewing

Think of a person, focus on them, say "Ceiling Cat" out loud, and you will see in your mind's eye what they are doing.

Think of the person, focus, and say "I see what you did there." You will see the room the person is in and in great detail.

Memento Not

Think of a memory or a thought you don't want, focus on it, and chant "Memento Not" until the thought or memory is forgotten. This will erase the thought or memory from your mind.

Heart Matters

Think of a person, think of something you want to do to them, like an action, fill the action with emotion, focus on the person, add any gestures that may be wanted, say "Heart Matters". The person will feel the action as if you were physically present. Useful for long distance relationships.

Make Computer or Internet Faster

Focus on your computer's CPU or network connection. Say "fix-speed-byte-town-ah" until a noticeable speed boost is noticed. Some have broken multiple modems with it.

Traffic Light Control

Focus on a traffic light, say/think "green walking man oscilla", and you will be able to influence the traffic light to turn green within less than a minute. Or your sitting in a car and you imagine the traffic light change. When I do it, it takes me less than 30 seconds.

Note that the above spell has only been tested on pedestrian and car traffic lights.

Ones for cars may not be affected by the pedestrian traffic light spell. Pedestrian and car traffic lights affect one another; a pedestrian light isn't white unless the street that they're crossing is red and the street that they're parallel with is green. It's a simple feat of keeping people from being run over while having a white walk sign and the traffic that would hit them having a green light.

Circle protection idea by Anonymous

First, cast a circle around yourself by visualizing a ring of white light projecting around your person. Next, move and will the circle to follow your steps. If you did it right, the circle will have moved with you. This is called the Traveller's Circle, and is useful for going places undisturbed or for communication with spirit guides undisturbed. You can cause the circle to do anything by thinking it does beside the normal effect and sometimes changing the color.

And by being undisturbed, basically, nothing that is not physical will be able to touch you, as in, bother you at all. They will be repelled by the circle. If anything physical and living breaches the circle, it will break. It is best to make the circle about 3-5' in diameter for this reason, as usually, that is a person's personal space. You can use something similar to the traveller's circle, only to use it to divert physical people's attention away from me as well as sometimes an object. If you imagine a travelling circle being grey then you won't be seen and gray black for being undetectable while it protects you.

Finding spell by Silentdragon

Think of the object you want to find and say one of these spell forms:

What is lost must be found, take my luck and turn it around.

Watlot metfond tamlu tunyround

FidT (pronounced Fide-T)

Then go find what you need to find.

Increase Effect

To make energy or magic larger and stronger in effect, think or say "intezn" as (inteh-zen) or "bentidocht".

Warmth Effects by Ben

It's to pull out bodily energy halfway (ie: leaving it still attached but it extrudes 2-4 inches outwards), and will it to warm you. Makes it gutter in the wind, but you may be able to keep it around you and warm yourself up. It will be almost as if you were covered in fire. You can hear it crackle and hiss as the wind blows it about.

After feeling the effect of this; you can suck the energy back up, and focus it on your arms. Will it to extend in two long strands, one on each arm. Flail your arms about and energy-whip annoying people [who know not of the magerys]. They can apparently feel it, as they look behind them with odd looks on their face.

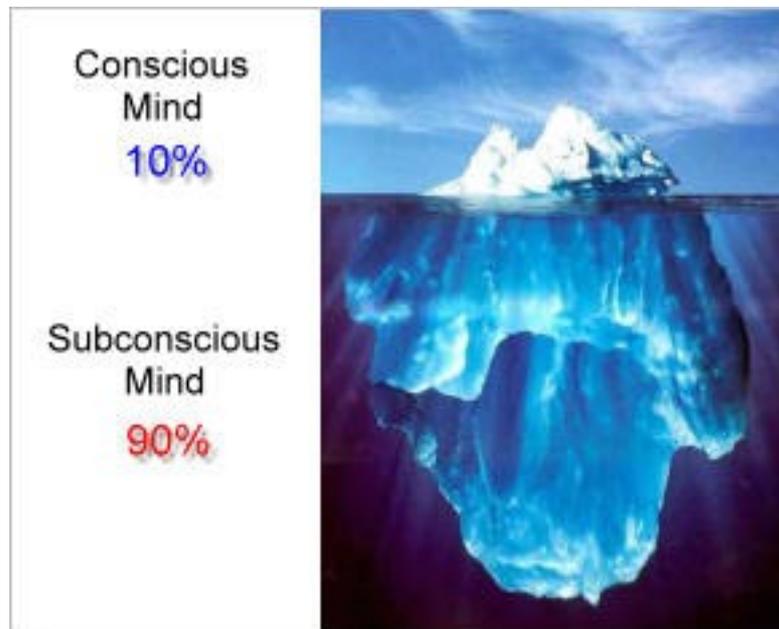
When cold, agitate your energy and flow it through your body to warm up.

Magic and the Subconscious

by Heron

Chaos magic is a loose, eclectic style of energy work where one enacts effects through whatever magic technique works best in the situation. Although "whatever works" is the simplest definition, there are a certain set of techniques or categories of techniques that chaos mages, or chaotes, often share. These include sigils, paradigm-shifting, pure will, ceremonies of a random nature, etc. One of the most common and effective techniques is causing an effect through one's subconscious.

The subconscious is the part of the mind that is normally unconscious and thus not directly controllable. The problem of the subconscious part of our mind is of course that default inaccessibility. And sometimes the subconscious may even work against us, unless prevented by magic. A [chaos] mage's developmental goal should be to both free and use the subconscious mind as much as possible, with growing consistency.



The subconscious is always working and in fact can cause effects all around you that the conscious mind may not intend. ('Around' meaning both the physical vicinity your body is aware of, as well as in places your mind interacts with, such as thinking of a friend who isn't nearby you at the time.) The mage, unlike the non-magic-user, uses his conscious mind for magic, but few people actually deal with their subconscious much. It's important to use your subconscious though! One left completely untouched can betray you because of your subconscious desire, whereas one that is used proper can be key to great magic.

Gnosis, a nearly indefinable state related to unity of the mind and loss of ego, (and thus loss of fear and self-importance, silencing of the inner dialogue, etc,) is the key by which magic can be caused through use of the *entire* mind, both conscious and subconscious. You can use all your mind, instead of just the conscious part, or just cleverly dropping a command into the subconscious.

Gnosis is achievable by many methods and happens in different levels- which may differ in the amount of time spent in the state, the feeling of the state, the power of it, the unity of the mind during it, etc. The possibility of magic is greatly increased when your mind is in a proper state. As well, the prerequisites to a good gnosis/silent/meditative state encouraging building poder, (the personal power a person stores by living impeccably or wastes by being petty.) Poder is necessary for effective magic, and is gained all the time by consistently silencing inner speakings, bucking fear, etc. (See Carlos Castaneda's series of books.)

Silencing the inner-speakings > Gnosis/Meditation/Focused inner silence/Trance >
Stopping the world

Yoga, meditation, chemognosis, (gnosis through purposeful drug use, such as cannabis or salvia,) rituals and combinations thereof are all useful techniques for gnosis, if done properly. However, one must find their own method(s) to achieve that state, and an impeccable will and the stored poder that go along with it are absolutely necessary. If one wastes all their poder on pettiness, it's impossible to be prepared for gnosis and proper magic at all times. If one lives impeccably and stores their poder, a quick transition to gnosis and active magic can be accomplished.

My technique for reaching a quick meditative state is to silence all inner speakings, (this should be done often and as much and consistently as possible anyway,) then assume a comfortable position, close my eyes, and listen to my breathing. A Japanese term is "mizu no kokoro," or "mind like water." You must clear your mind and let it flow freely- not thought to thought nor even thinking on just one thing, but clear. Then, you may take your free-flowing mind and put it toward accomplishing one objective.

The reason this works is because inner dialogue affects the subconscious strongly, causing it to act in a very unpredictable way that wastes energy and can cause unwanted effects.

Silencing yourself cuts off the supply of thoughts that stimulate your subconscious to constant, energy-wasting, problematic actions. The subconscious then settles down and works in unison with the conscious mind- great for simple meditation, and great for causing an effect through will!

Although magic can indeed be accomplished through a deep, focused state, on-the-fly magic is a vital skill as well. This technique is available to one who can use skill and will in combination for a magic action that is quickly and successfully enacted through the subconsciousness. This requires the skill to connect to the subconscious and send your 'command' through it and the will for it to be enacted by it.

For a metaphor, magic in a slowly generated, deep trance is like jumping in the water to fish with a spear, whereas quick flashes into an optimal magical state are like spear fishing outside of the water. Each is difficult and different in its own way, and it's up to you to decide when and how to use them. The entire point of chaos magic is this: through practiced efficiency, thrust yourself into an appropriate 'mode' for accomplishing an effect, then do it in whatever way works.

Happy doing.

Magic and Inspiration: Part 2 – Art and Energy

By Navajo

There's a general rule about any labour never going wasted on celestial level as long as its not being done so deliberately. The energy produced from a type of work will emanate from the body of the worker, from the action itself and from the celestial level separately.

The item being produced will have faint recordings of this.

The energy that will come out from such work will have a certain type and a unique data or frequency. On the general point of view the type of such energy shouldn't matter if you want to work with it but it wont change the fact that there are different types. As I mentioned in the first article for example the energy produced by crafts is different than the energy produced from art. But it still doesn't change that crafts is an art and they both emanate energy. The energy doesn't come from the actual physical nature of this action but it comes from the fact that another type of energy is channelled trough dimensions as the craftsman creates an object and the radiation happens trough the fraction of this channelling process. The meanings and conditions are also a reason for emanation.

What's the difference between crafts and art? Crafting is about making an object, creating it in an ongoing ritual. Like for example making bone combs or copper bowls. The art would be the motives on the copper bowl. The bowl itself is made trough craftworks. The main difference is two artworks are not the same while the point of making crafts is about mass producing by hand. Encyclopedia definitions may be different but these are the meanings I will use when I mention these two things.

You for example, take a brush and put paint on it and draw on a piece of paper or canvas. What was the purpose of that line? You won't ask yourself this question but the answer determines the first lines of the energy output. If there wasn't a purpose even though there was the need, then the energy also gains a different type. Every time creates a different energy output. From the beginning to the end, it will create a whole separate signature and a different style. Leaving half finished jobs or finishing before it ends creates different styles as well, as long as you are doing it for that purpose.

There are certain things that will trigger the efficiency. For example the more you work on a painting the more energy will radiate from you. The more lines, the better. Putting in more and more work always helps. Art today is generally about symbolising a lot of things with as little material as possible. But for the meditation purposes, it must be completely opposite.

For some people the fact that nobody will look at what they have created is a source for energy. Like you draw one thing and you never let anybody see it. It will create a good junction. For some other people its all about the reaction people give when they represent their art. Some people use both and some people use a little from both. Some never even asked this question and just lost in the bliss of creating. But the point is that all the ways, as long as they're close to the extreme, generates a leak of energy that you can use.

It is also important which body part you use to create and what allows you to be creative.

For example to play an instrument you need sensitivity. Its not something that cant be gained trough training. The results may vary, some people are talented and some people train more than others. A good song will be loved by lots of people. But for example 'Row row row your boat' is also a popular melody. So what gives here is spirit. Just the fact that you can produce music that is liked by everyone doesn't mean that you will generate energy from it. The thing you need is mastery. There's clearly no limit to how better you can learn to play an instrument. And even when you reach to the top of it, you will come to a point of inventing a new one. Or needing other instruments to complete the music. But the thing of importance is the energy you will produce and store in the meanwhile.

It's easier said than done. I summarise lifetimes of work in a few sentences and it obviously sounds much more simple than how it really is. Use your spirit. Use your heart. And you will gain enough energy to work with it. Some people automatically imbue this energy onto their art. We will use it to meditate and study on it.

Inspiration is about new things. So you should keep mastering on new things. Perfection is not mastery. A photocopy of a photograph is not solely art. Singing the same way that a popular singer sings a song is not skill. The art of copying itself is an art in itself, but doing it for the purpose of doing it for perfection will not generate the same amount of meaning as I mentioned. Spending 5 minutes on a masterpiece certainly wont do it either. It might prove useful in other parts of life but not in the meditation. Spend as much as work on a piece and you will see its rewards when you close your eyes and gaze into the darkness.

Besides the energy radiation I mentioned, working this way will also improve one's heart and perception. It gives confidence for those who have problems about it. And confidence and bravery is important in magic. In the next issue I will try to get into more depths in each single branch. I hope you bear with me.

Psionics Guide

By Cccy

About

This is the second 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 2: The basics of psionics.

In this Issue

In this issue, I will cover the bare basics of manipulating psi. These skills may not be very useful in real life, but are vital in learning psionics.

Why only the bare basics?

Psionics, although not too hard to learn at the basic level, is the foundation to advanced psionics. Similar to a building requiring a solid foundation to be able to remain stable when building the upper levels, you need to learn the basics well to be able to control and manipulate psi effectively and safely when moving on to the advanced stages of psionics.

The two basic skills of psionics

The two basic skills of psionics are from energy manipulation. They are grounding and the psiball. These skills will allow for you to have a first-hand experience of psionics so that you can have a basic grasp of how psionics feels like for you, as I have previously mentioned in my first issue, different practitioners may feel psi differently.

A little note before we start

As mentioned, different practitioners may feel psi differently, therefore I have covered the most common methods for manipulating psi here. They may or may not work for everyone, and it is possible that they are not be the best way to manipulate psi for you. If you come across a better method, don't hesitate to use it! Additionally, these skills, although they require some training before you can actually manipulate psi well, are not recommended to be done continuously for prolonged periods. Personally, I would recommend any time more than 15 minutes, but less than 50 minutes. **It is important that you stop practicing if you experience any kind of ill effects (Example: headaches, nausea, fatigue, etc) and rest for at least an hour.**

Grounding

Grounding is an important skill in psionics as it allows you to get rid of excess energy which, if not removed, would cause you to experience what is called an energy overload. An overload is very distracting and can cause you to feel unwell in some extreme cases. In grounding, imagine a link forming from you to the ground which you send all of your excess energy to. It is also important to note that when you are overloaded and need to ground, remain calm! Getting into any kind of frenzy when you are overloaded will hamper your grounding.

The psiball

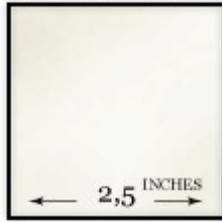
The most basic skill in psionics that would allow you to get a feel of psi and grasp how to manipulate it, the psiball is a fairly simple and easy to learn skill for beginners start by holding your hands together the same way you would hold a ball, and imagine psi forming between your palms, in the same place as where the ball would be at if you were holding a real ball. If this is your first time trying this skill, it is best to attempt this skill in a place without distractions so that you can focus much more easily.



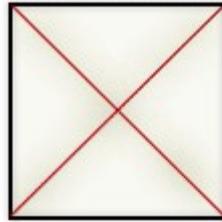
The psiwheel – a bonus

Now for the fun part – the psiwheel! Not really a basic must-learn skill for psionics, but it allows you to see some physical results of psionics. Using a psiwheel (Preferably in a place with minimal air interference) , focus on the psiwheel and imagine psi surrounding the psiwheel and turning it in the direction you want it to. Sounds simple? Not really. The steps needed to do it may be simple, but you may need lots of practice.

1. GET A SQUARE PIECE OF PAPER



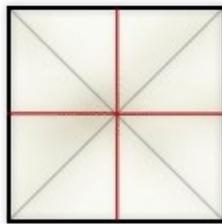
2. FOLD IT DIAGONALLY BOTH WAYS



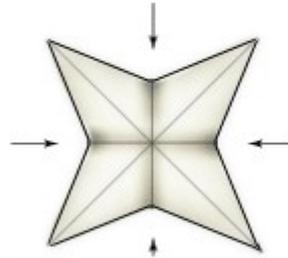
3. TURN PAPER OVER



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4. FOLD IT IN HALF BOTH WAYS



5. PUSH OPPOSITE CENTERS TOGETHER



6. PLACE IT ON PIN AND START SPINNING

SIMPLE GUIDE TO MAKING A PSIWHEEL FROM A SQUARE PIECE OF PAPER - IMAGE CREATED BY TASSADAR THION

More details can be found in this link: <http://www.wikihow.com/Make-a-Psi-Wheel>

That's all for this issue!

With this said, I now end my basic guide psionics. In the next issue, I will be moving on to common psionics, covering the psionics sections most people use and some useful ways of manipulating psi. If you have any questions, constructive comments or ideas, you can contact me by the following email: clintonchen@Hotmail.com or by via PM to the nickname Cccy.

Methods of Seeing

By SilentDragon

Basic method

1. Close your eyes (you can leave them open, it's up to your personal preference)
2. Clear your mind (this is very important)
3. Imagine teleporting to a place and time you want to see and view
4. Perceive in images the area you're viewing.
5. Let your sub conscious fill in the blanks
6. The images will come to you as separate objects, colors, shape, mood
7. Let them slowly piece together, don't jump to conclusions, its best to draw/write down what you saw

Other methods – Viewing screen

1. Decide if it's a live event, or an event that will happen or has already happened.
2. Imagine you're viewing the area through a TV screen/panel.
3. You can move the camera around for different views.
4. Try to see the events that happen like you would see them on a real television.

Use your imagination, it doesn't have to be a TV screen, you could have a HUD instead. Try different methods, invent new ones. Some methods will work well for others, however some will find them harder to use. Experiment with new methods, eventually you'll get one that works well for you.

Practice methods

I recommend that you practice with a partner to test and improve your seeing ability. Here are some ways to test yourself, view your partner's room, and have your partner be on chat. Then let him/her view your room, what you're doing, what you're holding, etc. Take turns so it won't get too boring. Another way is to have someone lookup on places/landmarks, have them codenamed, and they will represent the targets for viewing.

If there's no one there to help you, you can practice yourself. Get a box, put some different colored blocks in it, blindly take one out, without looking at it, try to see it, view the color, and then open your eyes and check if you're right. This works for poker cards as well, but colored blocks are more fun.

Don't be discouraged if your results are not accurate, practice makes perfect :]

Personal Experience

By Mattman

My personal experiences:

Shadow Road

The Shadow Road is a conduit for sending your spirit to wherever you desire. Close your eyes so you can see through your spirit. Doing this long enough, your body will follow.

It took a few minutes to gather enough shadow energy. As it began flowing through my body, I felt more relaxed and darker. I visualized a shadowy side walk, walking on it until I pictured a fork in the road toward London. After my subconscious created a maze, I arrived behind a red phone box in spirit form. I imagined it as a TARDIS (Doctor Who), using it to travel.



Magic gate

Placing two coat hangers (or two iron rods) in a doorway to amplify the energy, I sent gathered energy in between them, visualized Narnia in winter, expanded it through the wall as a tunnel, then walked between the two coat hangers. As I sat back in my chair, I felt a cold breeze under my desk and my spirit started feeling cold. When I closed my eyes, I was there in the form of a wolf. I howled, then started chasing a raccoon in the snow. I left Narnia by walking back through the portal, then closed it.

I imagined a new portal leading to Hawaii. With my eyes closed, I saw a monkey in a palm tree and waves. I opened my eyes and started smelling pineapple and felt warm.

This concludes my personal experience on magic at this time.

Afterword

This issue was originally going to have a current news-ish section on the events that are happening now, specifically focusing on this 'event' that has been seen by everyone.

Most of our grievances against each other are petty. If we can only get through this by working together, then it's what we need to do. It doesn't mean betraying your principles if you work with someone of a different paradigm or thinks differently to you and we should instead strive to put aside egoism for our collective and individual betterment.

Everyone seems to have perceived a type of warning to this event, whether in feeling or dream or vision. Each of us have a little piece of the puzzle, but by being a community we can share our findings in order to prepare for whatever is coming, whether it be the earth splitting apart, the veil dropping or just a big party.

You can submit any questions or comments you have about the Magic Manifest to 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