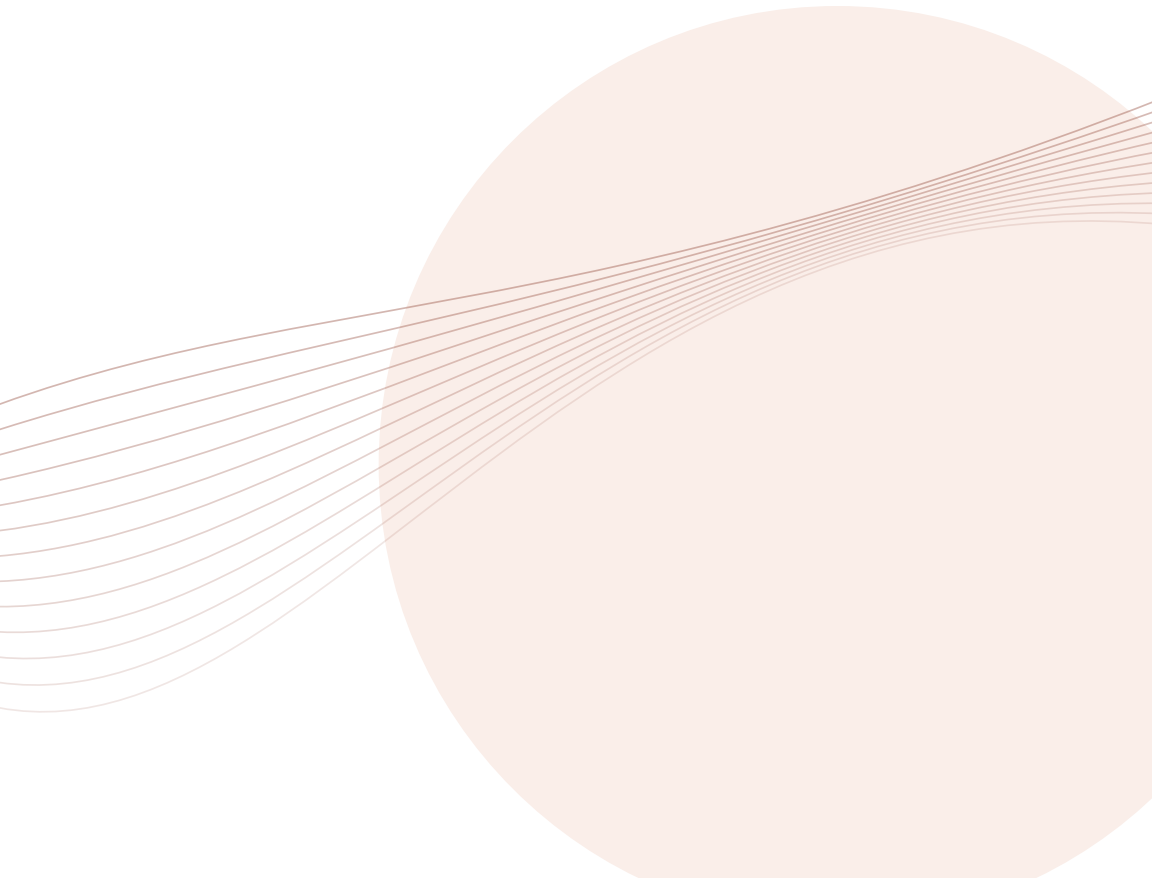
John Kreiter: The Definitive Personal-Study Edition



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John Kreiter Definitive Personal-Study Edition cover
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A conservative consolidation of the completed personal-study library · 2026

This edition gathers the entire finished guide library into one navigable work. Its governing rule is restraint: preserve every distinct idea and study aid; remove only repetition that has already been preserved more fully elsewhere. The source books remain the authorities for wording, sequence, and context.

Read beside the original EPUBs. The source books govern chapter order, terminology, and core intent. The guides slow the work down, reveal internal architecture, and add exercises, thought experiments, figures, summaries, cautions, later-book bridges, and retrieval aids. They do not replace the sources.

The esoteric and non-rational domain is preserved on its own terms. Archons, egregors, servitors, the Dark Sea, energetic predation, projection, the Double, postmortem continuity, occult correspondences, unsupported physics analogies, and deliberate false equivalences remain available as literal, symbolic, operational, or entangled possibilities. They have not been deleted merely because they resist conventional proof.

Different kinds of statement should nevertheless remain visible. A direct perception is not identical to an interpretation; an analogy can illuminate without demonstrating; a later-book bridge is not a quotation from an earlier source; and a practical effect need not settle a cosmological question. This distinction protects mystery from careless certainty without flattening mystery into disbelief.

Keep ordinary judgment, consent, sleep, food, health care, financial care, relationships, and trusted human contact intact. Stop any practice that produces sustained fear, pain, confusion, derealization, compulsive interpretation, sleep disruption, or impaired daily functioning. Return through the senses and seek qualified support when distress persists. The ability to pause or stop is part of mastery.

How to Use the Definitive Edition

1. Read the named source chapter first.
2. Close the source and recall its movement in your own words.
3. Read the aligned guide and return to the source for verification.
4. Perform no more than one new exercise at a time.
5. Record direct perception before interpretation.
6. Review after a day, a week, and a month.
7. Use the thematic pathways only after locating the source-specific treatment.
8. Let the article field widen comparison without forcing every tradition into one system.

> Figure / source plate
> Architecture of the definitive edition
> Source asset: assets/definitive-architecture.svg

Figure 1. The source spine, thematic lens, and article field form one return-to-source study circuit.

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- Part I · Fifteen Source-Aligned Study Guides
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    - Thematic Volume 09 · Articles, Applications, and Comparative Notes
- Part III · The Complete Illustrated Article Corpus
- Part IV · Definitive Appendices

A full 116-article index appears in Guide 15 and links directly to the article anchors in Part III.

Part I · Fifteen Source-Aligned Study Guides

The source-aligned guides are the spine of the edition. Their original chapter order, distinct editorial additions, custom diagrams, exercises, and source-specific cautions are retained. Repeated library-wide front matter and blank forms appear once rather than fifteen times.

Guide 01 · The Art of Transmutation

> Figure / source plate
> Cover of Guide 01, The Art of Transmutation
> Source asset: assets/guide-01-cover-Cover.png

Book-aligned source guide 01 of 15 · retained as the source-order spine.

Source structure: Preface; Chapters 1–10; Epilogue; source Q&A. **Thematic shelf cross-link:** Volume 01 for perceptual opening; Volume 07 for transmutation, the Great Work, and remembering.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> The transmutation tree from inner perception and feeling-intent toward embodied change
> Source asset: assets/guide-01-g01-v07-transmutation-tree.svg

Figure 1. The transmutation tree from inner perception and feeling-intent toward embodied change.

> Figure / source plate

> Cognitive position as the meeting of belief, attention, inner feeling, will, and observation
> Source asset: assets/guide-01-g01-v02-cognitive-position.svg

Figure 2. Cognitive position as the meeting of belief, attention, inner feeling, will, and observation.

> Figure / source plate
> Three expressions of refined capacity: change, continuity, and journey
> Source asset: assets/guide-01-g01-v07-stone-uses.svg

Figure 3. Three expressions of refined capacity: change, continuity, and journey.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Preface · Read the Story as an Instrument

The Art of Transmutation teaches through the relationship between Janos and the shadowed man. Its fiction is not ornamental packaging around a list of methods. The encounters, reversals, long absences, danger, humor, and changes in Janos are part of the instruction. Read once for the story. On a second reading, notice what changes immediately before each lesson: a disruption of routine, an unexpected angle, a change in feeling, a demand for sustained attention, or an act that appears unreasonable from the outside.

The book's central term, **transmutation**, names movement across a boundary: a change of inner state, a movement from the unmanifest toward manifestation, or a reorganization of the practitioner who performs the work. Its central faculty is the **inner feeling sense**, a way of feeling-seeing that the book treats as more fundamental than verbal interpretation. Its central discipline is **feeling-intent**—not a sentence repeated without life, but the directed inner motion beneath the sentence.

This companion follows the original EPUB's ten chapters exactly. It preserves the esoteric framework as a working cosmology. Where a claim is visionary, metaphysical, or symbolic, the purpose here is not to force it into a scientific register. The reader is invited to test what can be tested through attention, conduct, journaling, and direct experience while allowing mystery to remain mystery.

A Two-Pass Method

1. Read the source chapter without stopping to analyze every image.
2. Close the book and write the three moments that remain most alive.
3. Read the corresponding guide chapter.
4. Choose one exercise. Work modestly and record its effects.
5. Return to the source and mark the paragraph that now reads differently.

Keep sleep, food, ordinary obligations, and human relationships intact. Intensity is not the same as progress. If an exercise produces fear, compulsive interpretation, or a loss of ordinary orientation, stop, ground through the senses, and return only when settled.

Chapter 1 · Stirrings of the Spirit

What Happens in the Source

The first chapter introduces Janos as a young man caught between the severity of his circumstances and an intuition that the visible world is incomplete. He begins to notice the shadowed man and is drawn toward a kind of knowledge that cannot be acquired merely by collecting opinions. The encounter establishes the book's first reversal: what looks like misfortune from one angle may become pressure toward perception from another.

The **Spirit** is not offered as an item to be defined once and stored in memory. It is approached through changes in atmosphere, feeling, timing, and the unexplained excess of an event. Janos does not yet possess a system. He has a stirring—a disturbance in the accepted map. That disturbance matters because the book repeatedly places direct perception before doctrine.

Study Lens · The Honest Disturbance

A stirring is useful only when it is neither dismissed nor inflated. Immediate dismissal restores the old routine before anything can be learned. Immediate inflation turns a subtle event into a grand claim and prevents careful observation. Janos's apprenticeship begins in the middle: he allows the event to trouble him without pretending he already knows what it means.

Practice · The Ledger of Excess

For seven days, record one moment that seemed to contain more than its obvious explanation. It may be a coincidence, dream fragment, sudden intuition, peculiar angle of light, or a sentence that arrived with unusual force. Divide the page into four fields:

Event	What was directly perceived	First interpretation	What remains unknown
Brief description	Sensation, image, timing, emotion	Your first story about it	The unanswered remainder

Do not try to prove the event paranormal. The exercise trains fidelity to experience before explanation.

Reflection

- Which disturbances enlarge attention, and which merely excite it?
- What belief would you need to loosen in order to remain curious?
- When has hardship made your perception narrower? When has it made perception sharper?

Chapter Summary

The first movement of transmutation is not control but **awakening to discrepancy**. Spirit first appears as the excess that the ordinary map cannot quite contain.

Chapter 2 · Odd Angles, Hidden Doors, and the Promise of Freedom

What Happens in the Source

The shadowed man teaches Janos to notice liminal spaces: the overlooked intervals between one expected place and another. Routine makes such places invisible because attention is usually spent on destinations. An odd angle is therefore both a location and a method. It is a place where expectation weakens enough for another arrangement of reality to become perceptible.

The promise of freedom is tied to anonymity and reduced self-importance. The shadowed man's declaration that he is “nothing and nobody” is not self-hatred. It describes a practical release from the constant demand to reinforce a public identity. The smaller the burden of performance, the more attention can become available for what lies between.

Study Lens · Liminality Without Theater

The chapter can tempt a reader to hunt for spectacular portals. Its subtler lesson is more demanding: the hidden door often appears where habit has made perception dull. The threshold may be a side street, an interval before sleep, a silence in conversation, or the instant between an impulse and its enactment.

Practice · The Odd-Angle Walk

Take a familiar fifteen-minute route in daylight. Move slowly and safely.

1. Notice five places your attention normally skips.
2. At each place, pause without naming what you see for three breaths.
3. Feel the space as a whole rather than selecting one object.
4. Record any change in scale, atmosphere, memory, or bodily sensation.

Do not trespass, enter unsafe spaces, or turn an ambiguous perception into a command. The practice concerns attention, not risk.

Thought Experiment · The Destinationless City

Imagine that every destination vanished from a familiar city, leaving only the routes and intervals between them. What would become visible when no place existed merely as a passage to somewhere else? This thought experiment exposes how purpose can illuminate and also blind.

Chapter Summary

Freedom begins when attention ceases to be wholly governed by the straight line from this to that. The **odd angle** is the perceptual opening created when routine momentarily fails.

Chapter 3 · The Door Opens: Secrets of the In-Between

What Happens in the Source

Janos moves from noticing the in-between to entering it. The world acquires depth: rooms can contain more than their measurements, shadows can suggest displaced space, and ordinary crowds can become distant even when physically near. The chapter converts liminality from idea into lived threshold.

The in-between is not empty. It is a zone of relation where fixed categories loosen. This is why it can be experienced as freedom and as danger. The structures that usually orient the self are less authoritative there. A threshold amplifies what the practitioner brings into it—attention, fear, purpose, or confusion.

Study Lens · Thresholds Need an Anchor

The book values crossing, but a useful practice also includes return. A threshold without an anchor becomes drift. Choose one ordinary anchor before inner work: the feeling of feet on the floor, a visible object, the time on a clock, or a written statement of purpose. The anchor does not deny the experience. It gives the experience a shore.

Practice · The Perceptual Airlock

Create a five-minute entry and exit ritual:

- **Entry:** Name the place, time, and purpose of the session. Take three easy breaths. Let the visual field soften.

- **Middle:** Attend to the space between objects rather than the objects. Notice depth, pressure, silence, or movement without forcing an image.
- **Exit:** Name five visible things, move the hands and feet, drink water, and write three plain sentences about what occurred.

Reflection

- What changes when you attend to intervals rather than objects?
- Which anchor returns you most quickly to ordinary orientation?
- How do you distinguish a meaningful threshold from fatigue or suggestion? The answer may remain provisional.

Chapter Summary

The in-between is a real practice field within the book's cosmology. Crossing becomes more useful when paired with deliberate return and exact observation.

Chapter 4 · The Inner Senses and the Personal God

What Happens in the Source

The shadowed man distinguishes the physical senses from subtler modes of perception. Janos learns to bring an object into the temple of his mind and explore it through a combined feeling and seeing. This **inner feeling sense** does not merely reproduce a visual memory. It reaches toward the object's inner construction, associations, movement, and felt quality.

The chapter also resists a packaged deity imposed from outside. The “personal God” or **Secret King** points toward an immense unconscious intelligence encountered inwardly and individually. The text does not ask the student to substitute one external authority for another. It asks for an encounter whose meaning must be discovered through direct inner work.

Practice · Feeling-Seeing an Object

Choose a simple object with no sharp edges.

1. Observe it physically for two minutes.
2. Close your eyes and rebuild its shape in the mind.

3. Let the image become less rigid. Feel its weight, temperature, age, and possible movement.
4. Ask inwardly, “What is the quality of this thing?” Do not demand words.
5. Open your eyes and compare the inner impression with the physical object.

Record physical observation, inner impression, and interpretation in separate paragraphs. This keeps perception from being swallowed by explanation.

Study Aid · Three Levels of a Report

Level	Example
Perception	“A sinking pressure appeared in the chest.”
Image or association	“A cellar came to mind.”
Interpretation	“I took this as hidden age or secrecy.”

All three may matter, but they are not interchangeable.

Chapter Summary

The inner senses are trained through contact, patience, and discrimination. The personal divine is approached as living interior relation, not as a borrowed definition.

Chapter 5 · Defining Transmutation and the Lessons of a Child

What Happens in the Source

Janos observes how thought and feeling reorganize the rooms of his inner temple. One configuration becomes another without physical labor. This becomes the experiential basis for transmutation: a change of state produced through directed inner action. The desiring child supplies a second key. Desire is not merely a statement about absence; it is force, movement, and insistence.

The child's lesson is not permission for endless demand. It reveals that desire has an energetic shape before it becomes sophisticated, embarrassed, or divided against itself. Adults frequently weaken desire through self-pity, rehearsed impossibility, and competing speech. The child shows undivided motion; the alchemist must add awareness and discipline.

Study Lens · Desire Without Self-Pity

Self-pity keeps attention circling the injured self. Desire moves attention toward a condition. The distinction is not moral. It is directional. One says, "Look at what has been denied to me." The other says, "This is the movement I choose."

Practice · The Two Rooms

Bring to mind a modest, concrete change. Create two inner rooms:

- The first contains the feeling and imagery of remaining unchanged.
- The second contains the felt quality of the desired condition already in motion.

Move between them three times. Notice posture, breath, internal speech, and available action. End by writing one ordinary action that belongs to the second room.

Caution

Do not use the exercise as a substitute for medical care, financial planning, consent, or direct communication. Inner action and ordinary action can cooperate; they need not compete.

Chapter Summary

Transmutation is first learned inwardly, where a shift of feeling-intent can reorganize an entire experiential world. The practical test is whether the new inner arrangement also supports wiser action.

Chapter 6 · Becoming the Walking Crazy

What Happens in the Source

Janos accepts a paradoxical identity: the **walking crazy**, one who knows that ordinary sanity is only one arrangement of reality. The phrase carries humor and deliberate provocation. It marks the student's willingness to inhabit an expanded map without requiring public confirmation.

This chapter also restores logic to a precise role. Logic orders relations of cause and effect within a particular perceptual field. It is valuable, but it cannot by itself generate the perceptions it later arranges. Inner sensing enlarges the field; logic helps keep the resulting material from becoming incoherent.

Study Lens · Double Bookkeeping

A mature walking crazy keeps two ledgers. The first honors the esoteric experience from within its own language. The second tracks ordinary conditions: sleep, stress, expectation, coincidence, behavior, and consequence. This is not a skeptical attack on mystery. It is a way of protecting mystery from careless certainty.

Practice · Two True Descriptions

Choose one unusual experience. Write two accounts:

1. an esoteric account using the book's own cosmology;
2. an ordinary account using psychology, circumstance, and uncertainty.

Then write a third paragraph describing what both accounts fail to capture. The aim is not to choose a winner but to enlarge the logos so it can hold competing causal frames.

Reflection

- When does secrecy protect a practice, and when does it isolate the practitioner?
- Can you hold an esoteric conviction without demanding agreement?
- Which ordinary responsibilities keep your practice humane?

Chapter Summary

The walking crazy is not the abandonment of discrimination. It is the ability to use more than one map while remaining capable of daily life, humor, and responsible choice.

Chapter 7 · Dream Energy and Natural Desire

What Happens in the Source

The book links dreaming, desire, and energy. In dream and deep imagination, changes can occur with a fluidity that physical life appears to resist. Janos learns that the energy of these states can be carried into waking work. He also begins to perceive greater distance and dimensional depth than physical measurement alone would suggest.

Natural desire is discovered rather than manufactured. It is the desire that continues to possess life after borrowed ideals, social comparison, and dramatic fantasy are removed. Because it is congruent with the deeper self, it can organize attention with less internal conflict.

Practice · Dream-Energy Retrieval

On waking, remain still long enough to recover one dream scene or mood. Do not begin with interpretation.

1. Name the strongest feeling-quality.
2. Locate that quality in or around the body.
3. Ask what ordinary activity could carry the same quality today.
4. Perform a small version of that activity.

The dream need not predict anything. Its energy may be useful as courage, spaciousness, curiosity, caution, or creative movement.

Thought Experiment · Borrowed Desire

Imagine receiving every desire you can easily name. Which achievements would become empty once no one else could see them? Which desires would remain meaningful without status, comparison, or a story of being exceptional? Those remainders may be closer to natural desire.

Chapter Summary

Dream energy is not confined to sleep. It can be translated into waking quality and action. Natural desire supplies direction without requiring constant self-coercion.

Chapter 8 · Feeling-Intent and Going Beyond Words

What Happens in the Source

The shadowed man turns Janos from the sentence toward the inner action beneath it. Words are useful ciphers, but they can become cages when mistaken for the force they evoke. Prayer and faith are treated as complementary motions. Prayer intensifies desire and direction; faith sustains an enduring relation to the desired movement without continuous strain.

Feeling-intent is the fused quality of sensation, emotion, image, direction, and will. It is not identical to excitement. Excitement can flare and vanish. Feeling-intent becomes powerful in the book when it acquires duration and precision.

Practice · Engineer the Phrase by Feeling

Choose a modest intention and write three versions of a short phrase. Speak each once and notice the immediate felt response. Reject language that creates inner contradiction, numbness, or theatrical pressure. Keep the version that produces the clearest directional feeling.

Then:

1. Repeat the phrase once.
2. Drop the words and attend to the feeling they opened.
3. Sustain the feeling gently for thirty seconds.
4. Rest for thirty seconds.
5. Repeat three times.

End the session while attention remains clean. Longer is not automatically better.

Study Aid · Prayer and Faith

Motion	Function	Failure mode	Correction
Prayer	gathers and intensifies desire	pleading, self-pity, strain	return to clear direction
Faith	gives the movement duration	denial of present reality	use language that permits process

Chapter Summary

Words open the door, but feeling-intent crosses it. Precision of inner motion matters more than verbal grandeur.

Chapter 9 · Simultaneous Selves and Managing Energy Channels

What Happens in the Source

As Janos's practice deepens, the single, simple identity becomes inadequate. The chapter explores multiple or simultaneous aspects of self and the problem of conducting more than one stream of attention. What appears from outside as contradiction can be experienced inwardly as a larger architecture whose parts require coordination.

Energy channels describe routes through which attention and feeling repeatedly move. A channel strengthened through habit becomes easier to enter. This can support faith, contemplation, and skilled action, but it can also strengthen worry or obsession. Management therefore means choosing which channel receives duration.

Practice · The Council of Selves

Name three aspects active in a current decision—for example, the protector, the seeker, and the practical steward. Give each one page to speak without interruption. Then write from a fourth position, the chair of the council, whose task is not to destroy any member but to choose a proportion and next action.

Practice · Channel Audit

For one day, mark each time attention enters a repeated channel. Use only a short label: fear rehearsal, argument replay, faith, craft, planning, wonder. At day's end, estimate the energy each channel received. Choose one channel to shorten and one to nourish tomorrow.

Caution

The book's simultaneous selves are an esoteric and psychological study tool, not a diagnosis. If you experience involuntary voices, severe dissociation, memory loss, or fear about losing control, pause the practice and seek qualified support.

Chapter Summary

The enlarged self requires governance. Attention makes channels easier to enter; deliberate remembering decides which channels become roads.

Chapter 10 · Shininess and Opening a Crack in the World

What Happens in the Source

The final chapter names **shininess** as the felt radiance of sustained power and attention. Janos learns to maintain faith during ordinary activity, not only during a protected session. Transmutation becomes a rhythm: concentrated desire, enduring faith, reduced egoic interference, alertness to openings, and practical movement when conditions change.

The “crack in the world” is both culmination and beginning. A crack does not abolish the world; it reveals that the world's apparent closure was incomplete. Janos's transformation includes the recognition that the practitioner is also the material being transmuted.

Study Lens · Endurance Without Tension

The book distinguishes unrelenting faith from constant muscular effort. A useful image is a lamp rather than a clenched fist. The lamp remains lit while attention also performs daily tasks. This is difficult precisely because it is gentle.

Practice · A Day of Quiet Shininess

Choose a modest intention that does not depend on controlling another person. Begin with five minutes of concentrated feeling-intent. During the day, recall the quality for one breath at natural transitions: entering a room, beginning work, eating, or returning home. Do not repeatedly check whether the world has obeyed. In the evening, record:

- how often the quality returned;
- whether recall became easier or strained;
- what ordinary opportunities became visible;
- what changed in you even if the outer result did not change.

Final Thought Experiment · The Material of the Work

Suppose the desired event never arrives in the form expected, but the practice makes you more attentive, courageous, imaginative, and capable of action. Has transmutation failed, succeeded, or revealed a deeper object of the work?

Chapter Summary

Shininess is sustained, living attention. The final crack opens when the practitioner realizes that manifestation and self-transformation are inseparable movements.

Epilogue · A Working Synthesis

The ten chapters form a coherent arc:

1. discrepancy awakens attention;
2. odd angles interrupt routine;
3. thresholds reveal depth;
4. inner senses make contact possible;
5. feeling and thought demonstrate transmutation;
6. the walking crazy learns to hold more than one map;
7. dream energy joins natural desire;
8. words yield to feeling-intent;

9. simultaneous selves and channels require governance;
10. shininess sustains the work until a crack appears.

The arc should not be reduced to a formula for obtaining objects. The story insists that the practitioner is altered by every serious act of transmutation. A desire that leaves the desirer untouched has not yet reached the book's deepest layer.

Source Q&A · How to Read the Additional Material

The source EPUB's Q&A extends and clarifies the narrative. Read it after the ten chapters, then use three columns in the journal:

Question addressed	Clarification in the answer	Chapter it changes
State the issue briefly	Paraphrase rather than copying	Note the exact source chapter

Pay particular attention to answers that complicate an earlier certainty. These reveal where the book expects living practice rather than rigid doctrine.

Thirty-Day Practice Path

Days	Focus	Minimum practice
1–5	discrepancy and odd angles	Ledger of Excess + one slow walk
6–10	thresholds and inner senses	Perceptual Airlock + object feeling-seeing
11–15	transmutation and desire	Two Rooms + one modest intention
16–20	double bookkeeping	Two True Descriptions + dream retrieval
21–25	feeling-intent and channels	phrase engineering + Channel Audit

Days	Focus	Minimum practice
26–30	shininess and integration	one-breath recall + final review

At day thirty, reread the first journal entry. Do not ask only, "Did something unusual happen?" Ask: "Is my attention more exact? Can I feel without immediately naming? Can I sustain desire without self-pity? Do I return to ordinary life with greater capacity?"

Glossary

Term	Working meaning in this guide
Feeling-intent	the directed inner motion beneath words, combining sensation, emotion, image, and will
Inner feeling sense	a mode of feeling-seeing used to approach the inner quality of a person, object, or state
Liminal space	a threshold where ordinary categories and expectations become less fixed
Natural desire	desire that remains alive after borrowed ideals and social comparison are removed
Secret King	the vast inner intelligence or unconscious power approached through personal inner work
Shininess	the felt radiance or energetic intensity of sustained attention and faith
Spirit	the living unmanifest depth moving through and beyond ordinary appearances
Transmutation	movement from one state or side of a boundary to another, including inner and outer change

Term	Working meaning in this guide
Walking crazy	the practitioner who can inhabit an expanded map without requiring public confirmation

Closing Questions

- What is the most important crack this book opened in your inherited map?
- Which practice made perception more exact rather than merely more dramatic?
- What desire became more natural after self-pity was removed?
- Which words can now be released because the feeling-intent has been learned?
- How has the practitioner—not only the desired circumstance—been transmuted?

Guide 02 · The Book of Remembering

> Figure / source plate
> Cover of Guide 02, The Book of Remembering
> Source asset: assets/guide-02-cover-Cover.png

Book-aligned source guide 02 of 15 · retained as the source-order spine.

Source structure: Preface; Introduction; Chapters 1–6; Conclusion. **Thematic shelf cross-link:** Volume 05 for the Double and projection; Volume 07 for the Great Work; Volume 08 for death and continuity.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> The Double as a deliberately remembered vehicle of inner movement
> Source asset: assets/guide-02-g02-v05-double-formation.svg

Figure 1. The Double as a deliberately remembered vehicle of inner movement.

> Figure / source plate
> The late thresholds of projection, death, and continuity
> Source asset: assets/guide-02-g02-v08-rooms-six-seven.svg

Figure 2. The late thresholds of projection, death, and continuity.

> Figure / source plate
> Remembering as the thread connecting the Great Work, projection, and the Weird
> Source asset: assets/guide-02-g02-v07-transmutation-tree.svg

Figure 3. Remembering as the thread connecting the Great Work, projection, and the Weird.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Study and Practice Edition

By John Kreiter (2022)

About This Book

This concluding volume gathers the themes of the Double, servitors, dimensional movement and the Great Work. Its emphasis is remembrance: carrying identity and attention across changes of state rather than treating waking life and inner experience as separate worlds.

What the Book Covers

The volume is organized around the following aims:

- Help you **remember** who you truly are (the Double)
- Provide **keys** (powerful quotes and insights) to unlock dimensional doors
- Explain **servitors** as bridges between inner and outer reality
- Reveal the nature of **the Great Work**
- Guide you in **projecting past the six walls** of the three-dimensional cube
- Show the path **beyond the cycle of life and death**
- Embrace **the Weird** as the nature of true reality

Epigraph

> *"The Double is you not bound by space and time... you are the double and the double is you; you are two, you are Janus."*

Preface · The Double

Who or What Is the Double?

> **"The Double is you not bound by space and time."**

The Double is:

- The authentic "you" existing beyond physical reality
- Not a stranger—**it IS you**
- Not a stargate or dimensional portal (because it is everywhere and nowhere)
- Not merely an "immortal self" vessel—**you are already immortal**
- The **vessel for your individuality; it IS your individuality**

The Janus Principle

> **"In this life, you are the double and the double is you; you are two, you are Janus."**

Janus: The Roman God of transitions, beginnings, and endings, with two faces looking simultaneously outward and inward.

The average person has two distinct selves because each face can "forget the other."

The Battle of the Dreamer: "The battle of the dreamer, the projectionist, is to find someplace in the middle, some 'gate' in between both faces where each can know the other."

Reimagining Time and Space

> **"There is no time as we mostly understand time, there is only an infinite now."**

> **"There is no space as we mostly understand space, there is only an infinite here."**

From this perspective: **"Whatever you are now you will be forever; this is both the blessing and the curse of the immortality that is yours now."**

The True Battle

The core message: **"This is not what we are fighting for, this need to live forever like some bored vampire... The battle is about expansion, it's about growth, about the development of the individual 'you' through a medium of action that cannot be measured using a ruler or a ticking clock."**

This is **evolution beyond humanity**.

The Quest of the Inner Alchemist

> **"The true quest of the inner alchemist is to look upon the face of the Black Sun, to look upon the face of the singularity at the center of this universe, to shake and quiver and lose whatever you define as mind now, to shatter into immeasurable pieces and to wake up to a world beyond your comprehension, to rules beyond belief..."**

The Deception of Words

> **"Words must deceive you see, they don't mean to really but by their very nature, like scorpions riding on a frog's back, this is what they do... they were created after all by the physically bound self, an aspect of the Total Self that sleeps through life as a slave."**

Words are created by the limited physical self. Use them with scrutiny or they will trap you in delusion.

Introduction · Inner Action and Hidden Reality

Beyond Physical Action

Inner alchemists seek to understand our "multiplicity of total nature" and "unlimited potential" through **inner action**—not merely physical doing.

The Hidden (Occult) Side of Reality

> **"There is a hidden side to everything. This hidden (occult) side to reality is not accessible by us easily, because it for the most part it stands outside of the physical senses."**

Those who claim access to this hidden reality speak of a **great expanse Out There**. Tapping into it changes what's possible.

The Inner Alchemist's Path

Unlike the average human being, the inner alchemist: **"Goes further than just this written word, and begins to turn such material into direct power by not just reading it, but by beginning to incorporate those ideas into their own lives."**

Through growing **power of attention**, persistent practitioners begin to perceive the hidden reality directly.

Chapter 1 · Words Are the Stargate

Words as Keys

> **"The world needs your focus. Without it, it begins to crumble. And once it crumbles, the walls begin to fade away."**

The physical world does its best to contain you by having you focus all your life intensity on it. This is how the world **feeds and sustains itself** at the cost of your greater freedom.

The Power of Quotes

A powerful quote with "hidden truth and intensity" can be **a true inverted map** revealing entire hidden realms.

Lewis Carroll's works (Alice in Wonderland) allude to these hidden keys:

> *"Who are you?" asked the Caterpillar. "I hardly know... I know who I was when I got up this morning, but I think I must have been changed several times since then."*

This encapsulates the theme of identity shifting central to inner alchemy.

Words as Doorways

Inner alchemists seek "inverted maps or keys" to open "doorways into new dimensional positions" to escape the three-dimensional cube.

> **"This is true magic! This is the magic of feeling intent!"**

Chapter 1 Core Teachings

On Reality and Perception

> **"Contrary to the common New Age view, the world out there is not an illusion, but the reality is that we are only able to perceive a small fraction of it."**

Our instruments give "skewed interpretations" because we build them to see what we expect.

> **"We live in an infinite world made up of the known and the unknown."**

On the Mob Mind and the Watcher

> **"What we think of as being our mind is often the mind of the collective, the mob mind that we all share as humans on this planet, and that mind is ruled, indeed fashioned, by the Archon!"**

But there is the possibility of finding the **individual you**:

> **"If you just watch all of the thoughts, emotions, ideas, memories, feelings, images, etc., that are going across your mind all the time, you can eventually begin to see underneath all of this... You can begin to see that there is a watcher, a being that is watching all of this, even watching you trying to watch yourself."**
>
> **"The watcher is the real you!"**

On Eternal Recurrence

> **"Each moment in this one life has within it an almost infinite number of probabilities."**

We choose one as "reality." All other choices, "dreams" to us, **are real now at this moment and forever** in other timelines.

The Trap: "None will escape the Archon, none will escape life and death, unless one of those timelines escapes the Archon... Escape is 'not a probability', it is instead 'energetic intentionality'."

> **"Probability is sleep, dreaming within the forever cloud of the Archon. Intentionality is wakefulness, it is the conscious will to power, the will to escape the endless loop."**

On Skepticism

> **"Why nothing paranormal or magical ever happens around a skeptic? Because their strong beliefs cancel out or ignore any results that disprove their notions of reality."**
>
> **"In order to create the supposed impossible, I challenge you to believe in its possibility with as much fervor as the skeptic believes in their reality!"**

On the Dark Sea

> **"Close your eyes to the physical world and fall backwards into the darkness that you will find there... fall until you rediscover the infinity within, that is really without. The Great Dark Sea awaits..."**

On Walls and the Ghost

> **"To go within is to go without, this is the great secret."**

The "Out There" is an illusion of perception based on rational reality—**it is really inside of us**.

On Immortality and True Freedom

> **"You are immortal now because humanity is bound to repeat the life that they are now living, over and over again, forever."**

In that sense, **"you are as dead now as you will ever be."**

The author's quest: **TRUE FREEDOM**—freedom from the endless cycle, finding immortality **beyond Eternal Recurrence**.

> **"Since you are as dead as you will ever be and there is nobody like you think there is, there is therefore no body to save. There is only the breaking of cages!"**

Chapter 2 · The Servitors

The World-Tree Connection

Servitors are techniques that describe the **world-tree (Yggdrasil)**:

> **"This world-tree represents that connecting bridge that joins the inner aspects of us, to the outer physical ones; the bridge between the inner reality where all begins and the three-dimensional outer world."**

Transmutation is "the movement of a thing from one point in the world-tree to another."

What Servitors Represent

> **"Servitors are perhaps the greatest consequence and example of a technique that engages itself in this kind of transmutation, that takes something to be found in subjective reality and through the focus of attention, transmutes that subjectivity into an objective thing."**

They are:

- A bridge and door
- Showing how to break the "mid-guard" (our material realm)
- Teachers of the power of thought
- Demonstrations that the subjective affects the objective

What Are Servitors?

Definition: A servitor is "essentially a servant that you create in order to do your bidding"—a "creature created on the astral plane that performs a certain task."

At their core, they are **concentrated thought forms**.

Common Uses: - Guarding property/loved ones - Creating an aura (confidence, bravery, luck) - Bringing needed things - Protection against physical and non-organic threats - Aid in "seeing" - Companionship

Historical Context: Tulpa

Alexandra David-Néel encountered "Tulpa" (Tibetan thought forms) that became so solid they were seen by others. Kreiter's servitors don't need to be that powerful to be effective.

To Create a Servitor: Three Parts

Part 1: Construction

1. **Symbolic Representation:** Design a new being using your creativity
2. **Functionality is Key:** Design based on the task
3. **Size:** Smaller creatures take less energy to charge
4. **Process:**
    - Write a “statement of intent”
    - Think of a creature best suited for the duty
    - Draw a simplified version (a “logo”)
    - Give your servitor a **secret name**

Paper Content: - Statement of intent - Point-by-point task description - Personal drawing (complex) - Description of special powers - Simplified logo - Servitor’s name

Part 2: Charging

> **“Charge it with thought force which is essentially personal attention.”**

Method: 1. Find a quiet place with the paper/logo/name 2. Focus all attention on the logo 3. Repeat the name of your servitor 4. Imagine as vividly as possible that it is real and alive before you 5. **Believe with every fiber of your being** that it is alive

Duration: 10-30 minutes, at least 3 times on 3 different days

Part 3: Casting

Once charged, send the servitor out to do its work: 1. Visualize it receiving its instructions 2. Command it to perform its task 3. Release it to act independently

Maintenance: - Periodically recharge (every 7-14 days) - Check in with it using Inner Feeling Sense - Dismiss if no longer needed

Chapter 3 · The Great Work

What Is the Great Work?

The Great Work is the complete transformation of the individual from:

- A sleeping human bound by Archonic control
- To a sovereign being free of all cages

It encompasses:

- Energy mastery (absorption, containment, refinement)
- Projection mastery (conscious dimensional travel)
- Death defiance (crossing the Sixth and Seventh Rooms)
- Integration of the Double

Chapter 3 Q&a Highlights

Q: Why Do Adepts Fall?

A: Their energetic containment is "not enough to withstand the Archon's dark intent." Cracks lead to crumbling.

Solution: Master the "three polarities that make up every human being" in equal measure, and practice **the art of absorption as opposed to just creating shields**.

Q: What Is the Cognitive Condition?

A: "In order to wake up to who/what you really are, you must first realize who you think you are is just the cognitive condition/position."

Q: What Is Humanity's Biggest Problem?

A: Inability to be perceptually flexible. This is a "Psychic War" of "perceptive angles" fought in the "collective subjective mass conscious."

Q: How Does Prolonged Focus of Attention Work?

A: "You can do just about anything in this world that you want, as long as you can focus your attention long enough on that one outcome."

Chapter 4 · Projecting Past the Six Walls

The Six Walls of the Cube

We are trapped by perceptive walls in a “three-dimensional cube,” a “snow globe.”

The six walls represent: 1. **Top/Bottom:** Birth and death 2. **Front/Back:** Past and future 3. **Left/Right:** Self and other

Each wall is a limitation of perception imposed by the Archonic condition.

Breaking the Walls

To project past the walls:

1. **Recognize** each wall as a belief structure
2. **Challenge** the wall through direct perception
3. **Pass through** by altering vibrational frequency
4. **Expand** your dimensional range

Chapter 4 Q&a Highlights

Q: How Do Thought Forms Manifest?

A: Thoughts become mental images/ideas. As frequency solidifies:

Thought forms are concentrated thoughts with attention/emotional energy. More powerful = easier to affect objective reality.

Q: What Is the Connection to Inner Space?

A: The swirling patterns in hypnagogic/trance states mirror atomic structures and spirals in nature (Fibonacci). Exploring these patterns provides clues to the underlying structures of reality and thought itself. This is **INNER SPACE**.

> **“Moving within is the source of all true knowledge.”**

Chapter 5 · Beyond the Cycle of Life and Death

The Cycle

For most of humanity, the source describes the cycle as:

Life → Death → Return to Oversoul → Rebirth → Life → Death...

This cycle continues endlessly. We are **already immortal** in this sense—but it is the immortality of repetition, not freedom.

Escaping the Cycle

To escape: 1. **Accumulate sufficient energy** to resist dissolution 2. **Develop the Double** to survive without the physical body 3. **Maintain individuality** against the pull of the Black Sun 4. **Choose consciously** rather than being recycled unconsciously

The Black Sun Revisited

The Black Sun is:

- The center of the galaxy
- The ultimate destination of all energy
- The "machine of death"
- The final test for the death defier

Chapter 5 Q&a Highlights

Q: What Is the Role of Consciousness?

A: "Everything is conscious; from a person to an animal, to a carrot, to a rock, or even a chair."

Ego consciousness arose because "humanity intended it. It wanted to know itself, it wanted to know individuality."

The Archon was the answer to that desire—**be careful what you wish for**.

Q: What Is True Freedom?

A: Freedom from the endless cycle. Finding immortality **beyond Eternal Recurrence**. Moving beyond the "eddy in the Dark Sea."

Q: What Is Energy?

A: "A force (a fury) that is the source of all existence." It is **action**, originating beyond the physical plane.

> **"Action is all, all is action, therefore energy is everything."**

Q: What Is Energetic Containment?

A: Inner alchemy's **cardinal methodology**. It allows breaking free of Archon bonds by containing energy "given freely and innocently by the average person to the great predator and tyrant."

Chapter 6 · The Weird

Embracing the Weird

> **"There are trans-dimensional entities that cross into this three-dimensional plane on a regular basis."**

The "weird" is not anomaly—it is the **true nature of reality** hidden behind the rational facade.

The Soul Machines

> **"We exist in a predatory world… full of the darkest danger."**

"Shadowed and LIVING threats" exist whose "machinations and actions follow patterns and intents that are far beyond good and evil."

> **"We are merely pieces of glittering dust to them. We are the harvest that this darkness yearns for."**

The Host

> *"A shadow within shadows, they watch our every move... They are the voices in our heads... They are the rulers, they set the rules, of our self-absorption."*

Seeing Without Conception

> **"To look without conception is to SEE."**

The key to perceiving the weird is to look **without preconceptions**, allowing reality to reveal itself as it truly is.

Linearity as Illusion

> **"The idea that anything is linear, or that the extent of your life is whatever followed some trajectory course from a beginning to an end, is the real illusion and all of life."**

Chapter 6 Q&a Highlights

Q: Am I Paranoid?

A: The term "paranoid" can mean "far more aware." Seeing interrelations, connections, "metadata" beneath reality is **greater awareness**.

> **"Expansion of awareness is critical to breaking free from the three-dimensional cube."**

Q: What About the Paranormal?

A: Anyone denying it is unaware of the "incredible limit of physical perception." They believe the unknown is just combinations of the known.

Q: What Lies Beyond?

A: "Our senses are lying to us." They are based on a "cognitive standpoint now employed by most of humanity" (rationality/reasonableness). We can retrain senses to access **different cognitive standpoints**.

Conclusion

The Book's Purpose Fulfilled

This book has provided:

- Understanding of the Double (your true self)
- Keys (quotes and insights) to unlock dimensional doors
- Knowledge of servitors as bridges between worlds
- The framework of the Great Work
- Methods to project past the six walls
- The path beyond life and death
- Embrace of the Weird as true reality

The Final Teaching

> **"The best way to wake up in your dreams is to never fall asleep at all."**

The Call

You are the Double. The Double is you. You are already immortal—but trapped in repetition.

The work is:

- To **remember** who you truly are
- To **expand** beyond your current cage
- To **free** yourself from all limitation
- To **become** what you have always been

This is not a destination. It is an endless unfolding.

Appendices

Appendix a · Glossary of Terms

Term	Definition
Archon	The predatory force that controls humanity through the mob mind
Black Sun	The singularity at the galaxy's center; the machine of death
Cognitive Condition/Position	The perceptual framework determining what you can perceive
Dark Sea	The infinite energetic ocean underlying all existence
Double	Your true self, not bound by space and time
Energetic Containment	The cardinal methodology of inner alchemy
Eternal Recurrence	The endless repetition of life; humanity's current immortality
Great Work	The complete transformation to sovereign freedom
Inner Space	The realm within where all true knowledge originates
Janus	The two-faced god; symbol of the dual nature of self
Logos	Personal systematic order of perception
Mob Mind	The collective consciousness controlled by the Archon
Oversoul	The greater structure humans are part of

Term	Definition
Servitor	A created thought form that performs tasks
Six Walls	The limitations forming the three-dimensional cube
Soul Machines	Predatory structures that harvest human energy
The Watcher	The real you, observing all mental activity
The Weird	The true nature of reality behind the rational facade
Total Self	The complete unified being including Double
Transmutation	Movement of a thing from one point in the world-tree to another
True Freedom	Freedom from the cycle of Eternal Recurrence
World-Tree	The bridge connecting inner and outer realities

Appendix B · Creating Your First Servitor

Step-by-Step Process

Week 1: Design Phase 1. Identify a specific need or task 2. Write clear statement of intent 3. Design the servitor's form 4. Create the logo/sigil 5. Choose the secret name

Week 2: Charging Phase 1. Session 1: 20-minute charging 2. Session 2: 20-minute charging (different day) 3. Session 3: 20-minute charging (different day) 4. Each session: visualize, repeat name, believe completely

Week 3: Activation and Casting 1. Final charging session 2. Give the servitor its instructions 3. Command it to act 4. Release it to work

Ongoing: Maintenance - Recharge every 7-14 days - Check progress with Inner Feeling Sense - Adjust instructions if needed - Dismiss when task is complete

Servitor Template

```
┌─────────────────────────────────────────────────────────┐
│                SERVITOR CREATION TEMPLATE               │
├─────────────────────────────────────────────────────────┤
│                                                         │
│  NAME (secret): _____________________________           │
│                                                         │
│  STATEMENT OF INTENT:                                   │
│  _____________________________________________          │
│  _____________________________________________          │
│                                                         │
│  TASK DESCRIPTION:                                      │
│  • _____________________________________________        │
│  • _____________________________________________        │
│  • _____________________________________________        │
│                                                         │
│  SPECIAL POWERS:                                        │
│  • _____________________________________________        │
│  • _____________________________________________        │
│                                                         │
│  VISUAL FORM (describe):                                │
│  _____________________________________________          │
│  _____________________________________________          │
│                                                         │
│  LOGO/SIGIL (draw in journal)                           │
│                                                         │
│  ACTIVATION DATE: _____________                         │
│  RECHARGE SCHEDULE: Every ___ days                      │
│                                                         │
└─────────────────────────────────────────────────────────┘
```

Appendix C · The Six Walls Practice

Daily Practice for Breaking the Walls

Morning (10 minutes): 1. Contemplate one wall 2. Feel its limitation 3. Visualize it dissolving 4. Sense the space beyond

Rotation: - Day 1: Wall of Birth - Day 2: Wall of Death - Day 3: Wall of Past - Day 4: Wall of Future - Day 5: Wall of Self - Day 6: Wall of Other - Day 7: Integration (all walls)

Weekly Practice (30 Minutes)

1. Enter meditative state
2. Visualize yourself inside the cube
3. Feel each wall
4. Choose one wall to focus on
5. Project your attention through it
6. Experience what lies beyond
7. Return and journal

Appendix D · Key Quotes for Contemplation

Use these as "keys" for meditative exploration:

> *"The Double is you not bound by space and time."*
>
> *"There is no time as we mostly understand time, there is only an infinite now."*
>
> *"To go within is to go without, this is the great secret."*
>
> *"The watcher is the real you!"*
>
> *"Probability is sleep... Intentionality is wakefulness."*
>
> *"You are as dead now as you will ever be."*
>
> *"There is only the breaking of cages!"*
>
> *"To look without conception is to SEE."*
>
> *"The best way to wake up in your dreams is to never fall asleep at all."*

Quick Reference: The Book of Remembering

The Path Summarized

1. **Recognize** the cage you're in
2. **Remember** you are the Double

3. **Create** bridges (servitors) between worlds
4. **Project** past the six walls
5. **Escape** the cycle of repetition
6. **Embrace** the Weird as true reality
7. **Become** free

The Golden Rule

> **"The best way to wake up in your dreams is to never fall asleep at all."**

Master Reference

Appendix a · Technique Index

Energy Work Techniques

Technique	Book	Purpose
Full Glass Breathing	8	Fill body with energy bottom to top
Full Meridian Cycle	8	Circulate energy through main channel
First Energy Pump (Pull/Push)	6, 8	Active absorption/projection
Second Energy Pump (Reverse Breathing)	6, 8	Passive absorption/projection
Bone Breathing	8	Draw energy through bones/pores
Packing	8	Condense energy into Cauldron
Energetic Containment	6	Prevent energy leakage

Technique	Book	Purpose
Predatory Stance	6	Absorb foreign negative intent
Re-Absorption	8	Reclaim energy from past events
Stone Refinement	8	Crystallize Philosopher's Stone

Projection Techniques

Technique	Book	Purpose
Here and Now Point	9	Establish perceptual anchor
Turning the Dial	9	Shift awareness laterally
Death Posture	9	Maintain awareness while body sleeps
Remembered Place	9	Stabilize inner visualization
Quick Glances	9	Prevent scene dissolution
Creating a Story	9	Extended immersive projection
Inner Feeling Sense	9	Direct non-physical perception
Emotional Containment	9	Avoid attracting entities
Cubing	9	Bind and order phenomena
Remembering the Body	9	Maintain self-cohesion
Push/Pull Force	9	Move self and objects in projection

Manifestation Techniques

Technique	Book	Purpose
Thought Form Creation	7	11-step wealth manifestation
Servitor Creation	2	5-step task thought form
Servitor Companion	4	5-step companionship thought form
MOlamp Activation	7	Group wealth servitor
Detached Expectancy	7	Wu Wei manifestation state

Perception Techniques

Technique	Book	Purpose
Seeing Auras	1	Rod/cone receptor engagement
Breaking Sleep Routine	1	Access liminal states
Belief Manipulation	1	Change cognitive position
Chapel Perilous Navigation	1	Cross reality threshold
Banishment	1	Clear negative energy/ entities
Alien in Alien World	8	Cognitive shift exercise

Death Work Techniques

Technique	Book	Purpose
Death Axiom Contemplation	10	Integrate mortality awareness
Duality Understanding	10	Perceive wave/particle nature
Logos Restructuring	10	Create lucid mind palace
Sixth Room Approach	10	Prepare for death confrontation
Seventh Room Crossing	10	Achieve immortality potential

Appendix B · The Rooms of the Projectionist

Room	Name	Challenge	Achievement	Book Reference
1	Entry	Establishing inner awareness	Basic projection	9
2	Shadows	Navigating dream imagery	Stable inner sight	9
3	Light	Consistent projection	Extended travel	9
4	Forms	Encountering entities	IFS mastery	9
5	Power	Direct energy manipulation	Push/Pull mastery	9
6	Crossing	Confronting death machine	Verified energy	10

Room	Name	Challenge	Achievement	Book Reference
7	Infinity	Death defiance	Immortality	10

Appendix C · Servitor Types Comparison

Type	Purpose	Book	Duration	Maintenance
Task Servitor	Specific goals	2	Until task complete	Weekly recharge
Protection Servitor	Defense	2	Ongoing	Weekly recharge
Wealth Servitor	Prosperity	7	Ongoing	Weekly recharge
MOlamp	Group wealth	7	Permanent	Periodic activation
Companion	Joy/company	4	Ongoing	Regular attention
Advisor	Guidance	4	Ongoing	Regular consultation
Lover	Intimacy	4	Ongoing	Regular engagement

Appendix D · The Kreiter Reading Order

Recommended Sequence

Phase 1: Foundation (3-6 months) 1. Book 1: The Occult Experience 2. Book 6: Overcoming the Archon 3. Book 3: Vampire's Way

Phase 2: Energy Mastery (6-12 months) 4. Book 8: The Magnum Opus 5. Book 5: Out of Body Experiences

Phase 3: Creation (Parallel with Phase 2) 6. Book 2: Create a Servitor 7. Book 4: Create a Servitor Companion 8. Book 7: Manifest Wealth

Phase 4: Advanced Projection (1-2 years) 9. Book 9: The Way of the Projectionist

Phase 5: Transcendence (Ongoing) 10. Book 10: The Way of the Death Defier 11. Book 11: The Book of Remembering

Appendix E · Quick Reference Cards

Closing Note

This collection represents a complete system of human transformation. The path is long, challenging, and ultimately—**your responsibility alone**.

No one can walk it for you. No one can give you the energy, the focus, or the will.

But for those who persist:

> **"For those who can break this cage, nothing is impossible."**

The Double awaits your remembering. The Dark Sea awaits your exploration. The Black Sun awaits your defiance.

And beyond all cages—**True Freedom**.

Guide 03 · Create a Servitor

> Figure / source plate
> Cover of Guide 03, Create a Servitor
> Source asset: assets/guide-03-cover-Cover.png

Book-aligned source guide 03 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–8; Conclusion. **Thematic shelf cross-link:** Volume 03 for the comparative worker/companion system; Volume 02 for the polarity engine behind charging and casting.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> The construction document as purpose, powers, form, boundaries, and failsafe
> Source asset: assets/guide-03-g03-v03-servitor-blueprint.svg

Figure 1. The construction document as purpose, powers, form, boundaries, and failsafe.

> Figure / source plate
> The responsible servitor lifecycle from intention through retirement
> Source asset: assets/guide-03-g03-v03-servitor-lifecycle.svg

Figure 2. The responsible servitor lifecycle from intention through retirement.

> Figure / source plate
> Gather, contain, direct, review, and return: an energetic view of the craft
> Source asset: assets/guide-03-g03-v02-polarity-engine.svg

Figure 3. Gather, contain, direct, review, and return: an energetic view of the craft.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Harness the Power of Thought Forms

By John Kreiter

About This Book

Create a Servitor presents Kreiter's method for designing, charging and assigning a thought-form to a specific purpose. It assumes the framework of *The Occult Experience* and turns it into a sequence of design, concentration, command and review.

Key Principles

Principle	Teaching
Belief is Paramount	You must believe with every fiber of your being
Simplicity Over Complexity	No arcane rituals needed—just focus and belief
Thoughts Create Reality	Servitors are thoughts given form and purpose
You Are the Creator	Your inner psyche handles the complexity
Control Through Intent	Alpha dominance maintains mastery

Principle	Teaching
Charge Before Casting	Three charges minimum before first mission
Keep It Secret	Never reveal your servitor's name
Start Small	Simple designs, volleyball-sized or smaller

Prerequisite Understanding

This book assumes familiarity with the concepts from *The Occult Experience* (Book 1), particularly:

- The power of belief to shape perception
- The illusory/constructed nature of reality
- Breaking perceptual routines
- Basic energy perception
- Banishment techniques (essential for safety)

Introduction · The Genesis of a Servitor

The Author's Journey and the Promise of Thought Form Creation

> *"The mind, your mind, is indeed very powerful and can create anything that you want." — John Kreiter, Create a Servitor*

I.1 the Author's Background

I.1.1 a Childhood of Magic

John Kreiter begins by establishing his credentials—not through academic degrees or initiatory lineages, but through direct personal experience. His childhood was marked by what he calls "magical" experiences:

- **Self-induced illness**: The ability to make himself sick on command to avoid school

- **Dream déjà vu**: Dreams that later manifested as actual events in objective reality
- **Living with a practitioner**: His great-grandmother who "played with reality like some kids play with toys"

I.1.2 the Universality of Magical Experience

Kreiter emphasizes that his experiences are not unique:

> *"We all experience 'magical' occurrences regularly, often labeling them as synchronicity, altered states of awareness (like daydreaming), or the seemingly inescapable 'Murphy's Law' (the power of negative intention)."*

I.1.3 the Lifelong Quest

These early experiences ignited a "lifelong quest for truth":

> *"An 'internal quest' filled with both successes and failures, each refining understanding of how to achieve 'amazing results' in manipulating reality."*

His ultimate aspiration, inherited from his great-grandmother: **to "play with reality."**

I.2 the Contemporary Magical Revival

I.2.1 the Current Moment

Kreiter positions his work within a "contemporary magical revival" similar to the one at the end of the 19th century. Many people in the Western world are increasingly interested in:

- Psychic development
- Contacting "otherworldly beings"
- **Using their minds to manipulate their personal realities**

I.2.2 Beyond the Law of Attraction

The origin of this book lies in a popular article Kreiter published: "How to Create a Servitor to do Your Bidding." He found it unfortunate that despite growing interest in using thought to alter life situations, many people were only aware of:

- The Law of Attraction
- "The Secret"

Kreiter sees these as limited:

> *"There are MORE profound and effective methods, and servitors are a key example of this 'esoteric knowledge.'"*

I.3 the Promise of This Book

I.3.1 Core Hopes for the Reader

Hope	Description
Complete Instruction	Everything needed to create and work with thought forms
Answer All Questions	Enable readers to create their own servitors
Open New Worlds	Make the power of thought "more meaningful and less cryptic"

I.3.2 Practical Applications

Kreiter lists concrete uses for servitors:

I.3.3 the Companion Servitor Example

A charming anecdote: A friend created a servitor as a "pet":

- Loving and helpful
- Doesn't require a litter box
- Demonstrates the versatility of servitor design

I.4 the Core Affirmation

> **"The mind, your mind, is indeed very powerful and can create anything that you want."**

Servitor creation is presented as:

- An accessible entry point into a "more magical world"
- A way to "see and feel the possibilities of organizing your life in whole new ways"
- "Far more rewarding, exciting, and effective" than passive manifestation techniques

I.5 What Lies Ahead

The subsequent chapters will provide:

1. **Definition and Understanding** — What a servitor actually is
2. **Applications** — What servitors can accomplish
3. **Creation Process** — Step-by-step design instructions
4. **Charging Method** — How to imbue your servitor with power
5. **Casting Technique** — How to send your servitor on its mission
6. **Control Mastery** — Maintaining dominance over your creation
7. **Protection** — Dealing with negative thought forms
8. **Answers** — Common questions addressed

I.6 Introduction Summary

The Introduction establishes:

1. **The author's credibility** through personal experience, not academic credentials
2. **The universality** of magical experience—we all have it
3. **The contemporary context** of growing interest in mental influence
4. **The limitations** of popular manifestation teachings (Law of Attraction)
5. **The promise** of direct, practical instruction in servitor creation

6. **The applications** spanning protection, healing, material gain, love, and companionship
7. **The core truth** that your mind can create anything you want

Chapter 1 · What Is a Servitor?

Understanding Thought Forms, Belief, and the Nature of Reality

> *"A servitor is a thought form... a thought that has been given sufficient attention or energy to enable it to manifest, to varying degrees, within what we perceive as consensual reality." — John Kreiter, Create a Servitor*

The first servitor chapter defines the central idea from practical and metaphysical angles: a deliberately designed thought-form sustained by attention, intention and belief.

A servitor is an intentional thought form—a thought deliberately designed and charged with focused attention until it gains sufficient energetic density to influence physical reality. The creation of servitors is not supernatural but natural, an extension of the mind's inherent creative power.

1.2 The Simple Answer: A Thought Form

1.2.1 Basic Definition

At its most basic level:

> **"A servitor is a thought form."**

However, Kreiter immediately clarifies that "thought form" itself requires explanation. Every thought we have inherently possesses a "form." The term "thought form" in occult circles specifically refers to:

> *"A thought that has been given sufficient attention or energy to enable it to manifest, to varying degrees, within what we perceive as consensual reality."*

1.2.2 The Critical Distinction

Key Distinction: It's not just any fleeting thought, but one imbued with concentrated power.

1.3 Historical Context

1.3.1 An Ancient Practice

The creation of thought forms is an ancient practice found in nearly every culture. Kreiter highlights:

> **"Tibetan culture is particularly renowned for its advanced techniques"** *in thought form creation.*

1.3.2 Recommended Reading

Kreiter highly recommends *Magic and Mystery in Tibet* by Alexandra David-Neel, which documents how Tibetans have successfully practiced thought form creation for generations, using them for:

Purpose	Description
Deity Worship	Creating visualized forms of deities for devotion
Mental Exercise	Training the mind through sustained visualization
Practical Results	Achieving specific outcomes in physical reality

1.3.3 The Tulpa Tradition

The Tibetan word **Tulpa** (སྤྲུལ་པ་) refers to thought forms created through intense visualization and belief. Advanced practitioners reportedly created tulpas so solid they could be seen by others.

1.4 The Paramount Importance of Belief

1.4.1 Working Principle

> **"The single most important aspect of creating a servitor: Belief."**

To achieve what might seem "impossible"—the manifestation of a servitor—you must:

1. **Let go of doubt**
2. **Believe that the impossible is indeed possible**

1.4.3 The Skeptic's Paradox

Kreiter offers a powerful insight about skepticism:

> *"Do you know why nothing paranormal or magical ever happens around the skeptic? It's difficult to have magical things occur around the skeptic because the skeptic believes his beliefs so completely, that he is able to cancel out or ignore any results that disprove his notions of reality."*

The Paradox: The skeptic, in trying to *disprove* such phenomena, actually *proves* his own theories by unconsciously using the very techniques (belief and intention) he tries to deny.

1.4.4 The Challenge

> **"In order to create servitors therefore, I challenge you to believe in their possibility with as much fervor as the skeptic believes in his reality."**

This is not mere wishing—it requires deep, unwavering conviction.

1.5 The Nature of Thought

1.5.1 Thought as Information

Kreiter offers a definition:

> **"A real good description for thought in my opinion is information."**

However, thoughts are far more complex than technological data (ordered strings of symbols). Thoughts are:

> *"Highly complex energetic units of information that can morph and weave into different kinds of information units."*

1.5.2 The Information Matrix

This flexibility allows thoughts to create:

> *"Vast (near infinite) information matrices."*

Crucially:

> *"Size is also not a factor since the smallest possible part of a larger thought can also contain a near infinite amount of information."*

This challenges linear, physical understanding.

1.5.3 Thoughts and Physical Reality

> *"Thoughts... exist outside of physical reality but this would not be accurate because it is thoughts that make up what we consider physical reality."*

1.6 Thought Frequencies and Manifestation

1.6.1 The Frequency Model

To understand non-linear thought/reality, we use concepts like **frequencies or dimensions**. Thoughts possess different frequencies, each representing a "perceived aspect of our shared reality."

1.6.2 The Spectrum of Manifestation

Kreiter outlines a progression from ethereal to physical:

1.6.3 Scientific Example

Kreiter cites the **Higgs boson particle** as a "fantastic example" of how an idea or theoretical concept can eventually manifest as a measurable physical entity.

Stage	Example
Mental Image	Theoretical possibility of mass-giving particle
Belief	Physicists believe it must exist
Assumption	It becomes part of the Standard Model
Fact	Experimental confirmation at CERN
Physical Reality	Measurable, detectable particle

1.7 The Refined Definition

1.7.1 Intentional and Designed

A thought form (and thus a servitor) is defined as:

> **"An intentional thought, one that has been intentionally designed."**

1.7.2 Frequency Adjustment

More than that, it's a thought whose:

> *"Frequency is adjusted so that it goes from being a very ethereal mental experience to one that can actually begin to affect and partake in physical reality."*

1.7.3 The Definition

> **"A thought form is a thought whose frequency has been changed; it is essentially a thought that begins to attain physical form."**

1.8 The Natural Process

1.8.1 Reassurance

Despite the complex metaphysical explanations, Kreiter reassures:

"Creating a servitor is an easy and natural affair; you could say that we do it quite naturally all the time."

1.8.2 The Purpose of Depth

The theoretical depth is provided to:

- Offer a "more grounded understanding"
- Address "implications" that might cause questioning
- Prepare the practitioner for what they will experience

1.9 Practices

Exercise 1.1: Belief Assessment

Level: Neophyte **Duration**: 30 minutes **Purpose**: Assess current belief state regarding thought forms

Instructions: 1. Rate the following statements 1-10 (1 = complete disbelief, 10 = absolute certainty):

- "Thoughts have real power"
- "Focused intention can affect physical reality"
- "I can create a thought form"
- "Others have successfully created thought forms"
- "Ancient traditions like Tibetan Buddhism have valid techniques" 2. For any rating below 7, write why you have doubt 3. For any rating below 5, you have significant belief work to do before proceeding

Journal Prompts:

- Where did your doubts originate?
- Have you ever experienced thought affecting reality (even seemingly)?
- What would it take for you to believe more fully?

Exercise 1.2: Thought Frequency Mapping

Level: Neophyte to Intermediate **Duration**: 1 hour **Purpose**: Direct experience of thought at different frequency levels

Instructions: 1. Choose a simple desire (e.g., "a warm cup of tea") 2. Experience it at each frequency level:

- **Mental Image**: Just picture it in your mind
- **Emotion**: Feel the comfort it would bring
- **Belief**: Know that you will have it
- **Assumption**: Take it for granted that it's coming
- **Fact**: Treat it as already accomplished
- **Physical**: Actually make the tea

1. Notice the differences in felt-sense at each level
2. Note: This is the progression your servitor will take

Journal Prompts:

- At which level did the desire feel most "real"?
- At which level did you notice physical sensations?
- How did your body respond to the progression?

Exercise 1.3: Skeptic Vs. Believer

Level: Intermediate **Duration**: 2 hours (1 hour each mode) **Purpose**: Experience the power of belief orientation directly

Instructions: 1. **Hour 1 - Skeptic Mode**:

- Adopt complete skepticism about thought affecting reality
- Notice everything that confirms your skepticism
- Dismiss anything that contradicts it
- Note how you feel

1. **Hour 2 - Believer Mode**:
    - Adopt complete belief in thought affecting reality
    - Notice synchronicities, meaningful coincidences
    - Accept signs as confirmations
    - Note how you feel

Journal Prompts:

- How did your perception change between modes?
- Did events seem to confirm each mode?
- What does this reveal about the role of belief?

Exercise 1.4: Information Matrix Meditation

Level: Intermediate to Advanced **Duration**: 30-45 minutes **Purpose**: Experience thought as information matrix

Instructions: 1. Enter a relaxed, meditative state 2. Hold a single thought (e.g., "peace") 3. Notice all the information contained within it:

- Images that arise
- Feelings associated
- Memories connected
- Body sensations
- Colors, sounds, textures 4. Recognize that this single "thought" contains vast complexity 5. Imagine your servitor as a similar information matrix—complex beyond conscious comprehension

Journal Prompts:

- How much information was contained in your single thought?
- Did the thought seem to have "depth" or "layers"?
- Can you appreciate the infinite complexity of thought?

1.11 Glossary of Terms

Term	Definition	Etymology/Notes
Belief	Deep conviction in the truth of something	The paramount requirement for servitor creation
Consensual Reality	The shared, agreed-upon version of reality	What thought forms must penetrate to have effect

Term	Definition	Etymology/Notes
Frequency	The vibrational level or density of a thought	Higher = more ethereal; Lower = more physical
Gestalt	A complex pattern of interwoven thoughts	German: "form, shape"
Information Matrix	The vast, interconnected data structure of thought	Thoughts contain near-infinite information
Servitor	An intentional thought form designed for specific purposes	Latin *servitor* "servant"
Thought Form	A thought given sufficient energy to manifest	The broader category; servitors are intentional thought forms
Tulpa	Tibetan term for thought form	སྤྲུལ་པ (sprulpa) "emanation"

1.12 Sources and Further Reading

Primary Sources

- Kreiter, John. *Create a Servitor: Harness the Power of Thought Forms.*

Recommended Reading

- David-Neel, Alexandra. *Magic and Mystery in Tibet.* 1929.
- Brennan, J.H. *Tibetan Magic and Mysticism.* 2006.

1.14 Practice Checkpoint

Continue when the following points are secure:

- ☐ Completed the Belief Assessment (Exercise 1.1)
- ☐ Achieved ratings of at least 7 on most belief statements
- ☐ Understood the frequency spectrum of manifestation
- ☐ Practiced the Skeptic vs. Believer exercise

- ☐ Begun to appreciate thought as information matrix
- ☐ Accepted that creating a servitor is natural and possible
- ☐ Committed to approaching this work with genuine belief

Chapter 2 · What Can a Servitor Be Used For?

Practical Applications and the Boundless Potential of Thought Forms

> *"A servitor can be used for just about anything you can imagine. The only true limitation is your own creativity." — John Kreiter, Create a Servitor*

The second chapter surveys possible uses while emphasizing proportion and control. Kreiter's advice is to begin with a simple, benign purpose before attempting ambitious or destructive designs.

Servitors can be designed for virtually any purpose imaginable. They are dynamic creations that grow in power with use, limited only by the creativity of their creator. However, responsible creation requires starting simple, maintaining control, and avoiding negative designs.

2.2 The Boundless Potential

2.2.1 The Core Statement

> *"A servitor can be used for just about anything you can imagine."*

This immediately liberates the reader's creativity. The servitor is a **"fantastic creation that we design ourselves in order to satisfy a need."**

2.2.2 The Only Limitation

> **"The only true limitation is our own creativity."**

2.3 The Dynamic Nature of Servitors

2.3.1 Servitors Are Not Static

Kreiter shares a personal anecdote about his own protection servitor:

> *"He was specifically designed in order to protect me but I have found that his form and power tend to grow over time, very much like an actual living being, evolving as my desires do."*

2.3.2 Growth Principles

Principle	Explanation
Growth with Use	Servitors become more powerful the more you use them
Success Breeds Success	Better results lead to stronger servitors
Confidence Compounds	Increased confidence in using them adds power
Charging Builds	Each charge adds to total accumulated energy

2.4 Our Power as Creators

2.4.1 The Fundamental Principle

> *"This is our power as creators; our thoughts affect our entire world and through our thoughts we are also the creators of new worlds."*

2.4.2 Thought Continuity

Thoughts possess inherent continuity:

- They don't cease to exist after initial creation
- They continue to "exist and evolve in other dimensions (frequencies)"
- We can **maintain and empower certain thoughts with form**
- This creates a **"new type of life"** — our servitors

2.5 Practical Applications

2.5.2 The "Glowing Lamp" Example

Kreiter provides a vivid, specific example:

A friend created a servitor that:

- Manifests as a **"glowing lamp"**
- Exudes **"erotic sensuality"**
- When activated, **"heats up everyone in the place indiscriminately"**

This demonstrates:

- Specific intentions can be encoded into form
- Appearance can reflect function
- Effects may have broader, unintended reach

2.5.3 The Companion "Pet" Example

Another friend's servitor:

- Functions as a loving "pet"
- Provides companionship and help
- Requires no litter box or feeding

This shows the versatility of servitor design for personal comfort.

2.6 Design Principles

2.6.1 Form Follows Function

While servitors can take any form:

- From "powerful tentacles or butterfly wings"
- To "amorphous blobs"
- Even copies of existing characters (like Pokémon)

The design should always be **functional**:

> *"The creature's form should align with its intended purpose and powers."*

2.6.2 Form-Function Alignment Examples

Purpose	Suggested Form Elements
Protection	Armor, shields, claws, intimidating appearance
Attraction	Beauty, glow, magnetic energy, warmth
Wealth	Gold colors, coins, prosperity symbols
Healing	Light, gentle appearance, soft energy
Information	Eyes, antennae, ethereal quality
Companionship	Friendly, cute, comforting appearance

2.7 Crucial Warning: Responsible Creation

2.7.1 The Caution

> *"I hope though that you stay away from thought forms that could be considered negative or destructive."*

2.7.2 No Morality, but Consequences

Kreiter acknowledges: *"There is no morality here."*

However, his goal is to help readers achieve **personal happiness**, and negative servitors work against this.

2.7.3 The Pit Bull Analogy

Negative thought forms are like: *"Having a pit bull or a gun—they can be very hard to control."*

The risk: **"A rogue thought form running around your house at night scaring your family."**

2.8 Working Principle

> **"Start Small, Gain Control, and Prioritize Personal Well-being."**

Kreiter strongly recommends:

> *"Become very good at controlling and maintaining your own servitor, one that provides fun and fulfills a basic desire, before you start trying to rule the world."*

This emphasizes:

- Responsibility
- Mastery before ambition
- Control as a prerequisite for power

Chapter 3 · Creating Your Servitor

The Step-by-Step Design Process

> *"All we're doing here is working with beliefs and a type of concentrated attention which is quite definitely psychic force." — John Kreiter, Create a Servitor*

The third chapter turns the idea into a design brief: state the intention, describe the form, list its capacities, assign a private name and reduce the design to a memorable symbol.

Servitor creation requires no arcane knowledge, special rituals, or unusual trance states. The only requirements are: clear intention, focused attention, and the ability to believe. Your inner psyche handles all the complexity—you just need to provide the design and the energy.

3.2 Demystifying the Process

3.2.1 What You Don't Need

Kreiter explicitly dismisses:

- "Weird and arcane phenomena"
- "Auric color matching"
- "Odd trances"
- "Occult jargon"

- "Arcane grimoires"
- Ancient traditional symbolism (unless personally meaningful)

3.2.2 What You Do Need

> *"All we're doing here is working with beliefs and a type of concentrated attention which is quite definitely psychic force."*

This psychic force is an **inherent human capability**, not something accessed through elaborate rituals.

3.3 The Software Metaphor

3.3.1 The Analogy

Just as a software program like Microsoft Word has:

- A simple name and logo (exterior)
- Intricate underlying code (interior)

A servitor has:

- A visible/perceivable form (what you consciously design)
- A complex "thickness" (information matrix) you cannot fully perceive

3.3.2 Who Writes the Code?

> *"The coding of our servitor thought form is done with the great power of our psyche. In other words we don't need to write code."*

Your **inner self or subconscious** is the master coder. Your conscious role is simpler:

> **"All that is needed from us on a conscious level is intention and very focused attention."**

3.4 The Three Steps of Creation

3.4.2 What You Don't Need to Do

You do NOT need to:

- Follow arcane rituals
- Create odd trance states
- Wait for specific moon phases
- Vibrate at certain frequencies

Those who attribute failure to external factors ("the moon was in the wrong quadrant") are missing the point. The only requirement:

> **"All that you need is singular focus on a conscious level while you are performing the 3 steps mentioned above."**

3.5 Step 1: Creation and Design

Materials Needed

- Piece of paper
- Pen or pencil
- Quiet room for concentration

3.5.1 Statement of Intent

Purpose: Create a phrase or paragraph that describes exactly what you want to accomplish.

Process: 1. Write down what you want 2. Refine it until it exemplifies your desire exactly 3. Place this statement at the top of your paper

Example Progression:

- "I want to protect my home"
- → "I want a servitor to protect my home"
- → "I want a servitor to protect my home from all threats"

3.5.2 Working Principle

> **"Clarifying what you want allows you to get it by helping you come up with a really concise design and intent for your servitor."**

3.5.3 Appearance, Purpose, and Powers

Once the intent is clear, visualize and describe the servitor:

1. **Imagine the Creature**
    - What would fulfill your task?
    - What form fits the function?
2. **Write a Detailed Description**
    - Underneath your statement of intent
    - Describe exactly what your servitor will be doing
    - Describe how it will do it
    - Use point form or any style that works
3. **Develop Powers**
    - Fully list all capabilities needed
    - What abilities does it need to accomplish its purpose?
4. **Name May Arise**
    - During detailed design, a name often emerges naturally
5. **Maintain Fun**
    - This should be a "fun and creative endeavour"
    - Playfulness aids focus

3.5.4 Working Principle

> **"Keep your servitor's design simple and small, especially at first."**

Reasons:

Reason	Explanation
Energy Conservation	Large/complex creations require more psychic force
Visualization Ease	Simple forms are easier to visualize clearly
Control	Simple servitors are easier to command
Learning	Master basics before attempting complexity

Borrowing Images: Feel free to borrow images from video games, mythology, or anywhere else if they fit your purpose.

3.6 Drawing Your Servitor

3.6.1 The Sketch

> *"Now the fun really begins."*

Underneath your description:

- Sketch your servitor's design
- Nothing fancy required
- "Iron out the design that has been percolating"
- Include all desired attributes

3.6.2 List Powers Below

Beneath the drawing, create a point-by-point list of powers:

Examples:

- "It glows with intense loving energy"
- "It shoots lasers out of its eyes"
- "It creates a protective barrier"
- "It attracts wealth opportunities"

3.7 Naming Your Servitor

3.7.1 The Name

Write the chosen name underneath the picture.

3.7.2 Critical Rule: Secrecy

> **"The name is important because this is how you call the servitor to you, it is a magical word. You must therefore never reveal the name of your servitor to anyone."**

Reasons for secrecy (expanded in Chapter 8):

- Prevents others from influencing your creation
- Protects the energetic integrity of your servitor
- Maintains your exclusive control

3.9 Optional: The Servitor Logo/sigil

3.9.1 Purpose

Creating a simplified version of your servitor for easier visualization during charging.

3.9.2 Method 1: Simplified Drawing

Take your detailed drawing and simplify it dramatically:

- A turtle becomes a simple octagonal shape with marks
- A dragon becomes a few sweeping lines
- Focus on the essential identifying features

3.9.3 Method 2: Name Sigil

Create a sigil by combining letters from the servitor's name:

- Write the name
- Remove duplicate letters
- Combine remaining letters into a single symbol

3.9.4 Personal Preference

Kreiter prefers the simplified drawing: *"I find it easier to concentrate on."*

Try both methods to see what works best for you.

3.9.5 The Value of the Logo

The simplified image is **"very helpful when you begin Part 2... which involves charging your servitor"** because:

- Easier to visualize clearly
- Allows focus without complexity
- Can be expanded over time into the full form

3.10 Practices

Exercise 3.1: Statement of Intent Practice

Level: Neophyte **Duration**: 30-45 minutes **Purpose**: Master the art of clear intent formulation

Instructions: 1. Write 5 different desires you have 2. For each, refine the statement through at least 3 iterations 3. Final statement should be:

- Clear and specific
- Action-oriented
- About what the servitor will DO

Example:

- Draft 1: "I want more money"
- Draft 2: "I want a servitor to help me get more money"
- Draft 3: "I want a servitor to attract wealth opportunities into my life"
- Final: "I want a servitor to attract unexpected financial opportunities and resources into my life continuously"

Exercise 3.2: Form-Function Design

Level: Neophyte **Duration**: 1 hour **Purpose**: Practice designing servitors with aligned form and function

Instructions: 1. Choose 3 different purposes:

- One for protection
- One for attraction
- One for information gathering

1. For each, design a servitor with form matching function:
    - Sketch the appearance
    - List the powers
    - Explain HOW the form supports the function

Template:

```
PURPOSE: _________________
FORM DESCRIPTION: _________________
WHY THIS FORM FITS: _________________
POWERS:
1. _________________
2. _________________
3. _________________
```

Exercise 3.3: Sigil Creation Practice

Level: Neophyte to Intermediate **Duration**: 30 minutes **Purpose**: Develop skill in creating simplified symbols

Instructions: 1. Take a complex image (from any source) 2. Simplify it in 5 progressive steps:

- Original
- Less detail
- Core shapes only
- Abstract essence
- Final simple sigil

1. Test: Can you visualize your final sigil clearly and hold it in mind?

Exercise 3.4: Design Process

Level: Intermediate **Duration**: 1-2 hours **Purpose**: Complete a full servitor design (without charging yet)

Instructions: Complete ALL design steps for a simple servitor: 1. Statement of Intent 2. Descriptive Paragraph 3. Drawing 4. Powers List 5. Secret Name 6. Simplified Logo/Sigil

Choose a simple purpose:

- Finding lost items
- Remembering dreams
- Feeling calm before sleep
- Attracting good parking spots

Save this design for use in Chapter 4.

3.13 Practice Checkpoint

Continue when the following points are secure:

- ☐ Understood that no special rituals are required
- ☐ Accepted that your subconscious handles the complexity
- ☐ Completed Exercise 3.4 (full design process)
- ☐ Created a clear Statement of Intent
- ☐ Drawn your servitor
- ☐ Listed its powers
- ☐ Given it a secret name (memorize it, don't share it)
- ☐ Optionally created a simplified logo/sigil
- ☐ Kept your design simple and focused

Chapter 4 · Charging Your Servitor

Imbuing Your Creation with Psychic Energy

> *"The technique for creating a servitor is the same as this; it is a natural one and in many ways an effortless one." — John Kreiter, Create a Servitor*

The fourth chapter explains charging as sustained attention rather than ceremonial complexity. Its central instruction is to hold the servitor as vividly real for a bounded period and repeat the process across several sessions.

Charging a servitor is a natural process, similar to any skill we learn unconsciously like walking. Your inner psyche handles the immense complexity; your conscious role is to provide sustained, focused belief in the servitor's reality. The more you charge, the stronger and more tangible your servitor becomes.

4.2 The Walking Analogy

4.2.1 Apparent Simplicity, Hidden Complexity

Kreiter uses walking across a room to pick up a glass of water as an analogy:

Conscious Experience: Simple, seemingly effortless

Unconscious Reality: An "extraordinary feat" requiring the inner psyche to "correlate all of the information and tasks required in perfect order" with "logic and intuition that would put any modern computer to shame."

4.2.2 The Parallel to Servitor Creation

> *"The technique for creating a servitor is the same as this; it is a natural one and in many ways an effortless one."*

"Effortless" in that the inner psyche handles the immense complexity—but not completely effortless, as it requires "a little effort to get it right at first," just like learning to walk.

4.3 The Learning Curve

4.3.1 First Time Challenges

Charging a servitor for the first time will feel like "learning to walk all over again."

4.3.2 Rapid Mastery

> *"Once when you've charged your servitor one time, the next time will seem infinitely easier."*

The mind begins to "explore and realize all sorts of new and different capabilities."

4.3.3 Compounding Effect

Each subsequent charge builds upon the first:

- Accumulated power
- Easier focus
- Stronger manifestation

> *"The more you do it the easier it gets, the more you do it the stronger your creature gets and the easier it is to recharge it and to see it manifest."*

4.4 The Practical Steps for Charging

4.4.2 Detailed Instructions

Step 1: Preparation - Get your paper with the servitor's logo and name - Or create a new paper with just the logo/name

Step 2: Environment - Find a quiet place where you won't be disturbed - Allocate 10 to 30 minutes

Step 3: Relaxation and Focus - Relax your body - Begin paying attention to the picture and name - Quietly repeat the servitor's name

Step 4: The Core Act

> *"Focus completely on your servitor and imagine with every single fiber of your being that this servitor is real and is now before you."*

Critical Advice: Approach this like a child playing a game, where pretend feels real and effortless.

Step 5: Visualization and Belief - Imagine the servitor becoming "more and more focused and solid" - While visualization is important, **belief is more important**

> *"The main concern is to believe that your servitor is real. It is the actual act of belief that is important here, it is as important as your mental focus."*

Step 6: Sustained Focus - Concentrate ONLY on this act - Forget everything else - Eyes should be OPEN - You should be WIDE AWAKE (not in trance)

Step 7: Overcoming Doubt Doubts WILL arise. When they do:

> *"Power through it, clear your mind, and then begin to focus once again on the fact that you believe with every single fiber of your being that the servitor before you is real and that it is becoming manifest before your eyes."*

Step 8: Allow Visualization If you concentrate and focus intensely, you won't need to force visualizations:

> *"They will begin to happen all by themselves. The 'blob of energy' will start to coalesce before you as you believe."*

Clear visualization is a RESULT of focused manipulation of your beliefs.

Step 9: Duration and Intensity - Maintain for 10 to 30 minutes - This can be "quite strenuous" - Physical signs (sweating, blood pressure rise) indicate significant psychic energy

4.5 Working Principle

> **"Charge your servitor three times on consecutive days before its first mission."**

Reasoning:

> *"Charging a servitor for the first time can take a lot of psychic force, and the amount of force tends to grow exponentially depending on the size and complexity of your servitor."*

Protocol:

- Charge Day 1
- Charge Day 2
- Charge Day 3
- Then proceed to casting (Chapter 5)

This sequential charging builds density and power.

4.6 The Belief-visualization Relationship

Key Point: You don't force visualization. You focus on BELIEF, and visualization emerges naturally.

4.7 Practices

Exercise 4.1: Belief Intensity Training

Level: Neophyte **Duration**: 10 minutes daily for one week **Purpose**: Develop ability to believe intensely on command

Instructions: 1. Choose a simple object in your room 2. For 10 minutes, believe with every fiber of your being that this object is the most important thing in existence 3. Feel the belief in your body 4. Notice when doubts arise 5. Practice "powering through" doubts 6. Track your progress

Progression:

- Day 1-2: 5 minutes
- Day 3-4: 7 minutes
- Day 5-7: 10 minutes

Exercise 4.2: First Charging Session

Level: Intermediate **Duration**: 15-30 minutes **Purpose**: Actually charge your designed servitor

Prerequisites: Must have completed the design from Chapter 3

Instructions: 1. Gather your design paper (or logo/name paper) 2. Find quiet, undisturbed space 3. Follow the 10-step protocol exactly 4. Journal your experience immediately after

First Session Journal Template:

```
Date/Time: _________________
Duration: _________________

DURING THE SESSION:
Ease of focus (1-10): ___
Doubts encountered: _________________
How I overcame them: _________________
Physical sensations: _________________
What I saw/felt: _________________
Sense of the servitor's presence: _________________

AFTER THE SESSION:
Energy level: _________________
Mood: _________________
Confidence in servitor (1-10): ___
Notes for next session: _________________
```

Exercise 4.3: Three-Day Charging Protocol

Level: Intermediate **Duration**: 15-30 minutes × 3 days **Purpose**: Complete the required three charges before first mission

Day 1 Focus: Establishing form - Concentrate on the servitor taking shape - Don't worry if visualization is unclear

Day 2 Focus: Solidifying - Build on Day 1 - Notice if visualization is clearer - Add intensity to your belief

Day 3 Focus: Completion - Strongest session - The servitor should feel real by the end - Prepare for casting

4.8 Troubleshooting

Problem	Cause	Solution
Can't focus	Environment distracting	Find better space

Problem	Cause	Solution
Doubts overwhelm	Belief not strong enough	More belief training (Ex 4.1)
No visualization	Trying to force it	Focus on belief, let images come
Too tired after	Normal; sign of energy expenditure	Rest, hydrate
Nothing seems to happen	Expectations too high	Continue; effects are often subtle
Mind wanders constantly	Normal for beginners	Gently return focus without judgment

Chapter 5 · Casting Your Servitor

Sending Your Creation on Its Mission

> *"You intend by believing that your will is obeyed." — John Kreiter, Create a Servitor*

The fifth chapter covers deployment: call the servitor, reinforce its presence, give one clear command, imagine its departure and then release obsessive checking.

Casting is an act of will. After establishing your servitor's presence through calling and final charging, you issue a clear command and believe with absolute certainty that your servitor departs to fulfill its mission. Faith in the command's execution maintains the servitor's work.

5.2 Prerequisites for Effective Casting

5.2.1 Two Key Conditions

Before casting, you must ensure:

1. Sufficient Charge and Belief *"You must be certain that your servitor has received a 'good charge' and that you 'truly believe that it is a living creature, or machine if you like, ready and able to do your bidding.'"*

This belief must be deep, not superficial.

2. Clarity of Intent *"You must have a 'real good sense of what you intended it to do so that there are no doubts in your mind.'"*

Ambiguity weakens the servitor's ability to act.

5.3 The 5-step Casting Method

5.3.1 Step 1: Call Your Servitor

Location: Find a quiet, undisturbed place

Action: *"Call your servitor. Use your magical and secret name and repeat it until you believe that your servitor is before you."*

This re-establishes your connection and brings the thought form into immediate focus.

5.3.2 Step 2: Final Charge (Reinforcement)

Once you feel confident in its presence: *"Charge your servitor one last time."*

Duration: Dedicate "a good 5 to 10 minutes"

Method: *"Follow the methods described in the previous chapter so that for a good 5 to 10 minutes you believe with every fiber of your being that your servitor is real and before you. Use every single ounce of focusing power available to you and believe in the certainty of your servitor."*

This ensures maximum power right before deployment.

5.3.3 Step 3: Issue the Command

> *"Right after you have finished charging it, I want you to give your servitor one strong command and then send it out to do your bidding."*

Requirements:

- Clear and concise
- Given in a "strong and commanding voice"

Example (for a protective servitor named "Turtle"): *"Turtle, go out and protect my house and keep it safe from all who would harm it."*

5.3.4 Step 4: Visualize and Believe Its Departure

> *"Now see your servitor leaving your general area, believe it with every ounce of your being just like you believed that it was real before when you were charging it."*

Key Points:

- This is "an act of will, an act of conscious intent"
- You must "believe that your servitor is leaving and going to do what you say"
- Believe this "with all your being just like you believed that it is real"

Result: *"If you do this correctly, you will see or feel the servitor leaving your area and going about its business, in other words, doing what you desire."*

5.3.5 Step 5: Maintain Faith (the Act of Faith)

This final step is "a further development of the intent that you set in motion."

> *"By intending your servitor to go forth and do your bidding, you are commanding through personal belief."*

The Equation: *"You intend by believing that your will is obeyed."*

Maintenance: *"You maintain this intent by having faith in your servitor and in the power of your command."*

This isn't hoping—it's fundamental certainty.

5.4 Working Principle

> **"Simplicity and Inner Belief Over Arcane Rituals"**

Kreiter concludes by re-emphasizing accessibility:

> *"This methodology does not require that you understand ancient Babylonian, get up at 3 AM on the night of a full moon, or vibrate at a certain frequency."*

All that is required:

- Great focus
- Ability to manipulate your beliefs

The deeper work is handled by: *"The inner self, that bigger part of you that some like to label the subconscious,"* which is naturally capable of "affecting physical reality."

5.6 Practices

Exercise 5.1: Command Formulation Practice

Level: Neophyte **Duration**: 20 minutes **Purpose**: Develop skill in giving clear, effective commands

Instructions: 1. Write your servitor's purpose 2. Formulate the command in 5 different ways 3. For each, evaluate:

- Is it clear?
- Is it concise?
- Is it specific?
- Does it feel powerful when spoken? 4. Choose the best version 5. Practice saying it aloud in a "strong and commanding voice"

Template:

```
Purpose: _________________

Command Version 1: _________________
Evaluation: _________________

Command Version 2: _________________
Evaluation: _________________

[etc.]

Final Command: _________________
```

Exercise 5.2: First Casting Session

Level: Intermediate **Duration**: 20-30 minutes **Purpose**: Complete your first full casting

Prerequisites: Three charges completed (Chapter 4)

Instructions: 1. Follow the 5-step casting method exactly 2. Use your prepared command 3. Pay attention to what you see/feel during departure 4. Journal immediately after

Casting Journal Template:

```
Date/Time: _________________
Servitor Name: [SECRET]
Command Given: _________________

DURING CASTING:
Sense of presence during call (1-10): ___
Quality of final charge: _________________
How command felt: _________________
What I saw/felt during departure: _________________
Confidence level after casting (1-10): ___

FAITH MAINTENANCE:
How I'm maintaining faith: _________________
Any doubts arising: _________________
How I'm handling them: _________________
```

Exercise 5.3: Faith Maintenance Practice

Level: Intermediate **Duration**: Ongoing **Purpose**: Develop skill in maintaining intent after casting

Instructions: After casting, whenever you think about the servitor: 1. Briefly affirm: "It is doing its work" 2. Feel the certainty of this 3. Do NOT check obsessively 4. Do NOT doubt 5. Trust and release

Daily Check (once per day maximum):

- "My servitor is doing its work"
- Feel the certainty
- Return to normal activities

5.8 Practice Checkpoint

Continue when the following points are secure:

- ☐ Completed three charging sessions
- ☐ Formulated a clear, concise command
- ☐ Successfully called your servitor by name
- ☐ Performed the final charge
- ☐ Issued the command in a strong voice
- ☐ Visualized/felt the servitor's departure
- ☐ Established faith maintenance practice
- ☐ NOT obsessively checked or doubted
- ☐ Your servitor is now "out in the field"

Chapter 6 · Controlling Your Servitor

Maintaining Alpha Dominance Over Your Creation

> *"You must always remember that you are the one in control, you are the one who gives energy to the servitors that you create." — John Kreiter, Create a Servitor*

The sixth chapter focuses on command and recall. The dog-training analogy is used to stress consistency, confidence and the creator's continuing authority over the construct.

You are always the master. Control problems arise from the creator's difficulty adopting a dominant attitude, not from any inherent power of the servitor. Through consistent, believed-in commands during charging, you develop the intent necessary for complete mastery over your creations—and eventually over thought forms you didn't create.

6.2 The Dog Whisperer Analogy

6.2.1 Learning from Cesar Millan

Kreiter recommends watching "Dog Whisperer" for those struggling with servitor control:

> *"Cesar is essentially teaching everyone how to attain alpha dominance and his techniques work perfectly when it comes to thought forms as well."*

6.2.2 The Core Principle

> *"You must always remember that you are the one in control, you are the one who gives energy to the servitors that you create and you are the one who can control energy with your mind."*

6.3 The Control Problem

6.3.1 Creating Vs. Moving

Some individuals excel at:

- Creating a servitor's form
- Imbuing it with psychic energy (making it functional)

But they "seem to lack the ability to move this creature about."

6.3.2 The Solution: Slower Charging with Commands

For this specific issue, Kreiter recommends a modified approach integrating control exercises into charging.

6.4 The "Slower Charging" Method

6.4.1 Combined Practice

> *"Take a longer period to charge their servitors so that while they are charging them they also practice giving them simple commands."*

6.4.3 The Key: Developing Intent

> *"In order to have it move in the way that you want it to, you need to develop your intent. If you will remember, the act of intending is really the act of believing, truly believing, in whatever you are commanding."*

You must believe with "every ounce of your being" that it IS moving as commanded.

6.5 Working Principle

> **"Control Through Consistent, Believed-In Commands During Charging"**

> *"If you are having problems controlling your servitor, and getting the results that you want from it, I suggest you take it easy when you are charging it and practice giving your servitor simple commands. It should obey these commands instantly."*

The principle: "You have learned how to create the machine, now you must learn how to control it."

6.6 Benefits of the Slow Charging Method

Benefit	Description
Enhanced Power	Develops servitor power while training control
Greater Concreteness	Servitor becomes "far more concrete"
Refined Visualization	Forced to visualize from multiple angles
Increased Solidity	Can become so vivid it looks solid and opaque
Accelerated Development	Truly powerful in very short time

This is the **“advanced charging method”** for exponentially increasing power and form.

6.7 The Ultimate Outcome

As you develop your intent through “strong focus and the ability to easily manipulate your beliefs”:

> *“Once your intent becomes powerful enough, you should have no problem controlling your servitor. You will also discover that you will be able to command thought forms that were not created by you, this is a very good skill to have.”*

Chapter 7 · Dangerous Thought Forms and How to Deal with Them

Protection from Negative Entities

> *“My advice usually begins with reinforcing the idea that we are the ones in control.” — John Kreiter, Create a Servitor*

The seventh chapter addresses unwanted or hostile thought-forms, including accidental creations strengthened by repeated fear or attention.

Negative thought forms exist and can cause problems, but you are always more powerful than any thought form because you can manipulate and control energy while they are dependent on you for power. The solution is to cultivate a dominant attitude, transform fear into focused energy, and—if necessary—create a counter-servitor to destroy the negative entity.

7.2 The Dual Nature of Thought Forms

7.2.1 Not All Are Benevolent

> *“There are not just positive thought forms like the ones that I’m hoping you will create… There are also many negative thought forms that are created by accident or on purpose and these negative thought forms can cause havoc in the lives of many people.”*

7.3 Accidental Thought Forms

7.3.1 Most Common Type

The most prolific negative thought forms arise from: *"The accidental thoughts and intentions of others; negative thoughts and desires that begin to pool into a large conglomeration of negativity."*

7.3.2 The Electromagnetic Attraction

Thoughts have an "electromagnetic quality" making them "magnets" for similar thoughts:

- Form "giant conglomerations of thought"
- Like a "big stew"
- Complex "gestalts" that evolve and change

7.3.3 "Echoes" — Psychic Impressions

Less developed negative gestalts are often called "echoes" by paranormal investigators:

- Re-create terrible past events
- Psychic impressions stamped by intense emotion
- Usually from highly negative events (e.g., murder)

7.3.4 Amplification Through Attention

When tragic sites become infamous: 1. Draw "attention and fascination" 2. Curious individuals and investigators visit 3. Their "negative attention" and "emotion" augment the thought form 4. What starts as a "blurred echo" becomes defined 5. Eventually affects even "psychically non-sensitive individuals" 6. Can begin to "move around" with apparent intent

7.4 Working Principle

> **"You Are Always in Control; Cultivate a Dominant Attitude"**
>
> *"As human beings we can manipulate and control energy while thought forms are dependent on us to give them power."*

It is therefore within our power to remove any negative thought form.

7.4.1 Practical Steps

1. **Watch "Dog Whisperer"** or similar to develop dominant attitude
2. **Become desensitized** to paranormal events
3. **Develop composure** in the face of the unknown
4. **Shift from "flight mode" to "fight mentality"**
5. **Transform fear into focused positive energy**

> *"The fear experienced as these negative paranormal events are taking place must be turned into anger and/or ideally into a highly focused form of positive energy that can then be used to disperse a negative thought form."*

7.5 The Solution: Fight Fire with Fire

7.5.1 Create a Counter-Servitor

> *"Create a servitor that will either disperse and destroy the negative thought form or at the very least drive it away."*

7.5.2 The Process

Use the SAME three steps:

7.5.3 During Casting

> *"You should be able to see or feel it move into the area where you feel the most negative energy."*

You must INTEND it to go there, believing "with every ounce of your being that your servitor is now moving away from you and engaging this other negative thought form in battle."

7.5.4 Control Through Intent

> *"You control your servitor through intent, you develop your intent through controlled belief."*

7.5.5 Persistence and Reinforcement

If the counter-servitor fails initially:

- **Recharge until even more solid and powerful**
- Send it out again
- Continue until you win

> *"Your servitor will be gaining more and more power and form the more that you charge it. Eventually your servitor should be able to overcome just about any negative thought form you encounter."*

Chapter 8 · Questions and Answers

Common Concerns Addressed

Chapter 8 addresses common questions, providing clarity on specific aspects of servitor creation and management.

8.2 Q&a Compilation

Q: Why Does the Name Have to Be Secret?

Answer: To prevent others from "messing with your thought forms."

- People's thoughts and emotions affect others more than realized
- Others can "tap vibrationally into your servitor"
- Even positive intentions from others can interfere
- **Best practice**: Keep your business to yourself

Q: I Thought Vibrations Weren't Important?

Answer: Clarification needed.

- The earlier statement was to avoid **unnecessary complexity** (matching colors, specific frequencies)
- Vibrations ARE the "basis for all that we experience"
- Keeping the name secret prevents **vibrational interference**
- You don't need to manually create vibrations—your inner self handles that

Q: How Big or Small Should My Servitor Be?

Answer: Small (about volleyball size) is recommended.

- **Larger = more energy required** to charge
- **Size in thought is metaphorical** — thoughts don't follow physical laws
- **Intensity matters more than dimension**
- Start small; it will grow with use

> *"The defining principle as to the power and capabilities of a servitor are actually intensity; that is the intensity and duration of the charge given."*

Q: Can Drugs Help in Creating a Servitor?

Answer: No.

- Servitor creation requires **focused attention**
- This is driven by "belief coupled by desire"
- Drugs cause "destabilization of the conscious mind"
- **Stay away from drugs** when working with thought forms

Q: How Do You Dissipate a Servitor?

Answer: Cut off attention.

Important: If a servitor persists despite conscious desire for it to go, you're likely still giving it subtle attention (guilt, worry, etc.).

For external negative thought forms, use Chapter 7 methods.

Q: Can You Create a Self-sufficient Servitor?

Answer: No.

- Servitors are not "life as we understand it"
- Their existence is not "truly physical" in our plane
- **They require your energy** to participate in our reality
- Without recharging, they "fade from what we consider physical reality"

Q: Do I Need to See My Servitor?

Answer: Not necessarily.

- Most people are visually oriented, but sight isn't the only marker
- **Feeling-oriented**: Rely on physical sensations or "gut feelings"
- **Auditory-oriented**: Find sounds to be strong indicators

> *"You therefore do not need to see your servitor in order to bring it into form, what you need to do is to be able to sense it in a way that helps you most believe in its reality."*

Q: Why Did It Work the First Time but Not After?

Answer: The "beginner's mind" effect.

- Initial success comes from openness and "child-like wonder"
- Subsequent attempts suffer from over-analysis
- **Solution**: Create a step-by-step formula
- Follow it without emotional attachment or expectations
- Assume success if you follow the recipe
- After completion, **have faith**

Q: Do I Need a New Servitor Every Time?

Answer: Depends on the task.

- **Keep servitors SIMPLE** — one purpose each
- Complicated servitors require more energy and can become "schizophrenic"
- **Reuse for same tasks** — it gets stronger each time
- To reuse: call by name, charge, send out

> *"When it comes to servitors; the simpler the better."*

Q: How Long Should I Wait Before Sending Again?

Answer: Depends on task urgency.

Task Type	Recharge Frequency
Protection (passive)	Months (unless threatened)
Active desires	Every 3 days minimum
Relaxed/non-urgent	Every 15 days

Warning: *"Creating/charging/tasking servitors can be an intensive process and can cause a lot of tension within, which is never a good thing when it is dragged out too long."*

Don't overdo it—stress and even physical strain (hernias!) are possible.

Conclusion · The Magical Creator

Embracing Your Creative Power

> *"Life is magical, you are magical, so take your place as the amazing magical creator that you are." — John Kreiter, Create a Servitor*

C.1 Simplicity Rooted IN Inner Power

Kreiter emphasizes that creating a servitor: *"Is not a complicated thing in the sense that it does not require some kind of critically complex ritualistic act."*

Success hinges on two fundamental internal capacities:

- **Intense mental focus**
- **The ability to play with your beliefs**

> *"It is up to you then to practice this intense psychic focus so that you too can be successful at creating a powerful thought form to do your bidding."*

C.2 the Transformative Insight

C.2.1 Working Principle

> **"Servitor Creation is a Direct Path to Recognizing Your Own Creative Power"**

Through creating servitors, individuals gain direct, experiential understanding that: *"He/she is indeed a very powerful creator."*

This isn't theoretical—it's felt reality.

C.3 the Challenge

For those still hesitant: *"If this is the case then I challenge you to take the plunge and create a servitor today."*

Frame it as a **game**: *"Can you believe in something that you don't think is real for 10 minutes? Can you pretend, like when you were a child, and just play a game for a little while?"*

- **Low stakes**: "You have nothing to lose, it's just a game after all."
- **High reward**: "BUT, if you do end up getting what you wanted, please try to consider the possibility that there is more to this thought manipulation stuff."

C.4 the Invitation

Don't be like the "average zealot skeptic" who ignores experiences that don't fit their worldview:

> **"Life is magical, you are magical, so take your place as the amazing magical creator that you are."**

C.5 Rediscovering Innate Magic

> *"There is so much mystery out there. There is so much that we don't know. A servitor will help you remember what you knew so well as a child, something that you know so well deep inside yourself; that you are a magician that can create new worlds."*

C.6 Inspirational Quotes

> *"Disbelief in magic can force a poor soul into believing in government and business." — Tom Robbins*

> *"The world is full of magic things, patiently waiting for our senses to grow sharper." — W.B. Yeats*

> *"No, I would not want to live in a world without dragons, as I would not want to live in a world without magic, for that is a world without mystery, and that is a world without faith." — R.A. Salvatore*

> *"Scientists have calculated that the chances of something so patently absurd actually existing are millions to one. But magicians have calculated that million-to-one chances crop up nine times out of ten." — Terry Pratchett*

C.7 Final Summary

The journey of servitor creation is fundamentally a journey of:

- **Self-discovery**
- **Empowerment**
- **Recognizing your inherent magical nature**

Your mind can shape reality. Servitors are proof.

End of Conclusion

Appendix a · Glossary — Book 2

Term	Definition	Notes
Alpha Dominance	The attitude of complete mastery over your servitor	Same principle as dog training
Casting	The act of sending your servitor to fulfill its mission	Step 3 of the process
Charging	Imbuing your servitor with psychic energy	Step 2 of the process

Term	Definition	Notes
Counter-Servitor	A servitor created to destroy negative thought forms	Fight fire with fire
Dissipation	The process of removing a servitor from physical frequency	Cut off attention
Echo	A less-developed negative thought form; psychic impression	Often found at traumatic sites
Gestalt	A complex pattern of interwoven thoughts	German: “form, shape”
Information Matrix	The vast, interconnected data structure of thought	Handled by subconscious
Intent	The act of believing, truly believing, in your command	Key to control
Logo/Sigil	Simplified visual representation for easier charging	Optional but helpful
Psychic Force	Concentrated attention driven by belief and desire	Your creative power
Secret Name	The magical word used to call your servitor	Never reveal to anyone
Servitor	An intentional thought form designed for specific purposes	Your creation
Statement of Intent	Clear phrase describing what you want to accomplish	Foundation of design

Term	Definition	Notes
Thought Form	A thought given sufficient energy to manifest	Broader category including servitors
Tulpa	Tibetan term for thought form	སྤྲུལ་པ (sprulpa)

Appendix B · Bibliography — Book 2

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Appendix C · Quick Reference Protocols

C.1: Creation Checklist

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SERVITOR CREATION CHECKLIST
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DESIGN PHASE (Chapter 3)
☐ Statement of Intent written
☐ Intent refined until clear
```

```
☐ Descriptive paragraph completed
☐ Drawing sketched
☐ Powers listed point-by-point
☐ Secret name chosen (MEMORIZE IT)
☐ Optional: Simplified logo/sigil created

CHARGING PHASE (Chapter 4)
☐ Day 1 charge completed (10-30 min)
☐ Day 2 charge completed (10-30 min)
☐ Day 3 charge completed (10-30 min)
☐ Can sense servitor's presence

CASTING PHASE (Chapter 5)
☐ Called servitor by secret name
☐ Final charge completed (5-10 min)
☐ Clear command issued
☐ Visualized/felt departure
☐ Faith maintained

POST-CASTING
☐ Not obsessively checking
☐ Maintaining faith
☐ Recharging schedule set
```

C.4: Counter-Servitor Protocol

```
═══════════════════════════════════════
COUNTER-SERVITOR PROTOCOL
(For Negative Thought Forms)
═══════════════════════════════════════

1. DESIGN
   ☐ Purpose: Destroy/dispel negative entity
   ☐ Form: Warrior/destroyer type
   ☐ Powers: Dispersing, banishing, protecting

2. CHARGE
   ☐ Until confident it can overcome
   ☐ May need extra charges

3. CAST
   ☐ Command to engage negative entity
   ☐ Visualize it moving to where negative energy is strongest
   ☐ Believe it is battling

4. IF FAILS
```

```
   ☐ Recharge even stronger
   ☐ Cast again
   ☐ Repeat until victory

REMEMBER: You will win because you control energy.

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Appendix D · Servitor Design Templates

D.1: Basic Design Template

```
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SERVITOR DESIGN WORKSHEET
═══════════════════════════════════════════════════════════════

DATE: _________________

STATEMENT OF INTENT:
_____________________________________________________________
_____________________________________________________________

DETAILED DESCRIPTION:
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________
_____________________________________________________________

DRAWING: [Sketch in space below]

POWERS:
1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________
5. _____________________________________________________________

SECRET NAME: ____________________ (MEMORIZE - DO NOT SHARE)

SIMPLIFIED LOGO/SIGIL: [Sketch below]

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D.2: Charging Log Template

```
═══════════════════════════════════════════════════════════════
CHARGING LOG
```

```
Servitor: [NAME REDACTED]
═══════════════════════════════════════════════════════════

CHARGE #1
Date: _____ Duration: _____
Ease of Focus (1-10): ___
Presence Felt (1-10): ___
Physical Sensations: _____
Notes: _____

CHARGE #2
Date: _____ Duration: _____
Ease of Focus (1-10): ___
Presence Felt (1-10): ___
Physical Sensations: _____
Notes: _____

CHARGE #3
Date: _____ Duration: _____
Ease of Focus (1-10): ___
Presence Felt (1-10): ___
Physical Sensations: _____
Notes: _____

READY FOR CASTING? ☐ Yes ☐ Need more charges

═══════════════════════════════════════════════════════════
```

D.3: Mission Log Template

```
═══════════════════════════════════════════════════════════
MISSION LOG
Servitor: [NAME REDACTED]
═══════════════════════════════════════════════════════════

MISSION #___

Date Cast: _____
Command Given: _____
Confidence at Casting (1-10): ___

OBSERVATIONS:
Day 1: _____
Day 3: _____
Day 7: _____
Day 14: _____

RESULT:
```

☐ Success ☐ Partial Success ☐ No Result ☐ Ongoing

Notes: _____
_____

RECHARGE NEEDED? ☐ Yes (Date: _____) ☐ No

═══

Appendix E · Troubleshooting Guide

Problem	Likely Cause	Solution
Can't visualize	Trying to force it	Focus on BELIEF; let images come
Doubts overwhelm	Normal; belief needs strengthening	Power through; more practice
Nothing happens	Expectations too high	Effects often subtle; continue
Servitor won't move	Intent not developed	Use slow charging method (Ch 6)
Lost control	Dominant attitude lacking	Watch "Dog Whisperer"; reassert mastery
Negative entity	Accidental or external	Create counter-servitor (Ch 7)
Worked once, not again	Over-analyzing	Create formula; follow without attachment
Exhaustion after	Normal energy expenditure	Rest, hydrate, don't overdo
Servitor persists unwanted	Still giving subtle attention	Complete severance; ignore entirely

Guide 04 · Create A Servitor Companion

Figure / source plate
Cover of Guide 04, Create A Servitor Companion
Source asset: assets/guide-04-cover-Cover.png

Book-aligned source guide 04 of 15 · retained as the source-order spine.

Source structure: Author's Note; Introduction; Chapters 1–9; Conclusion. **Thematic shelf cross-link:** Volume 03 for servitor ecology, design, maintenance, and responsible relationship.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

Figure / source plate
The companion ecology of avatar, play, care, advice, room, and human ties
Source asset: assets/guide-04-g04-v03-companion-ecology.svg

Figure 1. The companion ecology of avatar, play, care, advice, room, and human ties.

Figure / source plate
The adapted blueprint for identity, boundaries, contact, and maintenance

> Source asset: assets/guide-04-g04-v03-servitor-blueprint.svg

Figure 2. The adapted blueprint for identity, boundaries, contact, and maintenance.

> Figure / source plate
> A long-lived form still requires deliberate beginning, review, and closure
> Source asset: assets/guide-04-g04-v03-servitor-lifecycle.svg

Figure 3. A long-lived form still requires deliberate beginning, review, and closure.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Harness the Power of Thought Forms for Companionship

By John Kreiter (2016)

> *"Concepts that sound like 'playing Pokémon', or like a 'weird combination of quantum mechanics and witchcraft' will be presented. You have been warned." — John Kreiter*

Dedication

To Harvey and Blue.

About This Book

This volume adapts the servitor method to companionship. Instead of assigning a narrowly bounded task, the practitioner designs a recurring inner figure intended to support imagination, play and self-observation.

Key Concepts

Concept	Definition
Servitor Companion	A thought form designed for companionship, joy, and entertainment
Avatar/Fetish	The visual representation/mold upon which the companion is made
Network Connection	The growing complexity of internal connections that give "life"
Charging	The process of infusing attention and emotion to bring it alive
Servitor Room	An internal psychic space for enhanced interaction
Transmutation	Moving a thought from subjective to objective reality

Author's Note

> *"Some people might find this book strange. It's going to ask you to play and to use your inner creativity and power to create a magical entity."*

This book invites you into a realm that challenges conventional thinking. The use of **"play"** suggests a departure from rigid, serious magical work toward a more fluid and creative approach.

You have been warned: Concepts that sound like "playing Pokémon" or a "weird combination of quantum mechanics and witchcraft" will be presented.

Introduction · Two Worldviews

The Western "External Manipulation" View

- Sciences focus on observable, physical phenomena
- Complete dominion of the external ego
- "Incredibly limited perceptive ability"

- Results in a "fearful and lonely world"
- Glorifies "no pain, no gain"

The "Internal Creates External" View

> *"There are some who believe that it is the internal that creates the external and that real manipulation of the objective/physical world begins through the manipulation of internal realities."*

This older view is responsible for the beginning of the scientific era itself. Methods include:

- Magic(k) and Witchcraft
- Law of Attraction
- Manifestation
- Sigil-craft
- Thought form creation

Core Principle: Any internal change (change to the psyche) is mirrored by external change (change to the physical world).

The World Tree

The ancient concept of the "world tree" represents:

- Connection between heaven, underworld, and physical reality
- The bridge between internal subjectivity and external reality
- **The magical bridge of creation**

This book teaches you to walk that bridge.

Chapter 1 · What Is a Servitor Companion?

1.1 Defining a Servitor

> *"A servitor is a specifically created thought form that is designed to perform a personal task; an act of will/intent. A thought form is a thought given enough attention or psychic energy so that it is able to manifest to a lesser or greater degree in what we consider consensual reality."*

1.2 The Genesis of Thought Forms

Thoughts are **information units** with inherent electromagnetic properties that allow them to:

- Weave and meld with other thoughts
- Grow in strength through concentrated psychic power
- Be empowered further through strong emotion

1.4 Companion Vs. Task Servitor

Task Servitor	Servitor Companion
Designed to work	Designed to please and entertain
Tool-laden appearance	Lovely, cute, cool, or wise appearance
Dealt with intermittently	A constant in your life
Formal charging sessions	Personal, ongoing interaction

1.5 The Journey to "Realness"

A servitor companion needs to achieve a **more physical vibration**: 1. First you must see it clearly 2. Over time you will feel and hear it 3. You might experience it with all senses 4. It becomes **as real as possible to you personally**

1.6 The Network Analogy

As complexity grows, the servitor gains:

- "A type of sentience"

- Life-like behavior
- Unique, surprising actions
- A bond with you

1.7 Addressing the "Frankenstein Phobia"

> *"Many live in mortal dread of evil things that lurk in the dark, but they do so because they do not understand the extent of their personal power."*

The truth: Your servitor will never rise against you as long as you take responsibility for your own psyche. **You are far more powerful than you think.**

Chapter 2 · What Can a Servitor Companion Do?

2.1 The "Imaginary Friend" Reconsidered

> *"Don't think that you are some kind of poor social misfit because you are contemplating creating an imaginary friend."*

We constantly create characters in our dreams. The ability to create a servitor companion is **a sign of a powerful and complex intellect**.

2.2 Reclaiming Imagination

> *"Thoughts are not ethereal wispy little things that flow constantly in your mind. They are the true bedrock of what we call reality, and true physical action is thought manipulation."*

The biggest secret on this planet: True power comes from thought control and manipulation.

2.3 The Crucial Distinction: No Tasking

> *"Whenever you create a servitor and then give it a task, this servitor becomes irreparably changed by the task."*

A servitor companion should be created **ONLY** to bring you happiness and joy. Keep it focused on this one goal.

2.4 Practical Benefits

- **Companionship**: Keeps you company when lonely
- **Support**: Travels with you, supports you when low
- **Flexibility**: Can be put away when not needed
- **Low Maintenance**: No space, no feeding, no worry about hurting feelings
- **Creator Control**: You decide how to treat it

2.5 The Servitor Lover

> *"Yes, a servitor companion can be designed so that it becomes your ethereal lover. It can take any shape you want and any attitude that you desire. It is the perfect companion."*

Chapter 3 · Get an Avatar/Fetish

3.1 The Primacy of Image

> *"A servitor companion is highly dependent on image; how it looks and how it feels. Its image is all important."*

For a companion, visual appeal is fundamental to the relationship.

3.2 The Link Between Image and Feeling

> *"When you see something pleasing, something that truly inspires you visually, you will notice that you feel good. It is this internal pleasure that you must pursue."*

3.3 Definition

Avatar/Fetish: An icon or figure that represents your servitor companion. It is the **clay mold** upon which your companion is made.

3.5 The Guiding Principle

> *"Above all things always do remember that this is a fun process. It must come from within as a feeling of joy, excitement, and play. You will know what your perfect avatar/fetish is because it is the one thing that will bring you great joy."*

3.6 Critical Rules

1. **Keep it private**: Your magical endeavor must be free from the judgment of others
2. **AVOID KNOWN PEOPLE**: Never use images of people you know or have known

> *"A servitor companion is supposed to be fun. Keep it light, airy, happy, wholly egoless, a servant to please you in any way you desire."*

Chapter 4 · Charging Your Servitor Companion

4.1 Why Thought Form Creation Is Superior

- **More powerful** than typical manifestation methods
- **Bridges the gap** between objective and subjective worlds
- Takes the spell into **three-dimensional reality**
- **Compounds** with use—the more you use it, the more powerful it becomes
- Creates a **self-empowering loop**

4.2 The Five-step Charging Process

Step 1: Memorization (1 Week Minimum)

Environment: Quiet room, undisturbed for 15-30 minutes

Action: Study your avatar/fetish closely. Memorize every single detail so you can recall it perfectly with eyes closed.

Duration: One week, or as long as needed

Step 2: Closed-Eyes Visualization (1 Week Minimum)

Environment: Darkened room with one low light on avatar/fetish

Action: 1. Close your eyes 2. Visualize your servitor companion in your mind's eye 3. Tell yourself: "I have begun the process of creating this creature"

Duration: One week, or until visualization is clear

Step 3: Open-Eyes Visualization (1-2 Weeks Minimum)

Environment: Same darkened room

Action: 1. Eyes open 2. Visualize servitor floating in the darker part of the room 3. Avatar/fetish lit on one side, servitor visualized on the other 4. Spin the visualization to add form to all sides

Duration: One to two weeks, or until perfect

Step 4: Movement and Interaction (1 Week Minimum)

Action: 1. Visualize your servitor **moving naturally** 2. Imagine limbs moving, looking around, coming toward you 3. **Talk to it** and imagine it responding 4. **Touch it** with your etheric or physical hand 5. Feel its texture—hair, fur, armor, scales, skin

> *"This step truly brings your servitor companion to life so you must devote as much time as possible on this step."*

Step 5: The Final Emotional Charge (5-10 Minutes)

Action: 1. Focus on avatar/fetish 2. Visualize servitor interacting with you 3. Slowly repeat your companion's **SECRET NAME** three times 4. After each repetition, **feel with every ounce of your being** that it is REAL and ALIVE 5. On the third repetition, focus ALL attention—feel it being alive with your entire will 6. Maintain this for 5-10 minutes

Activation Command: **"(Servitor's name), YOU ARE ALIVE!"**

4.4 Ongoing Charging

> *"If you interact with your servitor companion on a regular basis, you will not need to formally recharge it again since each interaction will recharge this thought form."*

Key Quote: *"What we need to do to allow magic to get hold of us is to banish doubts from our minds. Once doubts are banished, anything is possible."*

Chapter 5 · Control Your Servitor

5.1 Initial Interaction

- **Summoning**: Call it to you by name
- **Clarity grows**: Visualizations improve with more interaction
- **Building relationship**: Talk to it, share stories, ask it to perform
- **Intuition develops**: You'll hear its "voice" as inner sense

5.2 The Paramount Rule

> **"You have created a SERVANT companion, you have not created a partner."**

You must take charge of your own mind and never be swayed or bullied—at least not when it comes to thought forms.

> *"You are the master, you are superior. You are the creator and leader of your creations; they are lesser than you and must always bow to your will."*

5.3 The Dog Whisperer Analogy

Watch "The Dog Whisperer" (Cesar Millan) for direct parallels:

- Your pet must come when called
- It must move aside when ordered
- It must stay put when told
- It must always obey without hesitation

> *"Your servitor is one of the greatest teachers that you can have to help you focus your mind and control your personal intent."*

5.4 How to Command

> *"The trick is not effort but FOCUS."*

Method: 1. Focus your mind on what you want—without effort or strain 2. See what you want in your mind's eye 3. It will happen

> *"A true and focused command must be focused like a laser. You focus completely on what you want without strain or effort and your command is followed perfectly."*

5.5 Troubleshooting "Rebellion"

If servitor seems rebellious: 1. **It's YOUR focus problem**, not the servitor's 2. Study The Dog Whisperer more 3. Practice single-point focus (e.g., focusing on an apple) 4. Stop trying so hard 5. **Ignore your servitor** temporarily

5.6 The Ultimate Discipline: Draining

If needed, you can dissolve the servitor by absorbing its psychic energy:

Process: 1. Summon the servitor 2. Exhale 80% of breath quickly 3. Inhale slowly, imagining throat constricted 4. Visualize breathing in through palms of hands 5. See white luminescent fog withdrawing from servitor into your palms 6. Exhale quickly 7. Repeat until servitor's presence completely disappears

> *"Servitors can never be truly destroyed; no thought can ever be destroyed. But by draining its 'life,' you remove its ability to exist within this frequency we call consensual reality."*

Chapter 6 · Maintenance and Care

6.1 The Core Principle

> *"The maintenance and care of your thought form means 'having fun with your servitor companion.'"*

Attention is energy. The more fun you have, the more laughs you enjoy, the better—because it is through these strong feelings that you saturate it with the energy it needs.

6.2 A Day with "Blue" (Author's Example)

The author shares interactions with his servitor "Blue":

- Blue appears floating upside down with a "stupid smile"
- Makes jokes: "I'm a cloud"
- Performs visual comedy (encased in plastic beach ball)
- Plays "tiny violin" when author is grumpy—causing laughter
- Hangs out quietly during TV watching
- Responds with playful snobbery: "If you'd rather rummage through kitty litter than have an intellectual conversation with me, go for it"
- Gets petted and purrs

6.3 Key Insights

- **Personality develops on its own**: Blue became a comedian, developed superior attitude
- **Controlled freedom**: Let it go only to the point it entertains you
- **Natural interaction**: If tired of it, it goes away
- **Leadership required**: Blue "requires and appreciates my leadership"

6.4 Addressing Fear of Rebellion

> *"Am I afraid Blue will turn on me? Of course not! Blue is MINE, my creation. I gave him life through my energy and attention and I can take that away if I choose."*

> *"Thought forms cannot attain sentience within this dimension and no matter how powerful, can never overcome the concentrated intent of even one human being."*

Chapter 7 · Create a Servitor Advisor

7.1 What Is a Servitor Advisor?

A specialized companion used as an adviser on any topic imaginable—learning instruments, music composition, martial arts, etc.

Capabilities:

- Give advice
- Correct mistakes
- Disclose "secret" information
- Keep you on task
- Inspire and motivate

7.2 How It Actually Works

> *"A servitor advisor inspires your inner psyche and creates a kind of scaffolding that allows you to access deep inner knowledge. It is a self-created muse."*

7.3 This Is Not Channeling

> *"This is not channeling. Channeling involves contact with another conscious entity. This is the exploration of inner knowledge through an artificially created window into your inner being."*

7.4 Creating an Advisor (Modified Steps)

Avatar/Fetish: Select one representing the knowledge you seek (e.g., blind kung fu master, futuristic android for tech)

Modified Step 4:

- Imagine advisor **absorbing huge amounts of information**
- Visualize it sucking in light like a mini black hole
- Feel it has absorbed vast knowledge in your chosen field

Interaction:

- Start with simple questions
- Network connection develops with practice
- Eventually get profound, specific answers

Chapter 8 · Servitor Lover?

8.1 The Direct Answer

> *"The answer is of course yes; you can definitely create a servitor lover."*

Benefits:

- Dismiss without recrimination or guilt
- Mold into whatever image you desire
- Can actually be felt and touch you back

8.2 The Core Principle: Do Not Humanize

> **"Do not humanize your servitor. Do not fill your thought creations with feelings of guilt, imposed beliefs about good and evil, repressed anxieties, or worries."**

It is a SERVANT, not a partner. You are in charge ALWAYS.

8.3 Pros and Cons

Pros	Cons
No worries	People need people
No recriminations	Don't let it take over life
No prejudice	Use for emancipation, not hermitage
Complete customization	
Physical sensation	

8.4 Critical Warning: Avoid Known People

> *"Do not create a servitor lover from the image of someone you know, have known, or plan to meet in the future."*

Using known people creates:

- Network interference from existing relationships
- Projection of repressed emotions
- Alteration of future real relationships

Start fresh. Keep it light. Think of it as a game.

8.5 Charging Emphasis

For a servitor lover, **Step 4 is critical**:

- Take as much time as needed
- Become intimately aware of every physical detail
- Feel every "nook and cranny"

8.6 Desire as Creative Force

> *"Desire is truly a big part of mental development. Desire imbues you with the impetus and energy necessary to create objectified form. Desire is the impetus that our inner self uses to get us to develop our abilities as responsible creators."*

8.7 Real-world Application

The servitor lover can:

- Increase pleasure
- Reduce loneliness
- Explore limits of desires
- **Make you a better lover with real people**

Chapter 9 · Servitor Companion Room

9.1 The Bridge Concept

> *"The truly amazing thing about servitors is that when we create them, we begin to truly understand how we shape our own reality."*

Servitor creation allows us to become **skilled CONSCIOUS creators**.

9.2 What Is the Servitor Room?

> *"The servitor room does not exist in physical reality. It is a place in the mind that you create specifically to interact with your servitor companion, advisor, or lover."*

It's like:

- The "white room where all is possible"
- The "room without walls" of meditation

9.3 Benefits

- **Enhanced interaction**: Imagination is literally unbound
- **Full sensory experience**: Hear, see, feel, taste, smell more directly
- **Intimacy**: Easier for first-time interactions with servitor lover
- **Continuous charging**: Each interaction focuses intense attention
- **Development**: Refine physical details more easily

9.4 Creating the Room

Process: 1. Close eyes in quiet place 2. Focus on light through closed eyelids—the blank canvas 3. Take three deep breaths, relaxing more with each exhale 4. Superimpose servitor image on the canvas 5. Make it move around 6. Go with any hallucinations that arise (but keep servitor prominent) 7. Optional: Add furniture, features, or leave it blank

9.5 Two Approaches

Blank Room	Detailed Room
Completely dark internal space	Fully developed environment
Focus solely on servitor	Adventures and settings possible
Highly effective for pure interaction	Fun and exciting exploration

Both are legitimate. Choose what feels right. You can change or create multiple rooms.

Conclusion · The Bridge to Magic

The Paradox of the Communication Age

> *"Even though we have increased our communicative power exponentially, we have also managed to isolate ourselves from our family and tribe."*

We interact more with gadgets than people. Loneliness grows.

Servitors as Solution

> *"Perhaps it is in this new cyber age that we need servitor companions the most."*

They satisfy the need to interact with a self "outside" our own.

Catalysts for Evolution

Servitor companions provide:

- Happiness
- Increased pleasure
- Company
- Advice
- Support

> *"Through their ability to help us rediscover our inner magic, servitor companions allow us to let go of our constricting one-dimensional ego. With them we are truly free to have fun and play."*

The Purpose of Life

> *"Most importantly, a servitor companion will show you that life is meant to be fun, to be a realm in which we enjoy ourselves immensely through the creation of our greatest fantasies."*

> *"A servitor companion is like a bridge to that inner magical world. They are the rabbit hole that leads us into Wonderland, the doorways into the magic of our inner reality and the emancipation of our beings through great creativity, happiness, and play."*

Appendix a · Quick Reference

Avatar/Fetish Selection Checklist

- ☐ Brings you genuine joy
- ☐ NOT a known person
- ☐ Physically pleasing to you
- ☐ Connects to purpose (companion, advisor, or lover)
- ☐ Kept private and secret

5-Step Charging Summary

```
STEP 1: MEMORIZE (1 week)
Study avatar/fetish until you can recall every detail

STEP 2: CLOSED-EYES (1 week)
Visualize with intent: "I am creating this creature"

STEP 3: OPEN-EYES (1-2 weeks)
See servitor floating in room space

STEP 4: INTERACT (1+ week)
Movement, talking, touching - make it REAL

STEP 5: FINAL CHARGE (5-10 min)
Secret name 3x, believe with all your being
```

Activation Command

> **"[NAME], YOU ARE ALIVE!"**

Control Principles

1. You are MASTER, it is SERVANT
2. Focus like a laser (no effort, pure focus)
3. Ignore to discipline
4. Drain to dissolve (if ever needed)

Appendix B · Advancement Levels

Level	Achievement
1	Avatar/fetish selected with joy
2	Memorization complete
3	Clear closed-eyes visualization
4	Clear open-eyes visualization
5	Natural movement and interaction
6	Final charge complete—servitor ALIVE
7	Regular interaction established
8	Personality developing
9	Servitor Room created
10	Full sensory experience achieved

Appendix C · Troubleshooting

Problem	Solution
Can't visualize clearly	More time on memorization step

Problem	Solution
Servitor seems rebellious	Focus problem—practice single-point attention
Servitor won't leave	Ignore it; withdraw attention
Fear of it "going rogue"	Remember: YOU are the creator, YOU have all power
Feels "silly" or "childish"	Embrace play; this is the secret of magic
Want to give it tasks	Create a separate WORKER servitor instead

"The mad Hatter asked, 'Have I gone mad?' Alice replied, 'I'm afraid so. You're entirely bonkers. But I'll tell you a secret. All the best people are.'" — Alice in Wonderland

Guide 05 · Inner Alchemy: The Magnum Opus

> Figure / source plate
> Cover of Guide 05, Inner Alchemy: The Magnum Opus
> Source asset: assets/guide-05-cover-Cover.png

Book-aligned source guide 05 of 15 · retained as the source-order spine.

Source structure: How to Use; Introduction; Chapters 1–7; master schedules; reference map; Conclusion; Glossary. **Thematic shelf cross-link:** Volume 02 for IN, VOID, and OUT; Volume 07 for the Great Work, stone, jewel, and transmutation.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> The Magnum Opus as recovery, re-absorption, storage, and refinement
> Source asset: assets/guide-05-g05-v07-magnum-opus.svg

Figure 1. The Magnum Opus as recovery, re-absorption, storage, and refinement.

> Figure / source plate
> The three uses of the Philosopher's Stone within the source cosmology
> Source asset: assets/guide-05-g05-v07-stone-uses.svg

Figure 2. The three uses of the Philosopher's Stone within the source cosmology.

> Figure / source plate
> The long arc from gathered energy to refined, directed capacity
> Source asset: assets/guide-05-g05-v07-transmutation-tree.svg

Figure 3. The long arc from gathered energy to refined, directed capacity.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

How This Companion Differs from the Step-by-Step Course Guide

This guide follows *Inner Alchemy: The Magnum Opus* as its own source book. Although its seven-chapter sequence overlaps *The Magnum Opus, A Step by Step Course*, this edition has a distinctive textbook architecture: an explicit three-plus-one phase model, key transmissions, master schedules, a complete course map, and an emphasis on the relation between energetic absorption, storage, recovery, and refinement. Use the separate Guide 09 when studying the step-by-step course EPUB; use this guide when reading the integrated *Inner Alchemy* textbook.

The source's esoteric physiology is preserved as a practice model. Terms such as energy body, cauldron, stone, and jewel should be learned in the roles the book gives them. They need not be reduced to conventional anatomy or physics in order to function as inner images. At the same time, the practices do not replace medical care, sleep, food, movement, or psychological support.

The Complete Course at a Glance

Phase	Source chapters	Primary work	Study question
Preparation	1–3	balance belief and attention	What governs the direction of my available power?

Phase	Source chapters	Primary work	Study question
Formation	4	establish an experiential energy-body map	Where and how do I sense containment?
Recovery	5–6	re-absorb lost energy and work with wounds	What remains bound to past events?
Refinement	7	consolidate the stone into a jewel	How does stored power become stable capacity?

The phases overlap. A reader may revisit belief while working with wounds, or return to balance while refining the stone. The map is a spiral rather than a ladder that can be completed once.

Introduction · The Great Work as Energetic Education

The book presents the Magnum Opus as the disciplined recovery and organization of human energy. Its claim is not merely that people lack energy, but that attention, emotion, memory, belief, and habitual reaction distribute energy in ways most people do not consciously govern. The Great Work reverses that situation.

The **effortless success principle** is easy to misunderstand. It does not mean that no practice is required. It means that forcing often adds conflict to the system. Repetition educates attention and the unconscious until the movement becomes natural. The course's repeated instructions should therefore be read as training grooves, not as filler.

Baseline Before Practice

For three ordinary days, record sleep, mood, bodily vitality, concentration, irritability, and the ability to finish simple tasks. This baseline prevents every later fluctuation from being attributed to the practice. Keep the record descriptive and short.

Chapter 1 · A Balancing Act

Source Argument

The course begins with balance because will requires fuel and because power without regulation magnifies existing distortion. The conventional response to imbalance often attacks the visible symptom while leaving the energetic distribution untouched. Inner alchemy instead asks where attention is caught, where emotion flares, and where the practitioner is repeatedly depleted.

Balance here is dynamic. It is not a permanent neutral mood. It is the capacity to notice movement away from the center and return without wasting further power on self-judgment.

Practice · The Three-Point Balance Check

Pause at morning, midday, and evening. Record three ratings from one to five:

- **charge:** how much power seems available;
- **containment:** how scattered or gathered that power feels;
- **direction:** whether the available power has a clear use.

Add one sentence naming the event that most changed the ratings. After a week, look for repeated drains and repeated sources of steadiness.

Thought Experiment · More Power, Same Pattern

Imagine that your current habits receive ten times more energy. Which parts of life improve? Which become dangerous, compulsive, or chaotic? This reveals why the Great Work begins with balance rather than amplification.

Chapter Summary

Balance is the first vessel. The chapter trains the ability to notice energetic movement before attempting to accumulate more of it.

Chapter 2 · I Believe Therefore I Think

Source Argument

The title reverses the familiar philosophical formula. In the book's model, thought does not arise in a vacuum; it grows from beliefs that determine what can be noticed, imagined, and accepted. Core beliefs function as pillars supporting entire rooms of experience.

Belief work is not positive-thinking decoration. A statement placed over a conflicting core belief produces strain. The course asks the reader to discover the operative belief through reactions, repetition, and the limits that feel self-evident.

Practice · Descending the Belief Stair

Choose a recurring thought and ask, “What would I have to believe for this thought to feel necessary?” Write the answer, then ask the same question of that answer. Continue for five steps or until the language stops changing.

Next, test the deepest statement:

- What evidence does my life supply for it?
- What evidence does it exclude?
- What behavior keeps it in place?
- What more flexible belief would still respect real constraints?

The purpose is not to force disbelief. It is to make the pillar visible.

Practice · One-Week Counterexample

Choose a modest flexible belief and look for one concrete counterexample each day. If the old belief is “My attention always collapses,” the counterexample might be ten focused minutes. Small evidence is more usable than grand assertion.

Chapter Summary

Beliefs organize thought and perception. The practitioner does not become free by pretending beliefs do not exist, but by discovering which ones secretly command attention.

Chapter 3 · Attention and the Door of Destiny

Source Argument

Attention is the book's practical currency. Whatever repeatedly receives attention becomes more available, more emotionally charged, and more capable of directing future attention. This creates a loop that can feel like destiny. The “door” appears when attention becomes deliberate enough to enter another inner arrangement and remain there.

The source distinguishes a brief image from sustained inner contact. The door opens through duration, sensory richness, emotional congruence, and the ability to return after distraction.

Practice · Ten-Minute Attention Ledger

Set a timer for ten minutes and attend to one neutral object or inner image. Each time attention leaves, make a small mark on paper and return without commentary. The marks are data, not failures. Repeat for seven days and note whether return becomes quieter and faster.

Practice · Door of Destiny Rehearsal

Choose one condition that supports the Great Work—regular journaling, a protected practice time, or a calmer response to interruption. Imagine the first-person experience of beginning it. Include the exact room, posture, time, and first physical action. End by performing that first action in ordinary reality.

Caution

Attention can intensify distress as well as aspiration. Do not use unrelenting focus on traumatic material without adequate stability and support. The course's later recovery work should be approached in tolerable portions.

Chapter Summary

Attention turns possibility into a practiced route. Destiny, in this chapter, is partly the accumulated consequence of where attention learns to return.

Chapter 4 · Your Personal Energy Body

Source Argument

The course now gives attention a body-shaped vessel. The energy body is presented as experiential architecture: flows, centers, cycles, and a lower abdominal **cauldron** used for containment. The tongue-palate connection and circulation practices provide tactile and imaginal anchors.

The important editorial distinction is between the source's map and direct sensation. A map helps the reader know where to place attention, but the practice is not improved by inventing dramatic sensations. Subtle warmth, pressure, heaviness, tingling, quiet, or even no clear sensation can all be recorded honestly.

Practice · Build the Map from Sensation

Sit comfortably for five minutes. Move attention from head to throat, chest, abdomen, pelvis, legs, and feet. At each region record one word: warm, cool, dense, empty, moving, still, unclear. On a simple body outline, mark the felt qualities without trying to conform them to a traditional diagram.

Then compare your map with the source's architecture. Note correspondence and difference. Direct experience and inherited map should remain in conversation.

Practice · Cauldron Containment

After an emotionally charged but manageable event, breathe easily and imagine loose attention gathering into the lower abdomen. Do not pull from another person or force breath retention. Continue for five cycles, then stop and observe whether you feel steadier, heavier, unchanged, or more agitated.

Chapter Summary

The energy body becomes useful when it moves from borrowed diagram to lived map. The cauldron gives gathered attention a recurring place of return.

Chapter 5 · Absorbing Lost Energy

Source Argument

The fifth chapter treats lost energy as attention and emotional force that remain attached to events, places, conflicts, fantasies, and repeated inner scenes. Re-absorption retrieves what is one's own without requiring the event to be denied or rewritten.

This is not the same as consuming another person's vitality. The practice is directed toward the practitioner's own scattered investment. The ethical boundary matters because the Great Work aims at sovereignty, not covert entanglement.

Practice · The Thread and Return

Choose a minor unresolved scene, not a severe trauma.

1. Recall it briefly from a safe present position.
2. Notice where attention seems to stretch toward the scene.
3. Imagine only your own investment returning along that route.
4. Gather it into the cauldron.
5. Let the scene recede and orient to the room.

Record the intensity before and after on a ten-point scale. Stop if intensity rises sharply or the present begins to feel unreal.

Study Aid · What Re-absorption Is and Is Not

It is	It is not
reclaiming one's own attention	taking another person's energy
reducing compulsive replay	pretending no harm occurred
an imaginal and energetic practice	a replacement for repair or boundaries
gradual recovery	a test of toughness

Chapter Summary

Recovery begins by distinguishing one's own bound attention from the story surrounding it. The aim is not erasure but the return of usable power.

Master Schedule · Pause Before Chapter 6

The source places a master schedule here for good reason. Chapters 1–5 form a complete first circuit. Before entering wound work, spend at least one week practicing the circuit at low intensity:

Day	Practice
Monday	balance ratings + attention ledger
Tuesday	belief stair + cauldron containment
Wednesday	energy-body map + rest
Thursday	minor re-absorption + grounding
Friday	attention rehearsal + ordinary action
Saturday	repeat the most stabilizing practice
Sunday	no formal work; review journal and sleep

Advance by stability, not by impatience.

Chapter 6 · Healing Your Energetic Wounds

Source Argument

The source presents wounds as structures that continue to bind energy across the reader's experience of time. Flashbacks, recurrent feeling, and involuntary return suggest that part of the self remains organized around an earlier event. The alchemical response is to recover energy and change the present relation to the wound.

The chapter's model can coexist with psychological or medical understandings. An esoteric frame may provide meaning, but it should not be used to bypass the need for trauma-informed care when the material is overwhelming.

Practice · Titrated Contact

Work only with a mild event. Imagine a dial from zero to ten. Set contact with the memory at two or three. Notice one sensation for ten seconds, then shift attention to a neutral or pleasant present sensation for twenty seconds. Repeat no more than three times.

Afterward, name the date, place, and one thing you will do next. This protects the boundary between then and now.

Reflection · The Wound's Hidden Contract

Complete these sentences:

- "To prevent this from happening again, I promised myself…"
- "That promise protected me by…"
- "That promise now costs me…"
- "A more flexible protection would be…"

The exercise does not accuse the wounded part. It recognizes the intelligence of its original protection while allowing revision.

Chapter Summary

Energetic healing is the gradual recovery of power, time, and choice from a structure that once required them. Gentleness is not a retreat from the Work; it is part of its containment.

Chapter 7 · Refining Your Stone into a Jewel

Source Argument

The final chapter consolidates the entire course. The **stone** represents accumulated and contained power; the **jewel** represents a further refinement in coherence, responsiveness, and use. Refinement is trifold: the practitioner continues to absorb, store, and transform rather than treating accumulation as a final achievement.

The source describes three uses of the Philosopher's Stone: transmutation or "gold," continuity beyond ordinary bodily limits, and movement or journey through projection. These uses belong to the book's esoteric cosmology. Their immediate study value lies in the capacities beneath them: directed change, stable identity, and freedom of inner movement.

Practice · The Jewel Review

Review one month of notes and identify:

1. one drain that became weaker;
2. one sensation of containment that became clearer;
3. one belief that became more flexible;
4. one ordinary action made possible by recovered attention;
5. one area where forcing reduced stability.

Condense these into a one-page "jewel record." The jewel is not a boast. It is a record of coherence.

Thought Experiment · Three Uses, One Capacity

Imagine the three uses as three faces of one inner capacity. What single quality would be needed to transform a circumstance, remain continuous through change, and travel without losing oneself? Possible answers include coherence, remembering, or unrelenting attention. Defend your answer from the text.

Chapter Summary

Refinement turns stored power into reliable capacity. The Great Work is complete only provisionally; each new use of the stone reveals another need for balance and recovery.

Integrated Eight-Week Path

Week	Source focus	Practice emphasis	Advancement question
1	Introduction	baseline and journal	Can I observe without dramatizing?
2	Chapter 1	balance	Do I return after a flare?
3	Chapter 2	beliefs	Can I name an operative pillar?
4	Chapter 3	attention	Is return becoming quieter?
5	Chapter 4	energy body	Is the map experiential?
6	Chapter 5	minor recovery	Does practice increase steadiness?
7	Chapter 6	titrated wound work	Can I keep then distinct from now?
8	Chapter 7	jewel review	What capacity is actually more reliable?

Repeat the cycle with smaller refinements. If sleep, mood, work, or relationships deteriorate, reduce the practice load and restore ordinary rhythms.

Key Transmissions Concordance

Use the source's “Key Transmissions” at the end of each chapter as compression devices. After reading a chapter, choose one transmission and complete four lines:

- **In the source, this means...**
- **In my own words...**
- **In practice, I can test it by...**
- **The danger of misunderstanding it is...**

This prevents a powerful sentence from becoming a slogan detached from its chapter.

Glossary

Term	Working meaning
Cauldron	lower-body containment image and recurring place of energetic return
Door of Destiny	sustained inner entry into a deliberately chosen arrangement
Energy body	experiential map of flows, centers, boundaries, and stored capacity
Jewel	refined, coherent form of the accumulated stone
Lost energy	attention and emotional force remaining bound to events or patterns
Magnum Opus	the Great Work of absorption, containment, recovery, and refinement
Stone	accumulated and contained personal power
Three-plus-one phases	preparation, formation, recovery, and refinement

Final Review

The best evidence of a useful pass through the course is not a dramatic claim. It is greater capacity: clearer attention, less automatic leakage, more honest belief work, a felt place of return, gentler contact with wounds, and an increasing ability to turn recovered power toward chosen action.

Return to the original EPUB's complete course map after finishing this guide. Mark the phase that is strongest, the phase that is weakest, and the phase you have been trying to skip. The phase most often skipped is usually the proper beginning of the next cycle.

Guide 06 · Manifest Wealth and Prosperity

> Figure / source plate
> Cover of Guide 06, Manifest Wealth and Prosperity
> Source asset: assets/guide-06-cover-Cover.png

Book-aligned source guide 06 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–8; Conclusion. **Thematic shelf cross-link:** Volume 03 for servitor mechanics; Volume 06 for belief, obtainability, detached expectation, and synchronicity.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> The manifestation chain from belief and attention through image, form, action, and result
> Source asset: assets/guide-06-g06-v06-manifestation-chain.svg

Figure 1. The manifestation chain from belief and attention through image, form, action, and result.

> Figure / source plate
> Obtainability as graduated evidence rather than forced grandiosity

Source asset: assets/guide-06-g06-v06-obtainability-ladder.svg

Figure 2. Obtainability as graduated evidence rather than forced grandiosity.

Figure / source plate
Luck practice as preparation, attention, timing, and ordinary response
Source asset: assets/guide-06-g06-v06-luck-wave.svg

Figure 3. Luck practice as preparation, attention, timing, and ordinary response.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Manifesting Material Abundance Through Internal Action

By John Kreiter (2017)

> *"The pieces of green paper have value because everybody thinks they have value. Everybody thinks they have value because in everybody's experience they have had value..." — Milton Friedman*

About This Book

The third servitor volume applies thought-form practice to money, opportunity and material goals. It distinguishes external action from the 'internal action' of intention, visualization, attention and belief, then combines the two in a practical routine.

Introduction · True Riches Within

The Material World

> *"Madonna was right: we live in a material world."*

In our technologically advancing and increasingly populated world, money isn't just convenient—it's becoming more and more essential.

Beyond Monetary Wealth

> *"But being wealthy and prosperous is not just a monetary issue. True wealth means that you are able to get the things you desire when you desire them."*

The Modern Shift

The Western outlook has moved beyond the traditional "American Dream":

- Minimalism
- Good nutrition
- Natural living
- Freedom to explore and create

> *"Being rich then, is a relative issue."*

What constitutes wealth varies from person to person—from yachts to time in nature. The core is the **desire for fulfillment** that shapes our lives.

The Method: Thought Forms and Servitors

This book provides a thorough explanation of how thoughts manifest into very solid and real objects and events.

> *"In order to work with powerful thoughts to manifest what you desire, you must know how thoughts work."*

The Nature of Modern Currency

Since most global currencies are not based on gold, silver, or any material thing anymore:

> *"You could say that wealth has now truly become a kind of collective intent or belief."*

The Promise

> *"Thought form and servitor creation is fun. They represent a means to engage the world in a magical way, a way that defies the belief of those that would tell you that life is supposed to be endless drudgery, painful work, and unrealized dreams."*

Chapter 1 · The Intricacies of Thought

The Working Principle

> *"In order to get good results from the inner work that you will be doing, you must understand and 'believe' in the power of your own thoughts and intention."*

The Common Mistake

Many seek a "step by step formula" for success, similar to baking a cake.

> *"This is a mistake, because even though you can sometimes get good results from a step by step spell through the pure power of belief, this procedural spell work or ritual work, without any real understanding of why things work, can leave you thinking that you can't get what you want unless you have the eye of a newt or you worship the right god-form properly."*

Truth: Spells and rituals are outer masks and camouflage for inner work.

The Complexities of Internal Reality

> *"Changing physical events through internal subjective manipulation is a difficult task."*

Not because it requires superhuman effort, but because it necessitates dealing with your internal psychological world.

> *"The subjective realm is as deep and mysterious as the far reaches of outer space and it might not be an exaggeration to say that we know more about outer space than we do about our own subjective reality."*

The Inner World Logic

The inner world follows laws similar to quantum mechanics:

- Time is ruled by intensities, not linear trajectories
- Past, present, and future do not operate as in physical reality
- A small procedural misstep can cause different results for different people

The Nature of Thoughts

> *"Thoughts are information units that can weave and meld into other more complex thoughts using electromagnetic properties inherent within each of them."*

These thoughts can grow in strength through:

- **Focused attention**
- **Emotions backing up that focused attention**

The Progressive Journey of a Thought

Stage	Form
1. Inception	Mental images or ideas
2. Frequencies Solidify	Emotions or emotion-generating ideas
3. Closer to Physical	Beliefs
4. Beliefs Become	Truths
5. Truths Become	Facts
6. Facts Become	Objects or events in physical reality

Thought Forms Defined

> *"Thought forms are psychically intense thoughts—that is, thoughts that have been given a great deal of attention or emotional energy."*

The Principle: Like attracts like. Thoughts coalesce, forming stronger units that grow in complexity and psychic power.

> *"The more powerful the thought form becomes, the easier it is for it to affect objective physical reality."*

Chapter 2 · The Power of Beliefs

Core Definitions

Belief: Something that is thought true or believed to exist; the type of faith or unwavering confidence that a certain thing is so.

Belief System: A mutually supported set of beliefs; a group of beliefs held by many that can come together to create philosophical or religious dogma.

The Critical Insight

> *"All of these beliefs are available to the conscious mind. There is no giant reservoir of unconscious beliefs buried deep within some supposedly dark and infantile subconscious mind."*

All beliefs can be explored through mental introspection and bravery to explore the "whys" behind your thoughts, feelings, and actions.

The Biggest Mistake

The assumption that **beliefs are thoughts that you have often**.

> *"Your beliefs are not the thoughts that you have often: Your beliefs are the underlying structures that cause you to have certain thoughts often."*

This is an incredibly crucial point if you desire to create your own reality by controlling your thoughts.

The Gushing Pipe Problem

Trying to change thoughts without addressing beliefs is like:

> *"Covering one leak only for another to sprout. The negative thoughts never stop because the underlying belief is not addressed."*

Two Methods to Change Beliefs

Method 1: Logic

> *"All beliefs are based on an assumption of some kind, so the best way to change a belief is to explore this belief until you find where that assumption has been made and make a change there, at the core."*

Process: 1. Ask: "What evidence do I have?" 2. Ask: "Could I have made a mistake?" 3. Find examples that contradict the belief 4. Act like a good lawyer building a case 5. Do this playfully until the belief is shattered

Method 2: Believing a New, More Positive Belief

> *"You must believe with every ounce of your being that a new belief is real."*

Process: 1. Spend time every few days believing a new, more positive belief 2. Do this no more than once every three days (brain needs rest) 3. "Believing with all your might" = **pretending** like a child 4. Fully immerse yourself in the new belief

Discovering Your Beliefs

The Key Question: "Why?"

1. When you feel a negative emotion, think negatively, or take a certain path, ask: "Why did I feel, think, or do this?"
2. Answer simply, then ask "Why?" again
3. Continue until you reach an assumption you consider fact
4. This core belief supports other beliefs—change it and the entire scaffolding shifts

Why Belief Change Alone Isn't Enough

External resistance comes from:

1. **Social Resistance**: People hate change and will fight your transformation
2. **Telepathic Communication**: Others' thoughts constantly project into your environment

3. **Negative Planetary Cycle**: Past thought forms and negativity permeate the environment

> *"People most often cannot tell the difference between internal thoughts and feelings that they are having and external influences which are imposed on them from outside themselves."*

Chapter 3 · Creating Thought Forms to Manifest What You Desire

Why Thought Forms?

The "wise ones" of old discovered that incremental thought control was not the best method due to:

- Slowness
- Effort required
- External psychic interference

The Solution: Create highly compressed and powerful thought forms that can affect the physical environment.

The Author's Approach

> *"It has always been my belief that the less external camouflage the better. As such, I have always used and advocated the use of highly concentrated and 'individualized' thought forms, sometimes called servitors, for any reality manipulation."*

Two jobs for the ego: 1. Give direction to mental attention 2. Have the flexibility and power to believe in something not presently real

The "inner self" handles vibrations, energy projection, and similar matters.

Thought Form Vs. Servitor for Wealth

Thought Form	Servitor
No identity	Has name and form

Thought Form	Servitor
Merges with similar thought forms	Maintains individual identity
Can send multiples	Single entity
No recharge worry	Needs regular recharging
Best for wealth manifestation	Best for protection, glamour

Exercise: Creating a Powerful Wealth Thought Form

Step 1: Clarity of Desire

Have a clear idea of what you want. Consider what you need right now.

Step 2: Quiet Space

Find a comfortable, quiet, semi-dark room—enough light to see your body's outline, but dark enough that everything else is in shadows.

Step 3: Future Focus

Take a deep breath and focus on the future. Look into your mind and focus on what it will be like having what you want.

Step 4: Grow Desire & Imagine Psychic Energy

Let that desire grow within you. Imagine all the space around you is filled with psychic energy—visualize it as an ethereal vapor surrounding all objects. Concentrate until you can feel it like waves of the ocean.

Step 5: Inhale Psychic Energy

Take a very long and deep inhalation. As you inhale, imagine you begin to suck all that psychic energy into the core of your body. Feel it going deep into your lungs and being absorbed by every pore. It should feel like an electrical vibration, accumulating in your center as a large bright ball of pulsing energy.

Step 6: Hand Position

Bring hands together, about ten inches apart, at solar plexus level, palms facing each other, as if holding a large bowl.

Step 7: Exhale and Project Energy

Slowly exhale, imagining all the psychic energy you stored is now being pumped out through the palms of your hands, coalescing into a large bright ball between your hands. Feel the energy making its way through your arms and out like a powerful electric charge.

Step 8: Intensify Desire & Visualization

Take another long inhalation, sucking in energy again. Exhale slowly, making the ball grow brighter. **Start desiring that thing you want with every ounce of your being.** Focus all mental energy on seeing what you want inside that ball of energy—seeing yourself having and enjoying it, feeling what it feels like to have it. The feeling should be almost orgasmic.

Step 9: Final Burst and Command

Take one final short but deep inhalation. Imagine the entire world narrowing into that psychic ball growing brighter and bigger before you. **Put all your emotions, energy, and the picture of you having what you desire into that ball!**

With the last breath, say something like:

> *"Get me _____! Get it NOW!"*

Focus with every ounce of energy and believe with all your heart that this creature will get you what you want. **This final burst should leave you completely drained.**

Step 10: Release

Imagine the highly charged thought form moves away quickly to do your desire. Or just forget about it completely, believing it will go where it needs to.

Step 11: Relaxation & Confidence

After the thought form disappears, you should feel deep relaxation—very much like the afterglow after sex. Go about your day confident that your powerful thought form is altering external probabilities.

Health Warning

> *"Before you begin this technique, you should evaluate your own health. If you are in poor physical health, suffer from heart problems, or are at risk of aneurisms, please consult your doctor before you commit to creating thought forms."*

Things to Remember

- **Patience**: Manifestation takes weeks or months
- **Letting Go**: The more you can let go, the easier it will be for thought forms to work

Chapter 4 · Detached Expectation

The Two Necessary Beliefs

1. **A general belief in the power of thoughts to alter reality**
2. **A personal belief in your own ability to create powerful thought forms**

The Challenge

Going up against the mind directly is challenging, especially when the "self" or "me" is involved.

The Solution: Detached Expectation—a new mental action that allows us to see omens and draw positive outcomes.

Defining Detached Expectation

> *"A non-action, about not doing something—releasing tension, forgetting effort, perhaps even smiling."*

Cryptic definitions:

- "A non-belief of a belief"
- "A completely non-fixated knowing"

> *"If you try to push against the mind, it will push back just as hard. In order to cancel its power you have to do something that it doesn't expect—you have to play a game within a game."*

The Two Outcomes of This Technique

1. It allows the mind to forget without forgetting, enabling attention to positive omens
2. It allows the mind to completely let go of the intense importance usually given to desires

Unexpected Third Outcome: Large doses of good luck

The Mind Pool Story

The author discovered the concept through "mind pool"—trying to win through thought force alone. Initial attempts using "rigid belief" were:

- Highly frustrating
- Energetically costly
- Created a lot of tension

The Better Way: The Taoist concept of **Wu Wei**—natural action that does not involve excessive effort; the effort of no effort.

> *"Try to not try and know without knowing that things are going to work perfectly. Trust without trusting at all, in that which is beyond you, to get you what you want."*

Like The Fool in Tarot: Blindly stepping off the cliff but knowing (without knowing) that all would work out perfectly.

Recipe for Detached Expectancy

1. **Hold a belief**: Perhaps that you are just about to get what you want, even though it hasn't happened yet
2. **Remove the self**: Maintain that belief as you completely remove yourself from the equation. Remove "yourself," remove the "I," remove the "me" from that belief
3. **Feel effortlessness and total detachment**: Try to feel like you just don't care what happens. Totally let go, but still maintain the egoless belief
4. **Indicator**: If you get a smile on your face, you have it

Chapter 5 · Obtainability

The Problem with Thinking Big

People who practice manifestation often experience haphazard return. Some desires manifest easily; others never work.

> *"To be 'within the range of Obtainability' does not mean that you can't get the big ticket item right off. What it means is that you can't get what you don't think you can get."*

Obtainability Defined

It's not about external feasibility but about:

> *"Does the person using thought forms believe that it is possible for him or her to get what he has worked for?"*

The Importance of Starting Small

> *"It is always best to start small."*

Example: Instead of a mansion (if it seems impossible), start with:

- A new deck chair
- Cleaned gutters
- A desired DVD

Why Starting Small Works

1. **Belief Acceptance**: The mind finds it easier to believe something within its range of obtainability
2. **Reduced Resistance**: The mind doesn't put up such a big fuss for small, less important desires
3. **"Flukes"**: When small desires manifest, the mind dismisses it as "luck; random chance"

The Fluke Diary

Keep a diary recording:

- When you first desired something
- Date of thought form creation, feelings, number made
- When you started Detached Expectancy, how long, how it felt
- Did you get it? How? How long?

This allows you to make connections between desire, mental work, and success. Eventually, it will be impossible to attribute it all to luck.

Responsibility in Creation

> *"Being a responsible creator means that you take responsibility for your actions, especially the internal ones. When you use thought forms to manifest your desires, make sure that these actions feel right in your heart and in your head."*

The Ultimate Goal

> *"When the ego finally grows enough that it is able to realize that it can get anything it wants as long as it learns to focus and deploy energy properly, you can stop your endless upward climb, realizing that you are only building a nicer cage for yourself. Perhaps then your ego will realize that the greatest joy it can feel can only be found in total freedom."*

Chapter 6 · Wealth Servitor

What Is a Wealth Servitor?

A servitor is a “more specialized thought form” or “a thought form on steroids” characterized by:

- A sense of identity
- A specialized nature
- A name and form

MOlamp: The Group-Created Servitor

MOlamp is an “energy projection servitor” designed to project a certain kind of energy into its surroundings.

MOlamp Vs. Personal Servitor

MOlamp	Personal Servitor
Taps into combined energy of all users	Only grows as powerful as you make it
Much more powerful	More unstable
Requires “leash” (visualization)	Tends to stay anchored
Benefits from collective growth	Needs more attention

Superposition Explained

MOlamp exists in **superposition**—not in any one particular place and time but in all places simultaneously.

The Santa Claus Analogy: Santa is a powerful thought form refined over centuries. He exists “everywhere and nowhere at once” like a giant cloud in a non-local dimension. His power grows with every thought about him.

> *“MOlamp is like Santa: it will exist in superposition, be able to act in many places simultaneously, and draw upon its ever growing pool of energy to create powerful effects.”*

How to Create a Wealth Servitor

Step 1: Design and Intent

Determine what the servitor will do (energy projection for wealth).

MOlamp Design: A large golden glowing orb streaming forth intense amounts of light like the sun, evoking feelings of prosperity.

MOlamp Powers/Attributes:

- Fiercely loyal and obedient
- Strong rooted anchor in commanded place
- Bathes a 30-foot area with powerful golden light
- Light represents intense feelings of wealth, prosperity, money, riches, good luck, luxury, opulence, extravagance
- Light penetrates the minds of all who are hit by it
- Forces intense thoughts of wealth/prosperity
- These thoughts saturate the subconscious and force manifestation

Step 2: General Outline on Paper

Write a statement of intent, draw the image, list name, powers, attributes. Create a logo/sigil.

Step 3: Visualize in 3d

Imagine your servitor as a real being in three-dimensional space, floating above furniture. Refine the design.

Step 4: Memorization (Charging Part 1)

Find a quiet room (15-30 minutes). Study and memorize every detail of the servitor until you can recall it with eyes closed.

Step 5: Eyes Closed Visualization (Charging Part 2)

Return to a quiet, darkened room. Visualize your servitor with eyes closed.

Crucial Statement: "I am now creating my servitor; this visualization is beginning the process of creating this entity."

Step 6: Eyes Open Visualization (Charging Part 3)

Spend 15-30 minutes visualizing your servitor with eyes open in the room, floating above the logo. Add 3D form—visualize from every angle.

Step 7: Movement & Interaction (Charging Part 4)

> *"This step truly brings your servitor to life."*

Visualize it moving around the room, following your eyes. Practice having it come towards you, move away, turn, shine its light upon you. Devote one week to this.

Step 8: Emotional Intensity & Final Charge

Focus on your logo, visualize the servitor interacting.

1. **Repeat your servitor's name three times**
2. **After each repetition, feel with every ounce of your being that this servitor before you is real and alive**
3. Imagine all psychic energy flowing into the servitor, making it glow with power
4. On the third repetition, focus all attention on believing with every fiber of your being

Do this for 5-10 minutes. This is intense and might make you sweat.

Final Command (loud and commanding voice):

> *"[Servitor's name] YOU ARE ALIVE! Go to [location] and shine the light of wealth on us all! GO NOW!!"*

Step 9: Regular Recharging

Charge every **7-14 days**. Visualize it materializing and repeat Step 8.

Servitor Control

> *"You make a servitor do what you want by focusing your mind, in this present moment, on what you want."*

- No effort or strain—just focus
- If it doesn't obey, you're not clearly focusing on only one thing
- **A true command must be focused like a laser**

Chapter 7 · Synchronicity, Coincidences and Riding the Luck Wave

Two Kinds of Action

1. **Physical Action**: The familiar kind we use daily
2. **Internal Action**: Working with mind and psychic energy to manifest desires

> *"Internal action is generally more efficient and less costly than outer action."*

Scientific Validation

Quantum mechanics proves that at the subatomic level, physical matter abides by laws previously expounded only by mystics and sorcerers.

John Archibald Wheeler: *"'It from bit' symbolizes the idea that every item of the physical world has at bottom—a very deep bottom, in most instances—an immaterial source and explanation; that this is a participatory universe."*

The Laws of Inner Action

> *"Internal action is not ruled by the laws of cause and effect as we understand them in our mechanical objective world. Internal action is ruled by coincidences, synchronicities, and by inner work that the conscious mind is not aware of—work being carried out in a place outside of time and space as we understand it."*

Synchronicity Defined

Basic: The principle by which different actions align within the present frame of reference.

Metaphysical (Jung): Temporally coincident occurrences of acausal events.

For Manifestation: Meaningful coincidences are the synchronicities that bring positive probable events into your existence.

The Bridge Between Timelines

Example: The Sparrow Story

You desire a car, create thought forms. A sparrow flies out of nowhere, barely misses you, lands on a car dealership roof. You explore this "omen," find an old friend owns it, and get the perfect, affordable car.

> *"As a student of the power of thought, you have to become very aware of these omens in your life and make sure that you pursue them all to their conclusion."*

"Good Luck" Defined

> *"Often times these meaningful coincidences interweave within our lives with such effortless fluidity that there is no need for us to do anything at all to reap the benefits of our internal actions. When this happens we usually refer to such events as 'good luck'."*

Expanded Detached Expectancy

> *"I believe, because of the 'meaningful coincidences' that I am having every day, in the power of concentrated thought. I know that there are things that my conscious mind is not privy to. I know that there is an inner realm where all things come together, where my intensified thoughts work towards getting me what I want and go about creating all the things that I experience in my physical world. As such, I let my mind relax knowing that my thought forms are working for me now, and realizing that there is nothing that my mind can do, now that I have set this power in motion, I trust in the work that is being done outside of the mind's comprehension. I*

expect that as I round that corner or as I open that next door that I will effortlessly stumble upon all that I desire. I believe without believing and I make an effort to feel and act effortlessly."

Chapter 8 · Stay Positive?

The Problem with Forced Positivity

Many gurus advise maintaining positive thoughts throughout the day and being happy as much as possible.

"This advice can lead to significant psychological complications. People try very hard to narrow the focus of their minds and try to unsuccessfully control the energetic flares within their bodies, which is ultimately unsustainable and detrimental."

The Mind Is a Polarity

"The mind (your mind) is a polarity. The mind loves (needs!) polarity and as such will always strive to see duality in everything."

To Know...	You Must Know...
Beauty	Ugliness
Goodness	Evil
High	Low
Black	White
Positive	Negative

The Fundamental Law

"What happens then is that every time you create a positive thought within your mind or any time that you try to focus your mind into the positive alone, your mind must always strive with equal vigor to create the exact opposite. There is always a buildup in the opposite direction, ALWAYS!"

This creates a vacuum that the mind must fill. **For every positive you create, the mind wants to create a negative of equal value.**

The Limitation of "Canceling Out"

When you create positive thoughts to fight existing negativity, you're merely neutralizing—**not creating anything new**.

External Negative Influences

The "positive thinking" approach becomes truly problematic with external negative influences.

The Traffic Jam Example: Surrounded by hundreds of people in the worst mood, if you try positive thoughts, you'll be utterly drained, and as soon as focus wavers, you'll be plunged into double the negativity.

> *"There is no way to fight (in this way) against the negativity of hundreds of minds."*

The New Logic

> *"Instead of trying to think a positive thought when you first think a negative one, try instead to sidestep the mind altogether."*

The Technique: Body Relaxation and Energy Control

When worrisome negative thoughts pop into your mind with emotions:

1. **Don't fight the mind with the mind—forget about the mind altogether**
2. **Focus your attention on your body**
3. **Take a deep breath in and as you exhale, relax your body as much as possible**

Why This Works

> *"The body can't maintain any emotional energy within itself if it relaxes completely. Emotions create energy buildup which creates muscular tension. If you willfully relax your body, this energy dissipates and naturally ebbs away without building up knots of tension."*

When emotional energy dissipates:

- Negative emotions are gone
- Power of negative thoughts is gone
- You control what thoughts you empower and therefore what you manifest

Thought Forms and the Duality Problem

Ancient sorcerers solved this by: 1. Creating intensified thoughts (thought forms) that act as lone entities 2. **Sending them on their way immediately** 3. **Completely forgetting about them**

This way the mind is no longer burdened and doesn't need to balance with opposing forces.

Servitors Thrive on Duality

> *"Servitors do not need this 'create and forget' technique because they greatly benefit from the mind's need for polarity and the balance of opposites."*

A servitor requires the development of a rudimentary identity and personality. Since our mind shapes personality and our mind is a duality, then creating a complex thought with duality at its core is the beginning of the servitor's rudimentary mind.

Conclusion · The Path Forward

Major Points for Inner Work

1. Two Kinds of Action

- **Outer action**: Physical actions

- **Inner action**: Working with mind and psychic energy—generally more efficient and less costly

2. Thoughts Are Layered and Non-Linear

Thoughts exist beyond time and space constraints and follow laws far more complex than physical cause and effect.

3. Beliefs Are the Core Framework

> *"Beliefs are not thoughts we have often but they are the scaffolding upon which we build the content of our mind and therefore the reality in which we inhabit as physical beings."*

4. Thought Forms and Servitors Are True Inner Action

> *"Concentrated, focused, and highly psychically charged thought forms and servitors are the true inner action behind all ritual and ceremony when used to manifest a desired thing or outcome."*

5. Inner Work Operates in a Non-Local Realm

This realm follows quantum mechanical laws and communicates with us through coincidences, synchronicity, and meaningful events.

6. Detached Expectancy as the Optimal Mental State

It cultivates awareness of beneficial synchronous events and greatly reduces the internal dialogue that gets in the way of inner work.

7. the Folly of Fighting Mind with Mind

> *"It is impossible to change the mind with the mind by pitting positive thoughts against negative ones because the mind is a duality and will always insist on balance."*

Instead, work on altering personal beliefs at their root and manage emotional flares through body relaxation.

Appendix: Quick Reference

Key Distinctions

Concept	Truth
Beliefs	Scaffolding, not frequent thoughts
Thoughts	Information units with electromagnetic properties
Thought Forms	Psychically charged thoughts sent to manifest
Servitors	Thought forms with identity and personality
Positivity	Cannot be forced; sidestep through body relaxation
Luck	Result of internal action, not random chance

Practical Checklist

- ☐ Identify core limiting beliefs about wealth
- ☐ Use logic and pretending to change beliefs
- ☐ Create thought forms with full emotional intensity
- ☐ Maintain Detached Expectancy
- ☐ Keep a "Fluke Diary" to track synchronicities
- ☐ Start within your range of Obtainability
- ☐ Consider creating MOlamp or personal wealth servitor
- ☐ Charge servitors every 7-14 days
- ☐ Use body relaxation instead of forced positivity
- ☐ Follow all omens to their conclusion

> *"If you are delusional, sometimes the reality catches up with your delusion, and then all of a sudden you are a genius." — Jason Calacanis*

Guide 07 · Out Of Body Experiences, Quickly And Naturally

Figure / source plate
Cover of Guide 07, Out Of Body Experiences, Quickly And Naturally
Source asset: assets/guide-07-cover-Cover.png

Book-aligned source guide 07 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–10; Conclusion; appendices on laws and mental projection. **Thematic shelf cross-link:** Volume 05 for the awareness dial, the Double, movement, protection, and the rooms of projection.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

Figure / source plate
The awareness dial from Home Station toward altered and projected states
Source asset: assets/guide-07-g07-v05-awareness-dial.svg

Figure 1. The awareness dial from Home Station toward altered and projected states.

Figure / source plate

> Forming, inhabiting, stabilizing, and moving the Double
> Source asset: assets/guide-07-g07-v05-double-formation.svg

Figure 2. Forming, inhabiting, stabilizing, and moving the Double.

> Figure / source plate
> A threshold atlas for increasing depth while preserving return
> Source asset: assets/guide-07-g07-v05-projection-rooms.svg

Figure 3. A threshold atlas for increasing depth while preserving return.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Break Free from Physical Limitations Through Consciousness Projection

By John Kreiter (2016)

> *"We are men and our lot in life is to learn and to be hurled into inconceivable new worlds." — Carlos Castaneda*

About This Book

This volume presents Kreiter's introductory method for out-of-body practice. It moves from attention and bodily relaxation to the 'Home Station,' the 'Double Body' and staged exploration of non-ordinary experience.

Key Concepts

Concept	Definition
Home Station	Your "Here and Now" focus point in physical reality
Double Body	Etheric/astral body for traveling beyond the physical

Concept	Definition
Grey Zone	The void between worlds; the Dark Sea containing all dimensions
Awareness Dial	The mechanism for shifting conscious frequency
Phantom Images	Legitimate perceptions from other frequencies
Energetic Containment	Pulling emotional energy inward for protection
Mental Projection	OBE without a Double Body; pure consciousness travel

Introduction · A Glimpse Beyond the Veil

The Core Problem: Limited Perception

Our physical senses perceive only a tiny fraction of the electromagnetic spectrum. This limitation has led humanity to define the universe as a "cold and sterile place, full of hard atrophying objects."

> *"If we could perceive just a little more, we'd realize we are surrounded by a world beyond description, full of nameless wonder."*

The Book's Grand Promise

This book is about **finding a way out of this object-filled world**, breaking free of the hypnosis that binds our consciousness. The most constricting object of them all: **Your Physical Body.**

The Surprising Ease of OBEs

> *"Having an Out of Body Experience is a relatively easy thing for us human beings. You will be very surprised at how easy having an OBE can be!"*

The biggest hurdle is not the techniques themselves, but **overcoming limiting beliefs**. By following the procedures in this book, you could begin a journey in minutes.

The Dark Sea

The author borrows Carlos Castaneda's term for the infinity that unites all possible realities:

> *"The Dark Sea is the most accurate and evocative name for the infinity out there."*

Traveling through the Dark Sea allows exploration of new dimensions hosting alien worlds and life beyond description.

Chapter 1 · A Few Points Before We Start

Consciousness Is Protected

> *"Your consciousness is far more powerful than you suspect and has the ability to be far more flexible than you are currently letting it be. Your consciousness is inherently protected and there are no devils or evils out there that can harm you as long as you conduct yourself with a modicum of common sense."*

> *"We are all powerful beings who unfortunately have been taught to settle for a very limited slice of the reality pie."*

The Three Key Realizations

1. Fear Is the First Obstacle

> *"The first obstacle to conscious expansion and to Out of Body travel is fear."*

This isn't fear of physical harm but of being "utterly overwhelmed by the sheer vastness of it all."

Solution: Trust in your own inherent power and know that your Double Body cannot be crushed like a porcelain doll.

2. Consistency and Effort

> *"Out of Body practice takes some effort and getting good at it won't happen overnight."*

Like taking a night course—not in sewing, but in projecting consciousness beyond physical reality.

3. Things Might Get Weird

> *"Know that you yourself cannot be destroyed, that the person that you are now cannot be overshadowed, that you can trust in greater aspects of yourself to keep you safe because the you that you are can never be terminated."*

Encountering Alien Life

> *"You will quite possibly come in contact with what can only be considered alien life."*

- 99% of scary things will be your own creation
- The diversity and wonder are worthwhile
- Techniques will be provided to deal with any encounters

Chapter 2 · Fun Times with Great Grandma

The Author's Personal Evidence

The author's great-grandmother demonstrated **bilocation**—the ability to be in two places at once:

- Family members heard her distinct footsteps in the courtyard while she was away
- Neighbors reported seeing her in distant places while she was at home
- These experiences drove the author's persistent search for answers about OBEs

Where Is the Real Me?

The Core Delusion

> *"The belief that our consciousness is trapped inside an object (our body) is the greatest aspect of this delusion that we have forced ourselves to believe, and therefore experience."*

The Symbolic Nature of Reality

- Objects are "merely symbolic representations/constructions of internal aspects of our own personal and shared psyches"
- Our body is a "symbolic construction" created through the power of thought
- Our consciousness is "just using this 'self' created construction to completely focus a part of itself into the physical plane"

The True Source: Within

> *"If you must look for a greater being (your spirit), you shouldn't look up to heaven to find it, you should actually look within because the doorway to Out of Body Experiences and to our complete being (our psyche) is found within our inner reality."*

The Double Body Explained

The **Astral Body or Double Body** is:

- A less dense "etheric body construction"
- Capable of feats impossible for the physical body (flying, instant travel)
- Primarily "psychological scaffolding" helping traveling consciousness identify with a new location
- Not strictly necessary for OBEs, but an "incredible asset"

Benefits of the Double Body: 1. Immeasurably helpful in focusing attention in a new location 2. Helps deploy energy and manipulate in the new location 3. Allows full immersion in a new dimension 4. Can eventually substitute the physical body as the main focus point

Chapter 3 · Different States of Consciousness

Challenging the Brainwave Dogma

Traditional teaching categorizes consciousness into:

- **Beta**: Normal waking state (fast/high frequency)
- **Alpha**: Slower than Beta
- **Theta**: Deep relaxation, meditation, light sleep
- **Delta**: Very deep sleep (slow frequency)

The belief that OBEs require specific brainwave states creates unnecessary obstacles.

The Author's Working Principle

> *"The only training that is required is the focus of attention."*

By learning to focus attention in specific ways and maintaining it, you can propel large parts of your awareness into different planes of existence.

OBEs as Natural By-Products

> *"The exact opposite is true when it comes to achieving OBEs; these experiences are natural by-products of human awareness. All that is required is that you begin to exercise the attention/focus muscles that most of us forgot that we had."*

This book teaches the **natural way** to:

- Inner Exploration
- Lucid Dreams
- Out of Body Travel

Chapter 4 · Moving the Awareness Dial

Movement as Frequency Modulation

> *"The moment one lets go of this physical plane, even slightly, physical distance and movement no longer apply. All movement becomes a vibratory affair, a psychological one."*

The Home Station

Your **"Here and Now" point** is the present point where your consciousness intersects most vividly with your physical environment.

Exercise: Here and Now

1. Find a comfortable quiet area
2. Focus all attention on the present moment
3. Engage vision—focus on all physical things around you
4. Engage hearing—open to all sounds
5. Engage smell and touch—feel temperature, clothes, environment

This is your Home Station!

Practice alternating between perfect "Here and Now" focus and relaxation until you have a clear sense of your Home Station.

Exercise: Turning the Dial

1. Find and hold the "Here and Now" point for at least two minutes
2. Close your eyes
3. Feel your attention shift to a point in space beside you
4. Notice initial perceptions—strange visions, geometric shapes, odd sounds
5. Don't push it—let it happen naturally

This reveals how your mind can naturally project away from the Home Station.

Daydreams: Shifting Awareness

> *"A daydream is a projection of consciousness; it is the consciousness traveling, without moving physically, away from the Home Station."*

The trick is not to focus on the Here and Now all the time, but to **pay attention to your mind and direct it when you need to**.

Exercise: Deep Internal Projection

1. Find a quiet place for 10-20 minutes
2. Sit comfortably (to avoid falling asleep)
3. Focus on Home Station for 5 minutes with eyes open
4. Close eyes and become aware of the individual "you" inside
5. Turn all senses inward—vision, hearing, feeling
6. Explore the inner plane, allowing it to present itself
7. Maintain focus to go deeper

Body Paralysis: As you go deeper, your body will feel lethargic—this indicates you're approaching the threshold for full immersion.

Chapter 5 · Create and Solidify Your Double (Part 1)

The Power of Beliefs in OBEs

> *"Whatever belief that you hold going in there will manifest instantly and therefore mirror back what you expect. You will see and experience what you expect to see and experience."*

Two Erroneous Core Beliefs

1. the "One Body, One Spirit" Delusion

Truth: There is no such thing as just one traveling spirit body. You can have a multitude of "Here and Now" points of view—multiple bodies and subjective perspectives.

2. the "Altered State Prerequisite" Delusion

Truth: There is no need to be asleep or engage in complex meditative practice. Changing the awareness dial is easy once you understand the concept.

3. the "It's All in Your Head" Delusion

Truth: When you travel into the inner realms, you are moving through space. You are occupying a whole new geographic location that is as concrete as the physical one.

> *"You are not stuck inside your head!"*

Chapter 6 · Create and Solidify Your Double (Part 2)

The Narrative of Practice

How to Begin

1. Find your **Home Station**—your most present "Here and Now" point
2. Close your eyes and experience the "floating daydream"
3. Use the technique of **talking to yourself** to maintain focus
4. Understand that you've been altering awareness naturally all along

The Shift from "Doing" to "Pretending"

> *"All limitations are created by the self."*

Instead of trying to *do* something:

- Just have fun, play a game of pretend
- Pretend you are out of your body, floating in the room
- This playful attitude allows easy visualization

Building the Double's Senses

The key: The more you can focus on your floating body, the stronger the Double Body becomes.

Week 1: Eyes

- Practice seeing through your Double body's eyes
- Move it around the room, view from different angles
- Look at your Double hands

Week 2: Ears

- Focus on hearing through the Double
- Experience dual awareness between physical and Double hearing

Week 3: Touch

- Rub Double hands together, feeling the sensation
- Feel every part of the new body

Week 4: Refinement

- Add smell if desired
- Further refine vision (most important sense)

Total time: Just over a month to create a powerful Double Body

Chapter 7 · Taking Your Double for a Spin

Initiating Travel

1. Sit comfortably
2. Focus on Home Station for at least one minute
3. Close eyes and visualize yourself in your Double Body floating in the room

The Nature of Double Body Movement

> *"The act of moving the Double from one place to another basically involves the natural desire to do so. This natural desire focuses your intent... DESIRE IS INTENT."*

To move your Double: **visualize your desire in the most clear and precise form possible**.

Two Methods for Travel

Method 1: Fly-Through

Exit your Double body beside your physical body, then literally fly through the air to your destination.

Method 2: Instant Manifestation (Author's Preference)

Focus attention on the destination, then instantly materialize there. First see the area clearly, then look at your hands until everything solidifies.

Phantom Images

These are "peculiar images and events that sometimes pop in and out when you are in the Out of Body state."

> *"There is nothing 'unreal' about them. They are always quite legitimate sensory perceptions."*

Returning to Your Physical Body

The "Open Eyes" Method: Simply force yourself to open your physical eyes for instant return.

Body Paralysis: If you've been out a long time, your body may need time to adjust. Don't panic—wait for your entire being to become cohesive again.

> *"If this does happen to you, I would actually take it as a sign of accomplishment."*

Chapter 8 · Interdimensional Travel

The Double Body's Potential

With your Double Body, you can explore:

- The entirety of the physical plane
- Deepest oceans to farthest stars

- Interdimensional realms

Phantom Images as Clues

When exploring physical locations (like Mars), you may encounter Phantom Images such as "large futuristic cities." These are clues to what exists in different dimensional fields.

Shifting Frequencies

> *"By shifting your Double's vibrational frequency in a certain direction, you might be incredibly surprised to discover that in this new plane, the planet Mars is a thriving world with incredibly interesting and diverse life."*

Exercise: Changing the Frequency of Your Double Body

1. Find comfortable sitting position
2. Focus on Home Station for at least one minute
3. Close eyes, visualize yourself in your Double Body floating in the room
4. Spend at least 5 minutes experiencing the physical room with all Double senses
5. **Loosen your grip**: Slowly let go of the "Here and Now" feeling while in your Double
6. As the world changes shape, **focus on one random image** as an anchor
7. This solidifies your position in a new dimensional reality

Key Insight: Time is irrelevant; intensity of focus is what matters.

Chapter 9 · Protecting Your Double

Inherent Protection

> *"I can't stress enough the fact that you are inherently protected while traveling in the Out of Body state. Most of the aggressive things that you will encounter out there will be of your own making."*

The Core of Self-Defense: Energetic Control

> *"Physical action is only the external consequence of internal action; all physical action begins internally in the form of thoughts, emotions, and intent."*

Why Thought Control Is Wrong for Explorers

For seekers of truth, **emotional control** (energy control) is paramount, not thought control.

> *"Had I changed my thoughts, had I thought anything at all at that moment, I would not have seen what I saw; I would have only seen what I thought I should see."*

Emotion as Energetic Thrust

> *"Emotion is energetic motion that is not expressed as physical action."*

In the Double Body:

- Emotions are felt as a "knowing, as a type of angst"
- They lead to projection of energy away from the body
- **Your emotions are your reality when you are in your Double Body**
- **Whenever you project emotion, you manifest instantly**

The Two Biggest Problems

1. **Self-Created Obstacles**: Negative emotions create monsters, barriers, painful experiences
2. **Beacon for Entities**: Emotional radiation attracts thought forms, predators, curious alien life

The Solution: Energetic Containment

Exercise: Emotional Control in the Physical Body

1. **Learn the "Sucking Feeling/Intent"**:
    - Place a cup in front of you

    - Try to make it come toward you using just your mind
    - Notice the feeling of trying to pull it—this is the intent to use

2. **Practice During Daily Emotions**:
    - When strong emotion arises, pay attention to body reactions
    - Instead of relaxing, **pull the energy back into yourself**
    - Use the sucking feeling/intent to reabsorb the energy

Benefits

- Feel completely centered and grounded
- Experience "incredible sense of freedom" from emotional tempests
- Become more sensitive to energy around you

Emotional Control in the Double Body

When in the Double Body, use the same sucking feeling/intent to pull emotions back.

Two Outcomes After Energy Removal:

1. **Revealing True Reality**: Self-created manifestations disappear, revealing the actual world
2. **Identifying the Grey Zone**: You may find yourself in the Dark Sea—meaning you were in a personally created event

> *"If you do not project or reflect emotion, you become invisible to lower order entities, and unappealing to the higher order ones."*

Chapter 10 · Exploring the Grey Zone

The Nature of the Grey Zone

> *"The Grey Zone is like the void that exists in between worlds, the nothing that holds everything, the Dark Sea that contains all the worlds available for exploration."*

Three Ways to Distinguish Grey Zone from Alien Worlds

1. **Attempt to Manipulate Reality**: Try to change an object's shape. If it doesn't change, it's likely a separate thing in its own world.
2. **Trust Your Intuition**: Your instincts are powerful in the OBE state.
3. **Energetic Containment**: Pull energy back into your Double. If objects disappear, they were self-created.

Probable Events

In the Grey Zone, you can interact with your greater psyche and explore probable worlds:

- Experience alternate realities
- Live different life situations
- Even experience being a different person or gender

> *"Time in this inner Zone is measured in intensity, not in sequential movement through space. You can gain a lifetime of experience in an hour of physical time."*

Overcoming Phobias

> *"Confronting phobias in this place can be one of the most difficult things you will do in your life, but in this place, in your powerful Double Body, you are not powerless."*

Manifestational Control

In the Grey Zone, **you can instantly create whatever you want**:

- Travel to different areas of the Dark Sea
- Manifest entire realities from the ground up
- Experiences become as real as any waking life event

How to Overcome Life Obstacles

> *"You overcome life obstacles by allowing your greater psyche to project seemingly random events and ideas that you then have to overcome or face directly."*

These are actually symbolic and literal problems and possibilities that can affect your future.

Conclusion · The Grand Journey

The Ego Under Pressure

> *"From the moment you exit your physical body, your ego is put under greater and greater pressure as it begins to realize how small its ideas of self are."*

Exploring probable realities erodes all sense of personal ego identity:

> *"The you that you think you are is but one small pearl in a very large necklace."*

Growth, Not Destruction, of the Ego

> *"WE NEED THE EGO, without it we would go insane."*

The goal is not to destroy the ego but to make it **stronger and far more complex**.

Cultivating Wanderlust

> *"It is very important to cultivate wanderlust for inner exploration; the deep desire to want to jump into an eternity just to see what happens."*

Becoming an Alien Being

Eventually, as a seasoned traveler:

> *"You will voluntarily let go of the rigid ideas of who you are. When this happens, you will begin to explore realities beyond human possibility, even beyond the Double Body that you have so meticulously created."*

The Psychonaut's Freedoms

As an OBE traveler, you are a **psychonaut**—an explorer of interdimensional reality. You can:

- Discover the extent of physical reality in ways impossible with the physical body alone
- Travel beyond this dimension and explore the limits of time and space
- Discover the limits of the Grey Zone
- Explore whole other worlds teeming with alien life

Appendix a · Laws of the Inner Realms

Time and Space Are Not Linear

In the Grey Zone:

- **Time** = Intensity
- **Space** = Vibrational frequency modulation

> *"Each point in Space and Time is interconnected... everything within this world is omnipresent."*

All things exist in **superposition**—all possibilities manifest simultaneously.

Thoughts and Emotions Manifest Instantly

> *"Whatever you think or feel is instantly translated into experienced reality within the inner plane."*

In the faster-vibrating inner plane, manifestation is instantaneous.

Multiple Probabilities

Every physical action/decision has probable alternate versions existing "somewhere in their own separate space and time coordinate."

Four Core Dimensions for OBE Travelers:

1. **Our Physical Universe**
2. **Probability Matrix** (all probable actions followed to conclusion)
3. **Completely Alien Worlds**
4. **Self-Created Events** (thought forms)

Other Planes Have Their Own Laws

When entering alien worlds, you will be subject to their unique laws and energetic properties.

We Are Not Alone

What you may encounter:

- Other human OBE travelers
- Dead people
- Moths (multicolored jellyfish-like creatures)
- Non-organic predatory life forms (lower and higher order)
- Personal thought forms
- Other people's thought forms
- True aliens (visitors, interdimensional encounters, advanced entities/gods)

Best defense: Energetic Control

Appendix B · Mental Projection

An Alternative Method

For some, it's easier to achieve OBEs through **Mental Projection**—projecting your mind to another place without the help of a Double Body.

Similar to **Remote Viewing**, this can be done from a wakeful state anytime, for 15-30 minutes.

Exercise: Mental Projection

1. Find a quiet place for 15-30 minutes

2. Sit comfortably on a chair
3. Take deep breaths to relax
4. Focus on Home Station for one minute (eyes open)
5. Close eyes and visualize a place you know well
6. Imagine with every sense—see, hear, feel, smell, taste
7. Sustain visualization for 15 minutes, redirecting wandering mind
8. Become as aware as possible of everything around you
9. Write down details when you return
10. Review notes and make sense of new information

Benefits:

- Easier for the ego to handle
- Good for fast reconnaissance
- Excellent for exploring complex ideas in the Grey Zone

Appendix C · Quick Reference

Double Body Development Timeline

Week	Focus	Activity
1	Eyes	Practice seeing through Double; view room from angles
2	Ears	Focus on Double hearing; experience dual awareness
3	Touch	Feel Double body; rub hands together
4	Refinement	Add smell; further refine vision

Key Exercises Summary

1. **Here and Now**: Find your Home Station
2. **Turning the Dial**: Shift awareness to a nearby point
3. **Deep Internal Projection**: Turn senses inward for exploration
4. **Double Body Creation**: Build and solidify over 4 weeks
5. **Physical Travel**: Fly-through or instant manifestation
6. **Frequency Change**: Loosen grip on physical, anchor on new images
7. **Emotional Control**: Pull energy inward using sucking intent
8. **Mental Projection**: Direct mind travel without Double

Troubleshooting

Problem	Solution
Can't visualize	Approach as play/pretend, not effort
Keep falling asleep	Sit upright; maintain internal monologue
Scary encounters	Use energetic containment; pull energy in
Body paralysis on return	Stay calm; wait for adjustment
Losing focus	Practice the Home Station exercise daily
Can't distinguish reality from self-created	Use energetic containment to test

> *"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science." — Albert Einstein*

Guide 08 · Overcoming the Archon Through Alchemy

Figure / source plate
Cover of Guide 08, Overcoming the Archon Through Alchemy
Source asset: assets/guide-08-cover-Cover.png

Book-aligned source guide 08 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–9; Conclusion; Glossary. **Thematic shelf cross-link:** Volume 02 for the three-polarity system; Volume 04 for predation and sovereignty; Volume 07 for refinement.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

Figure / source plate
IN gathers, VOID contains, and OUT directs
Source asset: assets/guide-08-g08-v02-polarity-compass.svg

Figure 1. IN gathers, VOID contains, and OUT directs.

Figure / source plate
Cognitive position as an instrument rather than an invisible default
Source asset: assets/guide-08-g08-v02-cognitive-position.svg

Figure 2. Cognitive position as an instrument rather than an invisible default.

> Figure / source plate
> The complete energetic cycle of notice, gather, contain, direct, refine, and return
> Source asset: assets/guide-08-g08-v02-polarity-engine.svg

Figure 3. The complete energetic cycle of notice, gather, contain, direct, refine, and return.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Energetic Liberation and Reality Transmutation

By John Kreiter (2017)

> *"Better to fight for something than live for nothing." — General George S. Patton*

> *"What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog." — Dwight D. Eisenhower*

About This Book

This volume sets out the three-polarity model—IN, OUT and VOID—that organizes Kreiter's later inner-alchemy books. Its exercises focus on attention, emotional containment, energy absorption and the deliberate return of attention to the body.

Introduction · The Truth Without Compromise

The Current State of the World

Kreiter begins from the sense that contemporary life is chaotic and saturated with information. This accelerating change isn't random—it is the result of an **"energetic flux"** with both internal (subjective) and external origins.

> *"A significant portion of this flux is detrimental to humanity, stemming from a titanic force that does not have humanity's best interest in mind."*

The Core Message: Empowerment

Humanity is not helpless against this force. Through the correct use of certain energetic techniques, this dark force can actually be used in a transformative way to:

- Get all the things you desire
- Break free from the oppressive aspects of life
- Escape the cage without walls

Why Self-Help Techniques Often Fail

Many self-help books offer hope and techniques for using the mind to change reality. However:

- Desired changes either don't come quickly or don't materialize at all
- People struggle to fight "the system"
- Maintaining focused attention proves difficult
- Only "some of the truth" has been revealed

The Promise of This Book

> *"This book contains no hidden codes, no half-truths, metaphors, or riddles. It will plainly explain how to use Alchemical energetic techniques to uncover the truth, and beat a system that is designed to take more from you than you could ever get back from it."*

Two Fundamental Alchemical Findings

1. Reality as Infinite Energy: The Dark Sea

- Conventional perception sees a world of solid objects
- **Alchemists discovered that we are all lost in a perceptive illusion**
- The solidity we ascribe to objects is an imposed illusion
- **The fundamental reality is only energy**—an immeasurable Dark Sea

2. Humans Are Not Apex Predators: The Archon

- We believe we are at the top of the food chain
- **The Alchemical perspective reveals we are not the top predator by a long shot**
- There are many creatures "Out There" that consider us food
- These predatory creatures are **non-organic**—energetic conglomerations beyond current rational perception
- The biggest non-organic life form within our human sphere is **THE ARCHON**

The Connection to Alchemy

> *"Alchemy is solely based on techniques designed to overcome the Archonic predatory non-organic life force that is now consuming the energetic essence of all humankind."*

Alchemy's ultimate concern: The accumulation of the energetic essence of the individual human being, and the redeployment of these gains to change every aspect of the Alchemist's life—both material and spiritual.

What This Book Will Reveal

- The truth about the Archon and the cause of worldly strife
- How human energetic essence is absorbed, created, and moves
- Practical ways to:
    - Use the power of the mind to change personal objective reality
    - Employ Will Force to redirect people
    - Gain more power and wisdom
    - Become wealthy materially and spiritually
    - Attain Samadhi and Nirvana
    - Move beyond this world into other dimensional states

Chapter 1 · Beginning at the Beginning

The Normal Human Cognitive Stance

The prevalent, rational "mundane world view" sees reality as:

- A very intricate society made of things
- Humans as objects surrounded by other objects
- Rationality as sanity and correct thinking
- Humans as "meat machines"
- A cold, predictable world full of limits

The Limitations of Rational Perception

While physics reveals interconnectedness and biology challenges evolutionary models, humanity remains deeply stuck in a rational stance. This rational view portrays life as cold, predictable, and full of limits.

Cognitive Position Defined

> *"The organizational blueprint that defines how an aware being structures thoughts, experience and sensual data."*

Critical Understanding:

- There are an **infinite number of cognitive positions**
- Each one provides a different world view
- **Changing Cognitive Positions allows a person to see/experience and act upon the world in different ways**

The Boulder Example

The same boulder in a barren field appears differently to different observers:

Observer	Perception
Rationalistic Atheist	Granite, end result of cold geological process

Observer	Perception
Fervent Religionist	A miracle, the will of God, interconnection and hope

Same place, same boulder, different mental structures.

> *"From an Alchemical perspective, Cognitive Positions create reality, not the other way around."*

The Rise of Memetics

What Is a Meme?

> *"That which is imitated from person to person."*

Key Insight: A meme is a different type of copying process that serves the same purpose as genetic material—completely information-based with no physical component, yet producing objective results in the host.

The Alarming Truth About Memes

> *"A meme can dedicate some or all of the resources of the host body to try and replicate itself in more and more minds."*

Like a biological invader, a meme uses the host body to replicate itself, quite literally forcing the body to go out and infect as many people as it can.

The Energy Connection

> *"These robots serve this new meme... they provide these new memes with energy."*

Critical Point: Human thought and attention are very powerful commodities being used to feed structures that do not have humanity's best interest in any way.

The First Step: Illumination

Understanding this through Memetics is the beginning of great "illumination"—the first and most precious jewel in the great Alchemical work, and the first step in attaining ILLUMINATUS.

Chapter 2 · The Alchemist's View

The Energetic Cognitive Position

For an Alchemist, there are many ways to view the world, but only one is most accurate: **The Energetic Cognitive Position.**

From this perspective:

- The world ceases to be a collection of solid objects
- Life and reality can be perceived as energy
- Reality is shaped by fluctuations and alterations of energy
- Time can be experienced in ways difficult for the average person to conceptualize

The Great Dark Sea

> *"The world is an infinitely magical place that lacks the solidity that the average person takes for granted. It is a churning sea of energy—a Great Dark Sea—deep, turbulent, and unknown."*

Human beings are only small bubbles of aware energy, caught within the tides of a Great Dark Unknown.

These aware life bubbles are natural by-products created by the Great Dark Sea as it churns and twists in endless movement. Our individual existence is brief—here one moment and gone the next.

The Alchemical Approach to Change

Everything is fluctuating energy. Altering one thing into another involves manipulating these energetic oscillations—not through physical tools but through the **focus and manipulation of energy**.

> *"For an Alchemist, energy is everything; it is how they get things done and it is how they see the world."*

The Shocking Truth

From a rational Cognitive Perspective, contemplating the possibility that Alien life is manipulating humanity to consume us like we consume cattle seems totally insane.

> *"But from an Alchemist's point of view, from an energetic point of view, that is exactly what is going on!"*

Why This Matters to You

The Energetic View shows Alchemists a way to fight against the negative external forces that now rule this planet.

> *"The only possible way to fight and win this war is through the correct and constant use of INTERNAL MANIPULATION / ACTION."*

Alchemy: The Alpha and Omega

> *"Alchemy is the beginning and the end (the Alpha and Omega) of all occult knowledge, and it represents in my opinion, the best (and perhaps only) way to both attain power and escape the predatory forces that now stand above humanity."*

Chapter 3 · The Holy Trinity

The Human Energetic Structure

From the Energetic Cognitive Position, we see an assembly of aware energy—an infinitely small bubble floating inside an infinitely large sea of energy.

Humans are fundamentally energetic things engaged in a constant give and take with the entirety of the world. This interaction with the Energetic Sea is the **flux and flow of life and death—the Life Cycle**.

Why Energy Matters to Alchemists

> *"Energy is all important to Alchemists."*

Without sufficient extra energy, one cannot become an Alchemist. This extra energy acts as a **transmutive agent** or **evolutionary propellant** in two crucial ways:

1. the Power of Focus

The ability to direct the mind in one direction for prolonged periods. This intense focus allows an Alchemist to:

- Change their Cognitive Position
- Perceive reality in completely different ways
- Access other world realities

2. Extra Intensity to Thoughts

Projecting extra energy within the body is the **fundamental aspect of Alchemical work** and the **foundational principle of transmutation**.

> *"Extra energy is the only reason why some people are successful at bringing thoughts to physical reality (manifesting), and others are not. Extra energy is the underlying catalyst of Alchemical transmutation."*

The Two Major Causes of Energetic Fluctuation

1. External Forces (External Intent)

Natural movements within our section of the Dark Sea—currents, storms, tsunamis. But also **un-natural currents created by very powerful living beings** (megalithic alien life) that affect large portions of the Dark Sea.

> *"This powerful Alien life creates currents within the Dark Sea through the sheer force of its Will/Intent. These waves then crash against the human race and change humanity from the inside out."*

2. Internal Intent (Will Force)

The energetic movement generated by the individual human being. Each aware bubble creates energetic currents within and around itself as it changes the focus of its attention.

- **Will Power/Will Force**: Movements remaining inside the individual's energetic body
- **Intent**: Movements able to move outside the individual's body and create a current in the Dark Sea itself

> *"It is Intent, which is created by Will Force, through the manipulation of attention, that changes reality."*

The Three Polarities

A person constantly fluctuates between these three major energetic polarities—a natural process essential for being alive and aware.

Other Names for the Trinity

Light	Energy	Mass
Light	Soul	Body
Father	Son	Holy Spirit
Purity	Activity	Inertia
Spirit Self	Outer Expression	Denser Body
Spirit	Mind	Body
Positive	Negative	Void

The Breath Cycle Analogy

The best way to define the triad in objective terms:

- **IN**: The in-breath
- **OUT**: The out-breath

- **VOID**: The in-between breath

> *"Breath is everything; to stop the breathing cycle is to die and return both form and consciousness back to the endless flow of the Dark Sea."*

Chapter 4 · The Power of the IN Polarity

The Foundation: Balance

> *"Just like anything in our lives, if things are maintained in balance then stability is achieved."*

Balance means a less random and chaotic flow of energy, where nothing is more important than any other thing so all things flow in an ordered and impeccable way.

Why Start with the IN Polarity

Traditionally, Alchemy began with mastering the VOID polarity. However, in these modern times with billions of minds reflecting malevolent external Intent:

> *"It is my belief that the only way to begin the Alchemical process of energetic mastery, is to first and foremost learn how to fight the negativity that seems to be so prevalent in these modern times."*

The Real Problem: Energetic Flares

> *"Contrary to what most might believe, it is not negativity that is really the problem, the real problem is excessive energetic flares!"*

An energetic flare is an emotion—intense emotional outbursts of any kind.

This refers to ANY intense emotional outburst—**negative OR positive**. This outburst releases energetic build-up into the environment.

> *"And it is this energetic outburst that this Alien Force is after. This is the distillation of energy that the Great Archon needs for food!"*

The Critical Truth About Energy

> *"There is no such thing as negative or positive energy; there is only energy!"*

Traditional systems that focus only on absorbing "positive energy" are incomplete from the Alchemical perspective.

Alchemy involves the ingestion of ALL energy, and specifically targets what might be termed negative energy because there is so much of it around.

> *"Instead of being manipulated by this negative Intent, we can feed on it! Hate, pain, evil, worry, sorrow, fear, delirious and indulgent love, blind compassion—these become food; a never-ending energy source that an Alchemist can use for his or her own evolution."*

Exercise: Energy Absorption Technique

Preparation

Find a quiet place for 15 minutes to half an hour. Relax your body as much as possible—relaxation improves energy sensing and movement. Focus attention on tense areas and internally say "relax."

Step 1: Sensing the World

Once relaxed, pay attention to the world around you. Feel yourself as a tiny single entity in the middle of a great big world, then use imagination to feel yourself becoming one with this world.

Step 2: The IN Breath

When you can almost sense the world within you, **breathe IN**. Make this breath IN the slowest breath you have ever done—perhaps 10 seconds to half a minute to breathe IN completely.

Step 3: Visualization

As you breathe IN, **imagine that you are pulling in energy from all of the things around you**. See your body becoming like a magnet (or great vacuum) that is now drawing into itself all of this energetic essence.

Step 4: Pooling Energy (the Cauldron)

As energy is pulled in, this essence is being pooled in the very center of your body. This energy pools like a large glowing ball at the very center of your being that grows in intensity, power, and brightness as you absorb more and more energy.

Step 5: Holding Breath & Concentration

When lungs are full, hold your breath for 5 seconds. While holding, feel this ball of energy around your stomach area, visualizing it becoming more concentrated. Then, imagine the energy spreading throughout your entire body, filling it with vitality and strength.

Step 6: The OUT Breath

After 5 seconds, breathe out in a nice relaxing sigh. Let go of tension, allowing air to come out naturally. The feeling of having ingested a small but clean and powerful meal indicates success.

Step 7: Repetition

Repeat for at least five IN breaths.

Exercise: Discovering Your Psychic Energy Pumps

This exercise helps develop the "feeling sense" for pulling energy:

1. **Setup**: Find a quiet room with a table and a small object (like a cup)
2. **Telekinetic Pull**: Try as hard as possible to pull the object toward you with only the power of your mind. Pretend to be a Jedi Knight with telekinetic powers.
3. **The "Pulling IN" Feeling**: The goal is not to move the object but to **get the kind of energetic pull that you need to use in order to suck in energy into yourself**
4. **Internal Pump Metaphor**: Think of it as some kind of internal pump that is pulling an external essence into itself—a sucking force that draws with varying intensity

This is the foundational exercise and the basic core for the IN Tri-polarity.

Chapter 5 · Into the VOID

The Traditional Approach

Traditionally, the **VOID polarity was the first to be mastered**, emphasizing achieving "energetic stasis"—the complete quietude of thought.

Mastery of VOID creates a great dis-balance within the energetic body, forming a **vacuum that allows amazing energetic feats such as traveling through space and time or achieving the ability to see the world from an energetic perspective**.

Why VOID Mastery Matters

The VOID polarity teaches us:

- How to save the energy we now have
- How to move unhindered in a world that would drain the life from us
- **It is the polarity that allows us to move beyond this world into other dimensions of existence—the magical doorway to other worlds**

What VOID Mastery Achieves

- Master the ability to seal the energetic holes of the body
- "Empty the boat"
- Stop the mind
- Stop the world
- Attain Samadhi
- Attain Satori
- Become aware of the Here and Now
- Go with the eternal flow of the now

Through this mastery, it becomes possible to:

- Have Out of Body Experiences
- Become a dreamer

- Lucid dream
- Travel to other dimensions and probable worlds
- Attain complete enlightenment

The Core Principle

"Nothing matters in the VOID Tri-polarity but Energetic Containment."

- Thoughts are a projection of energy, so "no-thought" is Energetic Containment
- The self, the act of being, is a projection of energy, so stopping its existence is Energetic Containment

Exercise 1: First Level of Energetic Containment

This technique builds on the "Psychic Energy Pumps" exercise but with a critical difference: **instead of pulling in external energy, you pull in your own expended energy that you've already projected.**

Steps:

1. **Preparation**: Find a quiet, comfortable sitting place for 15-30 minutes
2. **Pulling in Expended Energy**: Use the pulling force to **pull in all of the energy that you feel you are currently putting out into the atmosphere around you**—energy in the form of strong emotion, reflexive reaction, and intense thought
3. **Visualization as a Tentacled Amoeba**: Imagine yourself as a tentacled amoeba projecting small tentacles to perceive the world. Pull these tentacles into yourself using your powerful Pull from the energy pump
4. **Solidifying the Force Field**: Once all energetic tentacles are pulled back to the very edge of your body, **contain and solidify that borderline between yourself and the outside world**. This creates a force field that contains your energetic essence
5. **Managing Energetic Flares**: When you feel an emotional reaction or impulsive act, notice the energy being propelled from within you. Pull that energy back into yourself

6. **Tension as Energy Projection**: Consciously relax tense areas to pull that energy back in

Results:

- Great control over emotions
- Emotional control and detachment
- A great deal of happiness

Exercise 2: Silencing the Mind (Second Level Energetic Containment)

This technique involves disrupting the sleep cycle to leverage natural mental propellants like melatonin.

Steps:

1. **Reduce Sleep Time**: Reduce the time you sleep per night by **at least fifteen minutes** (e.g., 8 hours to 7 hours 45 minutes)
2. **Timing (Morning is Best)**: Remove this 15 minutes from your morning sleep. Set your alarm 15 minutes earlier
3. **WARNING**: Please talk to a physician before trying this. Do not try if you drive or work with dangerous equipment
4. **Morning Meditation**: When the alarm rings early, sit up briefly to feel awake, then reset the alarm to your original time. Lie back down with knees up (to prevent falling completely asleep)
5. **Focus on Drowsiness**: **Focus your attention on the flow of this sleepy energy as it deliciously moves throughout your body and mind**—not on images or sensations, but on the drowsy feeling caused by melatonin
6. **Melatonin as a Stargate**: Melatonin is the doorway to other dimensions—the doorway to dreams, which are jaunts by human consciousness into different dimensions
7. **Goal: Internal Silence, Not Sleep**: Focus on complete quietude of the mind. If you fall asleep, the bent knees should wake you

Outcome:

With practice, you will be able to:

- Maintain this drowsy feeling for long periods without falling asleep
- Achieve complete internal silence for extended periods
- Remember this feeling of silence and replicate it while fully awake
- Enter into dreams and conduct Out of Body travels

Chapter 6 · Going OUT

The Need for "Claws"

Having covered how to suck energy into ourselves (IN) and seal that energy within (VOID), we now address the third component: **Going OUT**.

While mastering IN and VOID can lead to a long, peaceful physical existence, humanity shares Earth with other human beings and a megalithic Alien Force that can crush us with its mighty Intent.

> *"The core purpose of the OUT polarity is to break our cage and achieve freedom."*

Two Types of Alchemists

1. the Mystic/Hermit Type

Primarily focused on detaching from the world and mastering the VOID polarity. Their use of OUT is limited to escaping into the unknown via their Astral Body.

2. the Ancient/Old School Type

Deeply interested in acquiring and using power from the objective world. They are somber, grim, dark, and highly determined sorcerers focused on **manipulation of external reality through internal techniques**.

True Alchemy demands **BALANCE** between these extremes.

The OUT Tri-polarity: Your Magic Wand

The OUT polarity is the instrument for action. Mastery allows us to:

- Change our world and create a life that best suits our personal ideals
- Move energy within the body as Will Power
- Project energy externally as Intent

How Energetic Projection Changes Things

1. Transmutation

> *"Changing one thing to another thing."*

This is the Alchemist's fundamental ability to turn "lead into gold"—meaning to turn **the gross into the sublime, a bad thing into a desired thing**.

Key: Transmutation is energetically efficient. It uses the energy already present in the original thought to change it. Masking (superimposing thoughts) is energetically inefficient and creates phantom thoughts.

2. Manifestation

> *"Transmutation of a higher order."*

Taking a high-vibratory thought or idea and making it into a much slower/denser one (like a physical object). **The ability to take a thought and make it real in accordance with human sensual perception.**

The Core Truth

> *"What this means is that you can turn one thing into another thing just through the focus of your attention, which is truly the Alchemical process, and it is quite simply the case then that we are all Alchemists whether we realize it or not!"*

The Three Basic Aspects of Will Force Action

1. Focused Attention

> *"Focused attention is the most powerful and natural energy funnel that we have. The act of perception is the act of creation!"*

The more energy one has, the more powerful their attention becomes.

2. Breathing OUT

> *"Breathing OUT is a very powerful and natural way to augment the power that we are using to perform any task."*

As you breathe out slowly while maintaining focus on visualization, the vividness will increase as your lungs empty more and more.

3. Emotion

> *"Emotional energy is perhaps the most powerful concentration of energy that we human beings have."*

The natural way to access our inherent power through the OUT Polarity is **DESIRE**.

Exercise: Visualization Through Focused Attention

1. **Preparation**: Find a quiet place for 15-30 minutes
2. **Visual Image**: Visualize something in your mind (e.g., an apple) and keep your focused attention on it for as long as possible. With sustained focus, it will become far more concrete and vibrant
3. **External Visualization**: After achieving a decent internal visualization, open your eyes and try to see the apple floating before you in the room
4. **Kinesthetic Sensation**: Visualize a feeling (e.g., winning the lottery) until it feels vividly real
5. **Auditory Sensation**: Imagine hearing a musical instrument or phrase until it becomes vivid

Chapter 7 · The Supreme Ultimate and Refining the IN Polarity

The Human Energy Structure

> *"A human being is a collection of energy bound together by a conglutinating force—the force of life."*

As energy is lost or used, this force wanes, leading to energetic stability issues—physically experienced as **aging and associated maladies**.

Critical Understanding: As long as Energetic Containment is maintained, the conglutinating force that keeps a person alive will not wane so quickly, allowing for a much longer lifespan.

The Legend of Magical Beings

Ancient stories speak of amazing magical beings—legendary men who were "perfect" because they lacked individual mind (ego). There was no separation between environment, other human beings, and the individual self.

> *"Humanity was one with the earth, the weather, nature, and the animals, capable of feats of physical and perceptual movement that are now considered fantasy."*

The Alien Installation

A part of humanity yearned for something more—complete self-awareness. This longing **beckoned the Alien presence that took over a part of human awareness and placed upon it a foreign mind, an Alien Installation**.

This granted humanity the desired "I" self, but in doing so:

- Shattered humanity's connection to everything
- Expelled humanity from paradise
- Made humanity food for an otherworldly force

The Alchemist's Perspective

> *"The Foreign Mind is here to feed itself, to take from us, but we get something from it as well—we get the knowledge of true self-awareness; we get an individual 'I' awareness."*

Alchemy is about evolution, about change and purification into a higher state. An Alchemist wants their cake and wants to eat it too—balancing individual self-knowledge with the instinctual egoless knowledge of the legendary man.

The Yin-Yang of Internal Action

The **Yin-Yang symbol** represents two of the three polarities: IN and OUT.

Yin (IN)	Yang (OUT)
Push	Pull
Empty	Full
Absorbing	Expelling
Soft	Hard

> *"Everything within our reality has a time when it breathes IN and a time when it breathes OUT."*

Exercise: Negative Energy Absorption

The Core Technique

When encountering negativity (internal feelings, external aggression), **absorb that negativity by pulling that energy into yourself instead of trying to block it or stop it**.

Why Absorption Is Superior

Approach	Problem
Psychic Shields	Energetically draining; eventually fail against strong attacks
Ignoring	Negativity grows if ignored, pooling into massive energetic form
Absorption	Energy can be re-channeled into counterattack or changing the situation

Technique

Use the IN polarity technique to pull in all negativity—sucking up all negative thoughts, feelings, and intent that you and others are projecting. Add affirmations like: *"I take that energy into myself, I make it my energy and I drain this negative situation."*

Two Crucial Points

1. Maintain a Predatory Stance

Feel that the absorbed energy is yours—that you have taken it from the world and it is your food now.

> *"Energy is energy; there is no such thing as negative energy or positive energy. All is energy and all energy can be absorbed and used however you wish."*

See yourself as a ravenously hungry creature that takes what is offered by the world. Own it, break it, make it yours, consume it for your own purpose, absorb it all and lick your lips when you are done!

2. Absorb All Energy

> *"Great outbursts of positive emotions feed this Alien predatory life form as much as do outbursts of negative emotion."*

The Alien Force is interested in ALL energy. Negative emotions are easier to create and more energetically satisfying because they are expelled with great force.

The Cauldron

> *"Within all of us, at the very center of our body, there exists a natural collection point where we can store personal energy."*

This location is usually around the stomach area when hungry. This is the **ancient Alchemical cauldron**—not a physical object but a location within the energetic human bundle.

As you suck in energy and negativity, channel the tension into the very center of your body, into this Cauldron, and imagine it pooling as a powerful orb of shining energy.

Chapter 8 · Yang—Desire as Action

The Counter-Punch Against Alien Intent

> *"We humans are not weak or powerless, we have just never been taught how to be strong or why it is so important that we become stronger."*

If the IN Tri-polarity is our shield, then the OUT Tri-polarity is our sword, or our Magic Wand.

Will Power Defined

> *"The ability (the energetic strength required) to hold a particular view, and the ability to hold the focus of one's personal attention, on one particular goal, idea, thought, or desired event, long enough to increase the intensity of energy present within that goal, idea, thought, or desired event."*

The Fundamental Truth

> *"The act of life, the act of being alive, is the act of desiring."*

Desire is not necessarily an emotional state or dependence—it is a fundamental aspect of being a living creature within the Dark Sea.

> *"Desire is the greatest evolutionary force in the world."*

The Transition from Desire to Expectation

- **Desire**: Active pushing of energy toward what you want
- **Expectation**: "A bridge feeling that begins to signal a change from personal Will to the Will of the Dark Sea"

> *"When personal desire, which is Will Power, turns into a current in the Dark Sea, it means that desire (or Will) has turned into Intent."*

Intent is desire turned into a law—a thing that must happen.

Exercise: Desire as Action (Weight Loss Example)

Step 1: Introspection and Alignment

Identify a desire that aligns with your personal values.

Step 2: The Act of Desiring

Find a quiet place and **desire the body and weight loss that you would like with all your heart**.

Notice how:

- Your attention naturally focuses on what you want
- Emotional content will be naturally projected into that desire

Step 3: Harnessing Visualizations and Breath

Use the force of your desire to keep your attention fixed on visualizations. The clearer you can make them, the stronger your Will Power becomes.

As you desire, breathe OUT in a long and steady OUT breath.

Step 4: Sustaining Desire

Will Power requires sustained focus of attention. This desire must be sustained for as long as possible—ideally starting a daily regimen.

Target: 15 minutes, half an hour, or more.

Step 5: Dealing with Negative Emotions

If negative emotions arise and counter your desire, **rally those Energetic Flares into your desire**—use these negative feelings to focus even more vividly on your desire.

Step 6: The Transition to Expectation

When you run out of emotional "juice," **keep desiring without emotion**. This dispassionate desiring is crucial.

> *"To desire without feelings is the first step to expectation."*

When the final feeling of expectation manifests, it tells you that what you are desiring has become a command. Then keep desiring unrelentingly until you get everything you want.

Step 7: The In/out Cycle

If emotions become too hard to bear, use the IN polarity. **Consume these negative emotions; breathe IN and use the sucking IN technique until you feel stronger.** Once energy is regained, refocus on your desire.

This IN and OUT energetic cycle in action is **the Yin-Yang of Internal Mental Action**.

Practical Application: The "Soft Push" Technique

When confronted by a negative, aggressive person, employ the Supreme Ultimate technique:

1. **Do not give this person something to push against**—give them no place to attack

2. **Become hollow or empty and pull IN** where they would be inclined to attack you (Yin aspect)
3. **Become solid and push OUT your energy** by focusing on Internal Manipulation instead of external physical action (Yang aspect)

This is an Internal Attack they can't defend against.

First absorb, then project.

Chapter 9 · VOID—the Final Frontier

The Limits of IN and OUT Alone

A sole focus on the OUT polarity would perpetuate the "meme war" where the only player that ultimately wins is the predatory Alien Force.

Three Reasons Why OUT Alone Is Insufficient

Limitation	Explanation
Finite Energy	You are not full of infinite energy. Without replenishment (IN), powers will wane
External Intent	The intent of others counts. The "tiger" will not ignore you
The Predatory Archon	It advances its agenda by imposing a dis-balanced perceptive view ensuring humans expend as much emotional energy as possible

> *"If you are constantly indulging in either loving or hating, you are ultimately losing."*

The Solution: All Three Polarities

Even with mastery of IN and OUT, a point is reached where one questions the constant struggle. The answer lies in mastering **all three polarities in equal measure**.

> *"It is through the third polarity, the VOID polarity, that we find an escape from the final challenge of our existence. It is only through the mastery of this final polarity that we find out where and how the battle is truly won."*

The Doorway to Another World

> *"The mastery of the VOID polarity is, quite literally, the doorway to another world. It is the doorway to a greater reality and greater truths."*

Critical Caveat: This doorway cannot and should not be opened completely until we have mastery of the other two polarities first.

Energetic Containment: Peace and Contentment

The VOID polarity provides:

- Peace and contentment
- Detachment from endless conflict
- A type of relaxed happiness not otherwise possible

> *"Energetic Containment gives us peace and an odd joy. Instead of trying to PUSH ourselves into feeling happy all the time, we become happy and joyful by not trying to be happy or joyful at all. We discover joy through Internal Silence."*

Exercise: Energy Containment in a Large Crowd

Step 1: Relaxation

Relax your body as much as possible. Take three deep, relaxing sighs.

Step 2: Identify Tense Areas

Consciously scan your body for tension, focus your attention there, and internally say "Relax."

Step 3: Pull in Expelled Energy

Use the pulling force to **pull IN the energy that you feel you are projecting from yourself**—from every pore of your skin.

Step 4: Create a Psychic Wall

Once energy is pulled back in, **create a type of psychic wall or separation between your body and the rest of the world**. Focus attention on this barrier and solidify it with your Will.

Step 5: Maintain Containment

Walk through the crowd while maintaining this Energetic Containment field. If you feel energy expelled due to emotional reactions, pull it back in, solidify the wall, and continue.

Results

- **Reduced Energy Drain**: A walk that would typically be draining will be less so
- **Sensing the Dark Sea**: Some will strongly feel the energetic waves as tingly energy or tension
- **Clarity and Calmness**: Great clarity of mind and calmness of emotions

> *"Joy and happiness then become your natural state, as long as you are able to maintain your Will focused on the act of Energetic Containment."*

The Pineal Gland: Stargate to Other Dimensions

The Second VOID polarity technique targets the Pineal Gland (Third Eye), which is a **Stargate to other dimensions**. **Melatonin is the fuel that makes it go!**

The Silencing the Mind technique (from Chapter 5) opens this doorway:

> *"This ability to silence your mind completely will quite literally create a vacuum within you, separating you from the objective three-dimensional world."*

Conclusion · The Path to Freedom

The Holy Alchemical Trinity

> *"The knowledge of The Holy Trinity, and the active desire to master these three polarities, makes you an apprentice in the TRUE art of Alchemy."*

A general capacity with The Trinity makes one a proper Alchemist—especially when enough energy is acquired to re-shape reality, slow down aging, and begin moving beyond three-dimensional existence.

Recommended Daily Practice

Polarity	Time Allocation	Application
IN	70-90% of day	Especially if regular day involves great interaction with others
VOID	5-10% of day	First Level for critical action; Second Level for moving beyond 3D
OUT	3-5% of day	Face memetic zombies or re-shape objective reality

Critical Reminder: The OUT polarity is the most energetically costly—use it wisely.

> *"Energy acquisition and conservation is the number one enterprise of all TRUE Alchemists!"*

The Depth of Mastery

- **IN polarity refinement**: Can extend physical life for a long time
- **OUT polarity refinement**: Can remake and manipulate any aspect of reality—create whole new worlds
- **VOID polarity refinement**: Allows escape from the physical world, moving through space, time, and boundless dimensions for an eternity

The Alchemical Grimoire

This book, in combination with:

- The Servitor books (OUT polarity)
- The Vampire's Way (IN polarity)
- Out of Body Experiences (VOID polarity)

...represents a complete Alchemical Grimoire—a foundational system written in plain language without riddles or codes.

The Collective Impact

> *"Every person that fulfills his or her personal values and eventually overcomes the predatory intent that has hitherto limited them, widens the path of freedom for all those who follow."*

By widening this path, you make it easier for others to follow, and every act of illumination helps the whole of humanity to grow.

Glossary

Term	Definition
Belief Structure	A complex subjective framework of beliefs that forms the human mind, determining perception and what is ignored
Causality	The relationship between cause and effect. Alchemists believe in multiple causality models, each opening different perceptions and actions
Cognitive Position	The blueprint by which an aware being organizes thoughts, experience, and sensory data. An infinite number exist, each offering a different worldview
Dark Sea	The infinite energetic "Darkness Out There" that surrounds all worlds. All beings originate from and return to it

Term	Definition
Energetic/Emotional Flare	A large burst of energy, typically caused by a strong surge of emotion
Great Archon	A titanic predatory non-organic life-form that feeds on humanity's distilled energetic essence by projecting a telepathic signal that superimposes a foreign mind onto human consciousness
Holy Trinity	A TRIAD of energy polarities within the human energetic structure (IN, OUT, VOID). Its mastery allows one to attain true freedom
Hypnopompic	A state immediately preceding waking. Used to open doors to other dimensions
Illuminatus	One who has become illuminated—aware of the predatory nature of the world and no longer truly part of everyday human reality
Impeccability	Actions ensuring the greatest conservation of personal energy. Represents mastery of Energetic Containment
Intent	A current of energy created outside the human energetic structure, capable of changing aspects of the Dark Sea
Internal Manipulation	The ability to manipulate energy and reality through subjective, non-physical actions
Meme	A belief or pattern of behavior that spreads contagiously throughout a culture, similar to a virus

Term	Definition
Memetics	The study of cultural information transfer, tracking ideas like viral mutations
Technological Singularity	The threat of new technologies dominating human consciousness, potentially ending Free Will
Transmutation	The ability to change a subjective experience into objective truth, or move energy from one vibratory state to another
Will Force/Power	Energy propelled within the human energetic structure through the focus of attention

Appendix: Quick Reference

Exercise Summary

Exercise	Polarity	Purpose
Energy Absorption Technique	IN	Pull energy from environment
Psychic Energy Pumps	IN	Develop the pulling sensation
First Level Energetic Containment	VOID	Seal expelled energy
Silencing the Mind	VOID	Open dimensional doorways
Visualization Through Focused Attention	OUT	Project energy into desires
Desire as Action	OUT	Transmute/manifest reality

Exercise	Polarity	Purpose
Negative Energy Absorption	IN	Feed on negativity
Energy Containment in Crowds	VOID	Maintain containment in public
The Soft Push	IN/OUT	Internal combat technique

The Predatory Stance

> *"See yourself as a ravenously hungry creature that takes what is offered by the world, and is now eating what it has caught fair and square. Own it, break it, make it yours, consume it for your own purpose, absorb it all and lick your lips when you are done!"*

Core Principles

1. **Energy is everything**—there is no negative or positive, only energy
2. **Cognitive Positions create reality**, not the other way around
3. **Extra energy is the catalyst** for all Alchemical transmutation
4. **Balance between all three polarities** is essential
5. **Energy acquisition and conservation** is the number one enterprise
6. **Desire is the greatest evolutionary force** in the world
7. **Internal Manipulation** is more powerful than external action

> *"That's what alchemists do. They show that, when we strive to become better than we are, everything around us becomes better, too." — Paulo Coelho*

Guide 09 · The Magnum Opus, A Step by Step Course

Figure / source plate
Cover of Guide 09, The Magnum Opus, A Step by Step Course
Source asset: assets/guide-09-cover-Cover.png

Book-aligned source guide 09 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–7; Conclusion; Glossary; quick-reference appendix. **Thematic shelf cross-link:** Volume 02 for the energetic engine; Volume 07 for the comparative Great Work across later books.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

Figure / source plate
The seven-chapter course as a single Great Work sequence
Source asset: assets/guide-09-g09-v07-magnum-opus.svg

Figure 1. The seven-chapter course as a single Great Work sequence.

Figure / source plate
The Philosopher's Stone as change, continuity, and journey
Source asset: assets/guide-09-g09-v07-stone-uses.svg

Figure 2. The Philosopher's Stone as change, continuity, and journey.

> Figure / source plate
> The course's place within the longer inner-alchemy arc
> Source asset: assets/guide-09-g09-v07-transmutation-tree.svg

Figure 3. The course's place within the longer inner-alchemy arc.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Creating the Philosopher’s Stone

By John Kreiter (2019)

> *“We are energetic beings. Without energy we are nothing; either mentally or physically. The more energy that we can absorb and store, the more we are alive and the more we can do, in this one precious life that we have.”*

About This Book

This course organizes earlier exercises around the alchemical image of the Philosopher’s Stone. The sequence moves through attention, absorption, storage, re-absorption and refinement, with the ‘Cauldron,’ ‘Jewel’ and ‘Stone’ serving as working images within the system.

Using This Edition

Structure

Each of the seven chapters is divided into two parts:

1. **Concepts**: General theories and foundational ideas
2. **Techniques**: Step-by-step descriptions and suggested routines

Key Recommendations

> *"Practice the techniques and exercises mentioned in each chapter at least once, before continuing to the next."*

Understand at a body level—not merely intellectual comprehension but deep, felt, visceral integration.

The Power of Repetition

Repetition between Concepts and Techniques sections is deliberate:

> *"This inner action directs energy and molds it, which quite literally brings to life those things that are being repeated, first within the mind of the practitioner and then as a physical doing."*

Journal Requirements

The author strongly recommends dedicating a journal to this course:

- ☐ Create a personal schedule for exercises
- ☐ Maintain a log of reactions and impressions (physical and psychological)
- ☐ Log personal synchronicities
- ☐ Keep notes on expanding techniques
- ☐ Write responses for written course portions

Introduction · The Great Work

What This Course Contains

- In-depth overview of energetic absorption
- Review of the body's energy-channel model
- More information on energetic storage (the Cauldron)
- How to use two energy pumps simultaneously
- How to greatly expand absorption practices to include whole situations and events

The Binding Force

> *"This binding force is identified as the MAGNUM OPUS, The Great Work. And what is the Great Work? It is fundamentally the creation and refinement of the Philosopher's Stone or Pearl!"*

Why Energy Matters

> *"The answer is simply that energy is needed in all things! Without it we are lost, we are zombies living the life of the living dead."*

To prosper, we must:

- Regain all energy we were born with
- Recover energy lost due to predation
- Escape the mass of the world and its memetic traps
- Find true freedom and power to accomplish our life purpose

Effortless Success Technique

For when starting or continuing with exercises becomes difficult:

> *"If starting, or continuing, with the exercises becomes hard or impossible for whatever reason, I want you to JUST THINK about doing the exercises."*

Process: 1. Visualize and focus attention on THE THOUGHT OF THE ACT of doing the exercises 2. Make it a "focused daydream" that is fun and relaxing (2-5 minutes) 3. When you find yourself impulsively beginning the exercises, DO NOT impede this impulsive action

> *"The trick in all of this is a sense of effortlessness."*

Chapter 1 · A Balancing Act

Concepts

The State of the World

The world operates in a state of **"dis-balanced balance"**—a conscious farming technique to cause maximum emotional upheaval without collapse.

The Missing Ingredient

> *"We forgot our will, and the power to nourish and nurture that will."*

Without this power:

- Humanity will never evolve beyond a reactionary, instinct-driven ape
- Words, memes, and theoretical solutions are meaningless

A Priori Knowledge

> *"A priori: knowledge that is arrived at through external sources and not through direct personal perception."*

Alchemical Logic takes nothing for granted, seeking direct knowledge by letting go of all a priori understanding.

The Energetic Way

> *"Man is actually an energetic conglomeration of aware energy, that has been turned into a techno chimp."*

From this perspective: **We are food for other forms of non-organic life**—the Great Archon.

The Archon's Method

The Archon feeds on our emotional flares by:

- Projecting a portion of itself onto us
- Clouding our minds

- Lessening our perceptive possibilities
- Making humanity stupid, illogical, forgetful, emotional, petty, self-absorbed, and dependent

Techniques

Exercise: An Alien in an Alien World

Purpose: Change cognitive perspective to see the human world with fresh eyes

Instructions: 1. Imagine you are a lone alien landing on Earth for the first time 2. You know nothing about Earthlings or their limited logic 3. Journal your observations from this alien perspective

Duration: 30 minutes each week for 4-8 weeks

Exercise: Seeing Auras

Purpose: Perceive more of the electromagnetic energy spectrum

The Rod/Cone Technique: 1. Have a friend stand against a pale wall in dim light 2. Friend holds thumb 6 inches from their face 3. Relax and focus vision on the TIP OF THE THUMB 4. While maintaining thumb focus, pay attention to the blurred body 5. See the thin corona or mist of white/blue light around your friend 6. Move eyes around the body while maintaining blurred focus 7. Memorize the feeling of what you're doing

Application: Practice as often as possible throughout your day

Chapter 2 · I Believe Therefore I Think

Concepts

The Power of Beliefs

> *"Beliefs are the basic interconnectors of our entire psyche, and they shape all of our perceptions as human beings."*

The Creation Chain:

External Forces

> *"Most of your beliefs are not your own, because your mind is not strictly yours alone, not completely."*

The Archon imposes beliefs through energetic thrust into our mental core.

Techniques

Exercise: Discovering Core Beliefs

Topics to explore: Life, Being Happy, Personal Power

Process: 1. Define the topic using conventional sources and introspection 2. Ask: "Why do I feel this definition is correct?" 3. Trace the source of your belief 4. Continue asking "why" until you reach a **core belief** that stands on its own 5. Examine the core belief from personal and detached standpoints

Exercise: Belief Plasticity

Purpose: Discover the plasticity of your own mind

Process: 1. Find content with beliefs opposite to yours 2. Read and TRY TO REALLY BELIEVE everything is completely true 3. Observe your internal experience 4. Explore barriers that prevent belief

> *"Mastering the ability to make yourself believe the impossible is a highly practical skill because it can allow you to channel great amounts of psychic force."*

Chapter 3 · Attention and the Door of Destiny

Concepts

Attention as Creation

> *"From an energetic point of view, the act of paying attention is the act of creation, the act of directing energy, either consciously or unconsciously, through the medium of intent."*

> *"Paying attention is the act (the doing) of creation because quite simply, every time you focus your attention on something, you are projecting energy from the core of your being into that something, and are quite literally bringing it to life."*

The True Priority

> *"Attention is primary; beliefs are the outermost scaffolding that provides structure and shape to reality."*

Techniques

Exercise: Paying Attention to Yourself

Instructions: 1. Throughout the day, observe the thoughts and feelings across your mind 2. Try to sustain this attention for longer periods 3. Become a spectator of your mind 4. Immerse yourself within yourself and watch consciousness unfold 5. Notice how easily your attention is distracted

Exercise: The Dot on the Wall

Setup: 1. Make a small black dot (¼ inch) on paper 2. Tape to wall slightly below eye level 3. Sit 3-6 feet away

Instructions: 1. Look only at the dot, to the exclusion of everything else 2. Forget about who you are, where you are 3. Stop thoughts in mid-stride 4. If random thoughts intrude, cut them and return to the dot 5. Duration: 15 minutes, working up to 30 minutes 6. Routine: 3 times a week for a month

Exercise: The Virtual Reality Room (Five Senses Visualization)

> *"The one MOST IMPORTANT, and most overlooked component in the proper execution of TRUE magic(k)."*

Goal: Develop the ability to visualize with every single sense until visualizations become as real as possible.

Visualization of Sight: 1. Close eyes, try to see a blue square 2. Do for 10-15 minutes 3. Progress to eyes open visualization 4. Finally, visualize 3D objects

Visualization of Touch:

- Imagine a soft breeze hitting your face and body
- Extend your hand to "touch" distant objects
- Visualize internal feelings and emotions

Visualization of smell, hearing, and taste: Visualize familiar scents, sounds, and tastes until the impressions become vivid.

Routine: 30 minutes a day, 3 times weekly for first month, then twice weekly. Devote at least 6 months to this practice.

Chapter 4 · Your Personal Energy Body

Concepts

We Are Energy

> *"We are energy, all of us, everything on this planet is made up of pure energy."*

Properties of energy:

- It vibrates
- It is all connected (nonlocal properties)
- It changes structure but cannot be destroyed
- It has a great drive towards greater complexity and expansion

The Way Out

> *"The one most essential element that increases and refines attention is ENERGY, human LIFE ENERGY. With enough of it, your entire life changes, from the inside out."*

The Central Meridian

The most important meridian runs **up your spine and down the front of your body**.

Critical: Tensions can cause energy to get "pinched off" like a kink in a hose.

Solution: Always keep your tongue on the roof of your mouth to complete the natural energy meridian.

The Cauldron

> *"The energetic storage point of the body—of critical importance to an Alchemist."*

The Cauldron is where the **Philosopher's Stone is founded and nurtured**.

Location: The exact center of your body (divide height, width, depth in half)

Techniques

Exercise: Pretend You Are Energy

Instructions: 1. Contemplate the object world (5 minutes) 2. Completely believe you and everything around you is vibrating energy (5 minutes) 3. Imagine moving through a sea of energy 4. Routine: 5 minutes every day for a week

Exercise: Inner Feeling Sense (IFS)

Purpose: Feel the inner essence of things, not just the outermost layer

Instructions: 1. Project an "inner tentacle or projection" beyond yourself into objects 2. Explore feelings as you become one with the object 3. Look deeply into the energetic conglomeration 4. Apply to plants, stones, chairs, then to yourself

> *"This Inner Feeling Sense is one of the most important and powerful techniques you can learn!"*

Exercise: Full Glass of Water Breathing

Important Precaution: If you have heart trouble or risk of brain hemorrhage, consult your doctor.

Proper Breathing:

- IN: Fill lungs from bottom to top like filling a glass

- OUT: Empty from top to bottom

Breathing Cycles:

- **Inhaling**: Taking energy into the body (long inhale = more absorption)
- **Exhaling**: Distributing and concentrating energy
- **Even Breath**: Creates rhythmic, vibratory cycle

Full Meridian Cycle: 1. Keep tongue on roof of mouth 2. Breathe IN (Full Glass), feel energy move to Cauldron 3. Breathe OUT, imagine energy moving down, around, up spine, over head, down palate 4. Repeat 10 times 5. Routine: 10 breaths morning and afternoon

Chapter 5 · Absorbing Lost Energy

Concepts

Emotional Energetic Flares

Strong emotions (pleasant or unpleasant) cause you to project energy into the environment.

Cheating the Archon

> *"Through the ability to absorb emotional energy, you are able to cheat the Archonic Host of a meal."*
>
> *"By absorbing this negative energy, either from ourselves or from the people and the world around us, we are quite literally feeding on the Great Archon himself. That is, we have just taught ourselves how to devour that which has been eating us!"*

The IN Polarity

Energy absorbed travels to the **IN Polarity** (solar plexus/stomach area) for processing into personal energy.

The Predatory Stance

> *"This Predatory Stance is needed because it is the key force that changes the intent of that invading force and turns the energy into food for you!"*

Techniques

Exercise: The Energy Pumps

First Energy Pump (Pull/Push Intent): 1. Place a cup on a table 2. Try to mentally PULL the object toward you 3. Identify the "sucking or pulling feeling" 4. Then try to PUSH the cup away 5. Master both sensations

Second Energy Pump (Reverse Breathing):

- Contract stomach and chest as you breathe IN
- Creates powerful suction to draw in energy through skin and bones

Exercise: Bone Breathing

1. Keep tongue on roof of mouth
2. Extend dominant arm, open hand toward a cup
3. Draw energy (not the cup) up your palms and arm bones
4. Combine with Reverse Breathing
5. Visualize white light being sucked into hand, arm, spine
6. Extend to both arms, legs, back, skull
7. Finally, breathe through every pore

Routine: Once daily for 10 minutes until mastered, then weekly

Exercise: Packing Energy into the Cauldron

1. Stand with feet shoulder-width apart
2. Do 5 full Bone Breaths using both pumps
3. Feel energy working into stomach and Cauldron area
4. Use Inner Feeling Sense to follow the energy
5. Use First Energy Pump to Push/Pull energy into Cauldron

6. PACK the energy into a tight solid sphere
7. Repeat for 4 more breaths

Key Points:

- **IN breath**: Pull in as much energy as possible
- **OUT breath**: Push absorbed energy into Cauldron

Exercise: in the Field

1. Find a moderately crowded area
2. Relax with three Full Glass breaths
3. Observe body tensions from external energy
4. When you note tension, start absorbing
5. Don't shield or attack—ABSORB
6. Engage energy pumps, pull against ALL bodily tension
7. Maintain Predatory Stance
8. Pack into Cauldron

Exercise: Absorbing a Bad Situation

> *"Such negative events, as they are happening... CAN BE STOPPED."*

1. Wake up to the situation as it unfolds
2. Begin to absorb the entire event
3. Use Inner Feeling Sense to grasp the "bad vibe"
4. Say: "I take all this negative energy and I stop this negative event in its tracks!"
5. Absorb until energetically neutral
6. Pack into Cauldron

Chapter 6 · Healing Your Energetic Wounds

Concepts

The Energetic View of Time

Rational View: Time is linear (past ⟶ present ⟶ future)

Alchemist's View: *"There is only an endless now time; a now moment. A spacious ever evolving present that has what could best be described by the word: depth."*

Re-absorption Principle

> *"To recover lost energy from past negative emotional flares, the Alchemist needs to focus his or her attention on that past event, until the Alchemist's vibrational essence matches that past frequency."*

Energetic Wounds

Highly negative past events are **small wounds in your energetic body** that:

- Drag your attention back to past events
- Force you to re-live them repeatedly
- Continue to drain you energetically

Techniques

Exercise: Identifying Past Energy Loss

1. Observe how attention is diverted to the past by memories
2. Identify "attention-grabbing memory flashbacks"
3. Journal these immediately
4. Create a short list of 5 most emotionally draining memories
5. Schedule time for re-absorption practice

Exercise: Energetic Re-Absorption

1. Find quiet place for 20 minutes, at least twice weekly
2. Close eyes and recall one memory from your list

3. Bring order to the fragmented memory vision
4. Relax and let the memory become vivid
5. As emotional charge builds, use energy pumps to absorb
6. Pull energy from both past and present simultaneously
7. Absorb others' negativity with Predatory Stance
8. Absorb the entire scene/event
9. Pack all energy into Cauldron
10. Continue until no strong emotion remains

Signs of Completion:

- Memory has no emotional charge
- Memory becomes harder to recall
- Deep inner knowing that you're done

Chapter 7 · Refining Your Stone into a Jewel

Concepts

The Trifold Way Summary

1. **Basic outline of the true state of the world**
2. **Personal enlightenment through beliefs and attention**
3. **Opening the Door of Destiny through five senses visualization**
4. **Employment of Inner Feeling Sense**
5. **Discovery of personal energy body**
6. **Energetic absorption technique**
7. **Energetic re-absorption technique**
8. **Safely storing and refining energy in the Cauldron**
9. **Using the Stone with Thought Forms**

The Final Unification Process

1. **Lifelong energetic absorption and re-absorption**

2. **Mastery of emotional stability and attention**
3. **Dedicated packing and condensing in the Cauldron**

The Nature of the Jewel

> *"This Jewel will in time become a true objective thing inside your physical body, but it will also have the ability to exist, be a part of, multiple dimensional worlds and to completely defy current ideas about the nature of time, space, and reality."*

Three Uses of the Stone

1. **Survival in the Objective World** (Maslow's Hierarchy)
2. **Refinement of the Double Body & Immortality**
3. **Transcendence into the Outer Worlds**

Techniques

The Recommended Workout Routine

1. **Become aware in the world**: Keep taking the red pill
2. **Study your beliefs**: At least twice a year
3. **Practice five senses visualization**: Twice weekly, 15+ minutes
4. **Use Inner Feeling Sense**: Twice weekly on various objects
5. **Full Glass breaths**: 5 morning, 5 afternoon
6. **Practice Energy Pumps**: At least once weekly
7. **Master First Energy Pump circulation**: Integrate with breathing
8. **Pack into Cauldron**: 5 additional breaths after circulation
9. **Present energy absorption**: Ongoing
10. **Past energy re-absorption**: Work through 100+ memories
11. **Refine the Stone**: 15 minutes, twice weekly minimum

Exercise: Refining the Stone

1. Find quiet place, 15+ minutes, twice weekly
2. Close eyes, use IFS to locate your Stone

3. Breathe in (Full Glass)
4. Breathe out, feel energy move to Stone location
5. Use First Energy Pump to Push and Pull into the area
6. Direct environmental energy straight into Stone
7. **Press and condense** with focused attention (NOT muscles!)
8. Feel energy being pressed into a crystalline Jewel

> *"A Jewel is created through great pressure as the power and weight of the Earth itself pushes into it. So, you must do this with your own Stone by using the power of your focused attention."*

Exercise: Using Thought Forms with the Stone

1. Find quiet area, 15-20 minutes
2. Place hands as if holding a large bowl
3. Focus on space between hands
4. Visualize a sphere of energy materializing
5. Engage all senses (visual, sound, touch, smell)
6. Embed your desire in the center (like a snow globe scene)
7. Use IFS to connect with your Stone
8. PULL energy from Stone, up arms, PUSH into sphere
9. Infuse until sphere becomes more solid and bright
10. Project the thought form into the world
11. Have faith and let it work freely

Conclusion · The Path to Freedom

The Nature of Transformation

> *"Once properly processed into a tight and powerful Stone or Pearl, this energy accumulation and storage becomes a highly concentrated sphere of pure and stable energy that can then be used to transcend this dimensional range."*

A successful Alchemist:

- Becomes able to change lead into gold (transmutation)
- Learns to weave new worlds into existence
- Realizes the possibility of becoming a true immortal

The Experience of Freedom

- Joy far outweighs fear
- A deep longing for something OUT THERE emerges
- Dogma becomes less important
- **Energetic truths** become what matters
- New dimensions beckon ever more intently

The Final Challenge

> *"I challenge you to seek the power of the Philosopher's Stone, the power of COMPLETE energetic absorption and cohesion. I challenge you to break all of the limitations that the world has imposed on you, since the day of your birth!"*

Glossary

Term	Definition
A Priori	Knowledge from external sources (parents, religion, government, common sense) rather than direct personal perception
Chi Sickness	Symptoms from improper energy movement (headaches, tingling, nausea, hallucinations) often from not keeping tongue on palate
Cognitive Position	The viewpoint from which an individual perceives and understands the world

Term	Definition
Common Sense	Deductive conclusions based on *a priori* information; equated with rationality
Core Belief	A foundational belief that underpins other related beliefs
Foundational Framework	The psychological structure of beliefs that shape conscious psyche
Great Archon	A titanic non-organic entity that feeds on human emotional energy
Meridian	An energy pathway within the body for circulating vital life force
Nonlocal	A state where matter/energy/consciousness exists everywhere and nowhere simultaneously
Predatory Stance	A focused attention to absorb foreign negative energy by claiming it as one's own
Rationality	A limited logic based on facts sanctioned by ruling establishment

Appendix: Quick Reference

Daily Practice Summary

Time	Practice	Duration
Morning	Full Glass breaths with meridian cycle	5 breaths
Morning	Packing into Cauldron	5 breaths
Throughout Day	Present energy absorption	Ongoing

Time	Practice	Duration
Afternoon	Full Glass breaths with meridian cycle	5 breaths
Afternoon	Packing into Cauldron	5 breaths
Evening (2-3x/week)	Five senses visualization	15-30 min
Evening (2x/week)	Past re-absorption	20 min
Evening (2x/week)	Stone refinement	15+ min

Critical Reminders

1. **Tongue on roof of mouth** - Always during energy work
2. **Predatory Stance** - Essential for absorbing foreign intent
3. **Never use muscular force** - Only attention for pressing the Stone
4. **Effortlessness** - The key to success
5. **Journal everything** - Track progress and synchronicities

> *"The Philosopher's Stone is THE KEY that opens the door to true freedom and the Outer Worlds, and this is usually only possible after a lifetime of effort."*

Guide 10 · The Occult Experience

Figure / source plate
Cover of Guide 10, The Occult Experience
Source asset: assets/guide-10-cover-Cover.png

Book-aligned source guide 10 of 15 · retained as the source-order spine.

Source structure: Foreword; Chapters 1–9; Epilogue. **Thematic shelf cross-link:** Also preserved unchanged as Thematic Volume 01, Opening the Perceptual Field; Volume 09 extends its ideas through the article corpus.

A source-grounded personal-study companion to *The Occult Experience*

This companion is designed to be read beside John Kreiter's original book. It does not reproduce that book and should not replace it. Its purpose is to slow the reading down: to identify what Kreiter is claiming, show how each chapter moves, separate observation from interpretation, and turn suggestive passages into careful study practices.

Reader's covenant

Read experimentally, not obediently. Kreiter repeatedly asks the reader to examine received ideas rather than exchange one authority for another. This edition takes that request seriously. It treats his metaphysical framework as a model to understand and test—not as a diagnosis of the world or a demand for belief.

Keep ordinary judgment online. An exercise that expands attention should not require you to ignore physical danger, medical advice, financial reality, consent, or the needs of other people. A strange experience is first an experience; its cause may remain open.

Stop any practice that produces sustained fear, confusion, derealization, loss of sleep, pain, or impaired daily functioning. Return to familiar routines, food, rest, movement, and trusted human contact. Seek qualified professional help when distress persists. The ability to stop is part of mastery.

How to use this volume

For each chapter:

1. Read the named chapter in the original EPUB without taking notes.
2. Read the companion's "central movement" and close-reading sections.
3. Return to the original and mark the passages that now look different.
4. Complete no more than one practice lab at a time.
5. Write observations before interpretations. "I saw a pale edge" is an observation; "I saw an aura" is an interpretation.
6. Use the retrieval questions after a day, a week, and a month.

The companion deliberately leaves some questions unresolved. That is not a defect. Epistemic patience—the capacity to remain curious without rushing into certainty—is one of the skills this book can cultivate.

Chapter 1 — The Mad Logician

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Foreword and Chapter 1, "The Mad Logician."

The Foreword gives the book's contract: practice may widen sensual and intuitive perception, but the reader decides how far to go. Chapter 1 then clears the conceptual ground. Kreiter does not begin with an occult technique. He begins by asking how much of what we call knowledge is direct perception and how much rests on assumption.

The chapter's durable lesson is not simply "believe nothing." It is more strange and more demanding: **notice the movement from sensation to story, discover how belief organizes perception, and become capable—if only briefly—of standing in the interval before the story hardens.**

The chapter's central movement

Kreiter opens with a familiar destabilization: the experienced solidity of the world is not a complete account of what the world is. From there he turns to logic, which he treats as a structure built from empirical support. He then gives "reasoning" a deliberately narrow, personal meaning—the making of assumptions—and uses that distinction to expose the unexamined premises beneath opposing worldviews.

The "mad logician" is the chapter's culminating thought experiment. Imagine a person who refuses every claim that exceeds what is immediately present to the senses. Once a mailbox passes out of view, this person will not assert that it remains behind him. He will not treat memory as present evidence, and he cannot use past reports to construct a confident future. Such a person is "mad" in the practical sense: ordinary life depends on memory, testimony, probability, and trust. Yet his impossible discipline reveals how quickly the mind converts a remembered or inferred claim into something that feels directly known.

The exercise points toward present-moment attention. It does not prove that the past is unreal, that testimony is worthless, or that all beliefs are equally good. It makes the usually invisible act of inference visible.

Close reading: the useful provocation

Logic and "reasoning" are local definitions

In formal philosophy and everyday speech, logic and reasoning do not carry the meanings Kreiter assigns them. Reasoning commonly includes valid deduction, induction, and inference; logic examines relations between propositions. Kreiter is constructing a local vocabulary for a practical purpose. Read the distinction as a tool, not as a textbook definition:

- **logic**, in this chapter, names a chain that appears well supported;
- **reasoning**, in this chapter, names the assumptive step that extends beyond what is immediately verified.

This matters because a reader who treats Kreiter's definitions as formal doctrine may miss the exercise. His question is not whether inference should be abolished. It is where inference entered and whether we remember that it entered.

Direct experience is not the same as certainty

Kreiter gives direct personal perception a privileged place. That emphasis can restore attentiveness, especially in a culture of recycled opinions. But immediate experience also requires interpretation. A patch of color becomes "a chair"; a pressure becomes "wind"; a light becomes "an object." Memory, expectation, contrast, and context shape the report.

The careful reader therefore avoids replacing one absolute with another. Institutional authority is not infallible, but neither is private perception. Reliable knowledge often emerges from several supports working together: observation, repeatability, instruments, coherent explanation, independent checking, and a willingness to revise.

The question "Did I verify this personally?" is valuable. So are two companion questions:

1. **What would count as a fair verification?**
2. **What evidence would make me change my mind?**

Without the second question, skepticism can harden into a new dogma.

An assumption is not automatically an error

Assumptions make action possible. You assume the floor will support you, that a familiar person will recognize you, and that a scheduled train is likely to follow its timetable. These claims are not certain, but they are often well supported. The practical distinction is not assumption versus purity. It is **responsible versus irresponsible confidence**.

A responsible assumption is proportioned to evidence, held with some awareness of its limits, and revised when contrary evidence arrives. An irresponsible assumption is protected from testing because it supports identity, fear, belonging, or desire.

Kreiter's compact equation—"assumption = belief"—is most useful as an alarm bell. When an assumption becomes transparent to us, we can examine it. When it disappears into identity, it begins to govern what questions may be asked.

> Figure / source plate
> The Assumption Ladder: five levels from immediate sensation to worldview
> Source asset: assets/guide-10-figure-01-assumption-ladder.svg

Figure 1. The Assumption Ladder. Interpretive distance increases as sensation becomes description, memory, inference, and worldview. Increased distance does not make a claim false; it increases the need for support and revisability.

The thought experiment, sharpened

Return to the mailbox. You pass it, and it leaves your visual field. Four statements are now possible:

1. "I no longer see the mailbox."
2. "I remember seeing a mailbox."
3. "The mailbox is probably still behind me."
4. "Objects continue to exist when I am not looking at them."

The first reports the present. The second reports memory. The third is an inference with very high practical confidence. The fourth is a general model supported by enormous continuity across experience.

The mad logician accepts only the first. Ordinary functioning uses all four. Study begins when we stop pretending they are the same kind of statement.

Now complicate the example. You turn around and discover that what you remembered as a mailbox is a public utility cabinet. This does not mean memory is useless or that the external world is created at every glance. It means memory compressed the scene into a familiar category and got the category wrong. The correction gives you better calibration: under similar lighting, at that distance, your object recognition is less reliable than it felt.

This is the chapter's most productive stance: not theatrical doubt, but better calibration.

The esoteric license: correspondence without reduction

Kreiter's opening gesture toward atomic physics and ancient mysticism is not only an argument. It is also an occult correspondence. Two very different languages—one mathematical and instrumental, one contemplative and mythic—both disturb the ordinary picture of a hard, self-evident world. The correspondence may be fruitful even when the languages cannot be collapsed into one another.

Read this kind of passage in two registers at once:

- in the rational register, physics does not formally prove an occult cosmology;
- in the esoteric register, the scientific image of matter losing its naive solidity becomes a door through which the imagination can leave the prison of common sense.

The same double reading applies to Kreiter's atheist-and-religionist comparison. As a formal comparison of evidence, the two positions need not be equal. As an esoteric maneuver, however, the symmetry is intentional: it places both identities in suspension long enough for the reader to feel the hidden act of faith within certainty itself. The point is not to score the debate. It is to make the debating mind momentarily transparent.

Non-rational study does not mean careless study. It means allowing image, paradox, resonance, and direct inner response to carry knowledge that cannot be reduced to propositions. A correspondence can be meaningful without being a laboratory conclusion.

Esoteric bridge: the first crack in the Cube

Later books give the opening chapter a much larger cosmological horizon. From the perspective of *Overcoming the Archon Through Alchemy*, *The Way of the Projectionist*, and *The Way of the Death Defier*, the mad logician is rehearsing a first escape from the Cube: the perceptual enclosure built from inherited categories, linear time, and the apparent finality of the material world.

His refusal to lean on the past or colonize the future resembles the VOID polarity—not because Chapter 1 formally teaches VOID, but because both gestures interrupt the usual expenditure of attention. The present moment becomes a narrow unmapped interval in which the ordinary world has not yet been rebuilt by memory and expectation.

Seen from the later Archon material, assumptions are not merely intellectual premises. They are part of the energetic architecture that keeps attention moving along approved channels. Every automatic conclusion redraws a wall. Every lucid pause reveals, for an instant, that the wall is being drawn.

This later-book reading should be carried as a luminous overlay, not substituted for the original chapter. The source chapter opens the crack; the later cosmology shows how far Kreiter eventually believes that crack can lead.

Practice lab 1: the four-column claim ledger

Purpose: distinguish observation, source, inference, and confidence.

Time: twenty minutes. Repeat once after a week.

Draw four columns headed **Claim**, **How I know**, **Confidence**, and **What could revise it**. Add ten claims from different parts of life: one sensory, one personal, one relational, one practical, one scientific, one political, one spiritual, and three of your choice.

For "How I know," use one or more of these labels:

- present observation;
- memory;
- trusted testimony;
- instrument or record;
- repeated experience;
- inference;
- intuition;
- inherited belief;
- unknown.

Do not rank the labels as good or bad. A trusted surgeon's testimony may be far more reliable than a frightened person's immediate interpretation of a symptom. The exercise is about provenance.

For confidence, choose **tentative**, **moderate**, **strong**, or **very strong**. Avoid 100 percent. Then complete the final column. If you cannot imagine any evidence that would revise a claim, place a small circle beside it. That circle marks an identity-bearing belief, not necessarily a false one.

Stopping condition: if the exercise becomes an obsessive demand to prove ordinary facts from scratch, stop. Eat, walk, speak to someone, and return to normal tasks. The point is flexible confidence, not incapacitating doubt.

Journal prompt: Which claim felt most personal to question? What did that feeling reveal about the role the claim plays in your identity?

Practice lab 2: ninety seconds without completion

Purpose: experience the difference between sensation and rapid interpretation.

Time: ninety seconds, once per day for five days.

Sit somewhere familiar. During the exercise, use silent phrases that remain close to sensation: “warmth at the cheek,” “bright patch,” “three rising sounds,” “pressure beneath the feet.” When a label arrives—car, bird, irritation, danger—do not suppress it. Quietly note “completion” and return to sensory detail.

At the end, write two sentences:

- What was directly noticed?
- What did the mind add?

The distinction will never be perfect. That imperfection is part of the lesson.

Thought experiment: the trustworthy stranger

A stranger tells you that the bridge ahead has collapsed. You cannot see the bridge. If you imitate the mad logician and refuse all testimony, you may continue into danger. If you accept every warning without evaluation, you become easy to manipulate.

What would you check? The stranger's urgency, location, consistency, possible motive, other witnesses, a map, an official notice, visible traffic, or a safe alternate route may all matter. The example shows why mature skepticism is not simple disbelief. It is the intelligent distribution of trust.

Now apply the same standard to an extraordinary claim from an occult practice. What did you experience directly? What interpretation did you add? What alternative explanations remain? What repetition or independent check would increase confidence? The experience need not be dismissed merely because its cause is unresolved.

Cautions

- Do not use the chapter to disregard expertise merely because you did not reproduce the expert's work yourself. Complex knowledge is often social and cumulative.
- Do not treat uncertainty as proof of your preferred alternative. “Not fully explained” is not the same as “therefore occult.”
- Do not pressure another person to abandon stabilizing beliefs. The practice is self-inquiry, not conquest.
- Present-moment attention should increase contact with ordinary life. If it produces persistent unreality, fear, or functional impairment, stop and seek support.
- Questioning memory is useful; repeatedly testing loved ones or the environment for reassurance can become compulsive. If that pattern appears, discontinue the exercise.

Study summary

The Mad Logician is an instrument for exposing hidden steps in thought. He shows that human life relies on memory, inference, testimony, and belief, while present experience supplies only a narrow slice of what we claim to know. Kreiter uses the thought experiment to direct attention toward the present moment and prepare the reader for later perceptual exercises.

The editorial refinement is equally important: assumptions vary in quality; direct experience can mislead; trustworthy testimony can be rational; and uncertainty does not make incompatible claims equally credible. The goal is calibrated confidence—firm enough to act, flexible enough to learn.

Retrieval questions

1. What special meaning does Kreiter give to "reasoning" in this chapter?
2. What does the mailbox thought experiment reveal?
3. Why is direct experience not identical to certainty?
4. What makes an assumption responsible?
5. How can skepticism become another dogma?
6. How can a scientific image function as an esoteric correspondence without becoming a formal proof?
7. What is the difference between observation and interpretation in your most recent unusual experience?

Return to the source

Reread the Foreword and mark three promises the book makes about practice. Are they promises of method, experience, proof, or outcome?

Then reread Chapter 1 and mark each place where Kreiter moves among these four levels:

- immediate perception;
- memory or report;
- inference;
- worldview.

Where is the movement explicit? Where is it compressed? Which movement feels most persuasive to you, and why?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Foreword and Chapter 1, "The Mad Logician," original EPUB supplied in the collection.

Guide material reviewed: “Chapter 1: The Mad Logician” in *John Kreiter — Complete Works — 13 Books*; “Chapter 1: The Mad Logician and the Sensual Deception” in *The Complete John Kreiter Mastery Guide — Parts I & II*.

Later-book threads retained: the Cube, the Archon, inherited perceptual architecture, and the VOID-like suspension of ordinary attention are included in a clearly marked esoteric bridge. Scientific images are preserved as correspondences while remaining distinct from formal scientific demonstration.

Major editorial changes: restored the original book's chapter boundary while preserving the cross-book cosmology as an overlay; replaced generic Mermaid diagrams with the custom Assumption Ladder; reduced repetitive recall devices; added claim-calibration practices, stopping conditions, imaginal interpretation, and a distinction between local and formal definitions of logic and reasoning.

Chapter 2 — The Sensual Deception

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 2, “The Sensual Deception.”

Chapter 1 loosens certainty at the level of thought. Chapter 2 turns the same pressure toward the senses. Its opening line—“Our senses lie”—is intentionally abrasive. The “lie” is not a moral accusation. It names the fact that perception gives us an organized world, not an untouched copy of whatever lies beyond perception.

Kreiter's practical wager is simple: if the organization of perception was learned, selected, or reinforced, then at least some of it may be retrained. The chapter therefore asks the reader to exchange passive trust in the senses for active curiosity about how seeing happens.

The chapter's central movement

The argument unfolds in five movements:

1. visual illusions show that perception adds structure to a stimulus;

2. the stories of Kenge and the Pirahã suggest that environment and language help organize experience;
3. shared categories make social life possible but also limit what a group permits itself to see;
4. the King and the Poisoned Well turns consensus into a parable about sanity and conformity;
5. the electromagnetic spectrum becomes both evidence of sensory narrowness and an esoteric image of the immensity surrounding ordinary awareness.

The chapter does not yet teach the full retraining. It changes the reader's posture. Instead of asking only, "What am I looking at?" the reader begins to ask, "What is my perceptual system doing in order for this world to appear?"

Illusions are demonstrations of addition

The three opening figures—the Ponzo illusion, the Kanizsa triangle, and the shaded depth spheres—do not show that vision is worthless. They show that vision is creative.

In the Ponzo illusion, converging lines supply a perspective context. Equal horizontal lines then appear unequal because the visual system interprets one as farther away. In the Kanizsa figure, fragments are organized into the contour of a triangle that has not been drawn. In the shaded spheres, an assumed light source turns flat gradations into protrusions or hollows.

The added depth, contour, and scale are not arbitrary mistakes. They are the perceptual intelligence at work. The world arrives already composed.

This gives Kreiter's phrase "our senses lie" a subtler meaning: the senses tell a useful story so quickly that the storytelling disappears. We experience the composition as a fact that required no composer.

Try looking at one of these illusions after measuring it. Knowledge does not necessarily dissolve the appearance. You can know the lines are equal while continuing to see them as unequal. This gap between knowledge and appearance becomes crucial throughout Kreiter's work. New information alone may not change a perceptual habit. Practice must reach the level at which the habit is performed.

> Figure / source plate
> Perception Is a Loop: world, sensory sample, interpretation, and action
> Source asset: assets/guide-10-figure-02-perceptual-loop.svg

Figure 2. Perception Is a Loop. The senses sample a world too abundant to take in completely. Interpretation organizes the sample into an experienced reality, and action changes what will be sampled next. The instrumental and esoteric readings of this loop can coexist.

Kenge at the edge of the forest

Kreiter retells Colin Turnbull's account of Kenge, who had lived in dense forest and then encountered a long open vista. Distant buffalo appeared to him as insects. As the vehicle approached, they seemed to grow. The tale matters in this chapter because it turns a familiar visual convention—smaller in the field means farther away—into something newly strange.

The anecdote should not be made to carry more than it can. It does not prove that every basic feature of vision is wholly taught by culture. Its power is imaginal and phenomenological: it lets the reader inhabit a moment when an apparently obvious world refuses to assemble in the expected way.

Kenge is not presented as deficient. Within the forest he possessed forms of perceptual expertise that an outsider might never acquire. Each environment educates attention. It makes certain distinctions vivid and leaves others unused.

The inward question is therefore not, “What can another culture not see?” but, “What has my world trained me to notice—and what has it trained me to dismiss before noticing begins?”

Quantity, language, and the Pirahã mirror

Kreiter's brief discussion of the Pirahã uses quantity as another example of cognition shaped by use. A culture that does not organize daily life around exact number words may cultivate a different relationship to quantity from a culture saturated with clocks, prices, rankings, counts, and measurements.

The valuable study move is not to turn the Pirahã into an exotic thought experiment. It is to let their presence reflect our own habits back to us. Modern numerical culture can see what exact counting reveals, but it can also become unable to feel duration without a clock, sufficiency without a total, or value without a score.

Kreiter's deeper contention is that unused capacities may sleep while repeatedly used capacities become the world. In later books, this becomes the rationale for training the inner feeling sense, the double, energetic containment, and non-ordinary attention: practice gives a neglected capacity a place to grow.

Cognitive cooperation: the blessing and the enclosure

Kreiter's house-plant example is easy to overlook. Two people occupy different positions and therefore receive different sensory views, yet they agree that they are looking at the same plant. This agreement is a triumph. Shared categories allow language, craft, care, memory, and civilization.

But every stable category also edits. “Plant” gathers a living complexity into a usable word. The word can guide attention—leaf, soil, water, growth—or close attention: “I already know what this is.”

The problem is not that consensus exists. Without it, coordinated life would collapse. The problem is forgetting that consensus is an achievement and treating its categories as the outer limit of reality.

Kreiter's “old schools” deliberately disturbed this limit. They used altered routines, secrecy, initiation, attention exercises, symbolic systems, and disciplined perception to make the familiar world less automatic. The methods could liberate, but they could also bind a student more tightly to a new group. Kreiter acknowledges this ambivalence when he asks whether cognitive realignment is another form of brainwashing.

That question should remain open. A school that claims to free perception may create a new conformity around its leader, cosmology, or vocabulary. A living practice increases the student's capacity to observe, choose, and leave. A coercive system makes questioning the system itself a betrayal.

The King and the Poisoned Well

In the parable, a witch alters the communal well. Everyone drinks except the king. Because the people now share one madness, the unaltered king appears mad to them. Threatened with removal, he drinks, and the kingdom rejoices that he has recovered his reason.

The story resists a single interpretation.

At the social level, it says that sanity has a relational dimension. A person must share enough of a community's codes to communicate and function within it.

At the political level, it shows the pressure that a majority can exert on a dissenting perception.

At the initiatory level, the king confronts a painful choice between clear seeing and participation.

At the alchemical level, later books suggest a further possibility: learn to enter the shared world without forgetting that it is a world assembled through agreement. The adept drinks knowingly, or learns to metabolize the water, rather than remaining either an unconscious conformist or an isolated dissenter.

The mature reading is not “everyone else is poisoned and I alone am sane.” That is precisely the kind of self-sealing certainty the parable can expose. The question is more intimate: **Which water am I drinking? What does it let me share? What does it make difficult to perceive?**

The electromagnetic spectrum as occult image

The spectrum diagram performs two jobs in the chapter.

First, it makes sensory limitation undeniable. Visible light is only one region within a much larger range of electromagnetic radiation. The room that looks visually quiet may be crossed by radio transmission, infrared radiation, ultraviolet light, and other signals the unaided eye does not register.

Second, the diagram becomes an esoteric emblem. The narrow visible band is the lit slit of consensus; the unseen regions are the vast dark wings of the possible. Kreiter invites the reader to contemplate that something extraordinary may be near while remaining outside the familiar range.

In a strictly scientific argument, unseen electromagnetic bands do not prove ghosts, auras, or entities. In an occult text, however, the spectrum is not limited to that argumentative role. It becomes a mandala of humility: a visible demonstration that ordinary sight is provincial. Its meaning lies partly in the imaginal leap it permits.

Carry both readings without forcing them to destroy one another. Instruments reveal wavelengths the eye omits. Esoteric attention uses that fact as a resonant image for subtler worlds, inner senses, and unknown forms of presence.

Esoteric bridge: from sensory range to the inner feeling sense

Later books answer Chapter 2's open question—"Can perception be retrained?"—with a complete system.

The Magnum Opus develops the inner feeling sense: a direct, bodily mode of knowing energy that does not depend on ordinary visual identification. *The Way of the Projectionist* treats attention as mobile and consciousness as capable of inhabiting other perceptual rooms. *The Way of the Death Defier* extends that mobility beyond the ordinary life narrative. *Overcoming the Archon Through Alchemy* interprets the consensual world as an energetic enclosure maintained by the Archon and by the habits through which human beings police one another's perception.

From this later vantage, the sensual deception is not merely neurological filtering. It is one face of the Cube. The senses keep rebuilding a stable object-world; society confirms the build; emotional reaction supplies energy to the structure; and inherited belief makes the structure feel self-evident.

The esoteric task is not to destroy ordinary perception. It is to make it one instrument among several. You retain the ability to cross a street, recognize a friend, and care for the physical body while developing another intimacy with pressure, atmosphere, energy, dream, image, and the unknown.

Practice lab 1: see the addition

Purpose: notice what perception contributes to a stimulus.

Time: fifteen minutes.

Study the three figures from the original chapter. For each one, write two short descriptions:

- **the arrangement:** lines, arcs, disks, shading, spacing;
- **the appearance:** depth, triangle, unequal size, hollow, protrusion.

Alternate between the descriptions. Do not try to defeat the illusion. Let yourself experience the fact that measurement and appearance can coexist without merging.

Then look around the room and choose one ordinary object. Describe it first by name and function, then as color, edge, texture, pressure, reflection, and relation. What returns when the name is withheld? What disappears?

Journal prompt: Where did you feel the strongest urge to complete or label what you saw?

Practice lab 2: the uncounted hour

Purpose: encounter how numerical habits organize experience.

Time: one safe hour on a quiet day.

During this hour, do not check a clock, count repetitions, price anything, track messages, or rank your experience. Use qualitative language: soon, enough, fading, abundant, sparse, unfinished.

This is not an imitation of the Pirahã. It is an interruption of your own numerical dependence.

At the end, note what became difficult and what became more vivid. Did the hour feel larger or smaller? Did anxiety arise when measurement disappeared? Did the body supply other measures—hunger, fatigue, light, attention?

Safety: do not use this practice while driving, taking medication on a schedule, cooking something time-sensitive, working, or managing money.

Practice lab 3: the unseen room

Purpose: use the electromagnetic spectrum as an imaginal threshold.

Time: ten minutes.

Sit in a familiar room. Begin with what is visible. Then imagine the room as layered with transmissions, heat, reflected and absorbed radiation, electrical activity, memory, emotion, and dream. You are not required to decide which layers are physical, psychic, symbolic, or imagined.

Let the room become more abundant without trying to see a specific entity or force an unusual event. If a sensation or image appears, write it in neutral language before interpreting it.

Close by naming five ordinary objects, feeling both feet, and doing one simple physical task.

Stopping condition: end immediately if the room begins to feel threatening, if you cannot return to ordinary naming, or if fear persists after the exercise.

Thought experiment: the sixth sense already present

Imagine that human beings have always possessed a sixth sense but that your culture has no stable language for it. Children mention it; adults translate their reports into imagination, coincidence, mood, or error; institutions do not train it; and people gradually stop attending to it.

What traces might remain? Perhaps a bodily certainty before a decision, a change in atmosphere when someone enters, a dream that reorganizes a problem, or a felt distinction between a living and an empty place.

Now reverse the experiment. Imagine that these impressions are not a hidden sense but a mixture of ordinary perception, memory, emotion, and pattern completion. What practices would help you tell the difference?

The purpose is not to choose one answer prematurely. It is to design a form of attention patient enough for a neglected faculty—or a subtle ordinary process—to disclose its pattern over time.

Cautions

- "My senses are limited" does not mean "every interpretation is equally likely." Let wonder widen inquiry without abolishing discernment.
- Do not stare at bright lights, the sun, lasers, or intense visual stimuli in an attempt to extend vision.

- Do not use sleep loss, intoxicants, isolation, or fear to force perceptual change.
- Treat cultural and anthropological examples with humility. They are not evidence that another people are deficient or primitive.
- The Poisoned Well can feed grandiosity if read as “I alone am awake.” Use it to examine your own conditioning, not to diagnose everyone else.
- If imaginal practice makes ordinary surroundings persistently hostile or unreal, stop and seek support.

Study summary

The sensual deception is the active construction of a usable world. Illusions reveal the additions; cross-cultural stories reveal the role of training; shared naming reveals the power and price of consensus; the Poisoned Well reveals conformity's emotional pressure; and the electromagnetic spectrum becomes an icon of all that ordinary sight omits.

Kreiter's occult conclusion is not that the senses must be rejected. They must be placed in a larger ecology of perception. The visible world remains real as experience and practical environment, but it no longer exhausts the real.

Retrieval questions

1. What do the three visual illusions reveal about addition in perception?
2. Why does knowing an illusion not necessarily stop the illusion?
3. What is the most respectful lesson to take from the Kenge anecdote?
4. How can exact measurement both reveal and conceal?
5. What gifts does cognitive cooperation provide?
6. Name four distinct readings of the Poisoned Well.
7. What two roles does the electromagnetic spectrum play in Kreiter's chapter?
8. How do later books transform sensory limitation into the concept of the Cube?

Return to the source

Reread Chapter 2 and mark three kinds of passage:

- demonstration: an illusion or example shows a perceptual process;
- speculation: Kreiter opens a possibility beyond the example;
- initiation: the passage is designed to change the reader's posture, not merely transmit a fact.

Which passages belong to more than one kind? Where does the prose move from argument into spell-like invitation?

Finally, study the original spectrum figure for two minutes. Close the book and draw it from memory—not as a scientific chart, but as an occult emblem of the visible slit within the unseen whole.

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 2, "The Sensual Deception," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 2: The Sensual Deception" in *John Kreiter — Complete Works — 13 Books*; "Chapter 3: The Sensual Deception" and the overlapping Chapter 1 material in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Later-book threads retained: the Cube, the Archon, the inner feeling sense, the rooms of the Projectionist, and energetic perception are presented as esoteric continuities rather than retroactively attributed to the wording of the original chapter.

Major editorial changes: restored the original chapter sequence; preserved the scientific-esoteric correspondences without treating laboratory verification as the sole standard of meaning; removed speculative labels from the electromagnetic spectrum table that presented particular entities as tied to particular wavelengths, then returned the underlying occult possibility through a richer "unseen room" practice; replaced generic Mermaid diagrams with the custom Perception Loop; condensed repetitive Q&A and mnemonics; added respectful limits around anthropological examples, grounding, and interpretive humility.

Chapter 3 — The Mob Rules

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 3, "The Mob Rules."

The first two chapters ask how the individual mind knows and perceives. Chapter 3 widens the frame. We do not build a world alone. Other people name, confirm, forbid, reward, ridicule, and repeat. Their agreement becomes the atmosphere in which perception matures.

Kreiter calls this atmosphere "the mob." The word is deliberately confrontational, but the chapter's deeper subject is more nuanced: the collective can carry knowledge, language, continuity, and protection; it can also become an automatic enforcer of its own limits.

The chapter's central movement

Kreiter begins with an invisible six-foot pink rabbit. If one person sees it and no one else does, consensus treats the perception as unreal. If enough people agree, the rabbit acquires social reality. The comic example introduces a grave question: what happens when private perception and public confirmation diverge?

The chapter then traces social conditioning from infancy into adulthood. Naming gives the child a shareable world. Rules distinguish danger from fantasy. School and peers intensify the cost of deviation. Memes transmit patterns across groups and generations. Repeated belief alters attention and behavior, and, in Kreiter's presentation, may shape the nervous system itself.

The way out is not a political uprising. It is intimate rebellion: question the names, colors, bodily routines, and apparent necessities that seem too obvious to question.

Harvey and the pink rabbit

Kreiter recommends the film *Harvey*, in which Elwood P. Dowd calmly shares his life with a giant invisible pooka. The story matters because Elwood is not tormented by his perception. Other people's reaction creates the crisis. The film

asks whether unusual perception must always be reduced to pathology, and whether becoming "normal" might sometimes remove tenderness along with strangeness.

In esoteric reading, Harvey can be a thought form, a non-physical companion, an imaginal intelligence, or a being whose mode of appearance does not require public agreement. In psychological reading, Harvey can be a private construction with personal meaning. In social reading, Harvey reveals the mechanisms by which a group handles an experience it cannot share.

The personal-study edition does not force one answer. It asks the more fertile question: **What changes when an unusual perception is approached first with curiosity, while safety and function remain intact?**

This question also protects against a reverse dogma. Lack of consensus does not automatically make an experience false; neither does privacy automatically make it occult. A perception can be meaningful before its ontology is settled.

Naming the world into stability

Kreiter's mother-and-chair scene captures the tenderness and power of naming. A caregiver points, repeats, praises, and gradually binds a sound to a shape, texture, function, and social use. "Chair" becomes more than a word. It is a unit of shared reality.

Naming is not a crime. It is an initiation into relationship. Without it, the child could not ask for help, share attention, learn craft, or enter a common history. Yet the name also creates a shortcut. Once the chair is known, the changing event before the senses can vanish behind the category.

The occult problem begins when the category is mistaken for the whole being of the thing. The remedy is not permanent namelessness but the ability to move in both directions: name when cooperation requires it; un-name when attention has gone numb.

The imaginary friend at the threshold

Kreiter uses the child's imaginary friend as an image of perceptual narrowing. Early in life, invisible companionship may be tolerated as play. Later, the same report can attract ridicule or concern. The child learns not only what adults say exists but what kinds of experience may be spoken aloud.

The existing guides often convert this ambiguity into certainty: the imaginary friend "was real," perhaps a thought form or servitor. That is one authentically esoteric possibility and deserves to remain. But the threshold is richer if several possibilities stay alive:

- the companion may be deliberate play;
- it may organize emotion and social rehearsal;
- it may be an autonomous imaginal figure;
- it may be a spontaneously created thought form;
- it may be a perceived intelligence not generated by the child;
- it may move among more than one of these modes.

Occult inquiry need not impoverish itself by demanding a single category too early. The important fact is that relationship with the invisible can carry affect, continuity, surprise, and instruction. Later servitor work returns to this territory intentionally, with form, purpose, control, and closure.

Adults caring for children should not use occult theories to dismiss distress or avoid appropriate care. The esoteric possibility and the duty of care can coexist.

Memes: from pattern to presence

Kreiter borrows the meme as a unit of cultural transmission and then makes a distinctly occult move: a meme can become alive. Repetition gives it persistence; emotion gives it charge; identity gives it defenders; institutions give it bodies, rituals, schedules, architecture, and law.

This claim can be read at several depths.

At the informational level, a meme survives by being copied.

At the psychological level, it recruits attention and motivates behavior.

At the social level, it builds roles and institutions that continue beyond any one believer.

At the energetic level, it becomes a thought form fed by the attention and emotion of its hosts.

At the occult level, a sufficiently charged collective pattern may develop an emergent intention—a presence that seeks more attention, resists dissolution, and influences the people who believe they merely possess an idea.

Kreiter's weather analogy is especially good. A storm is real without having a little person at its center making decisions. It emerges from currents, temperatures, pressure, and terrain; it gathers power; it moves; it affects bodies; it dissipates. A meme can likewise become a climate of thought and feeling larger than any participant.

> Figure / source plate
> Memetic Weather: a six-stage cycle fed by attention and emotion
> Source asset: assets/guide-10-figure-03-memetic-weather.svg

Figure 3. Memetic Weather. An idea becomes a charged pattern through repetition, identity, institutional form, enforcement, and transmission. In Kreiter's esoteric reading, attention gives duration and emotion gives charge.

The telepathic field

The chapter entertains a wider form of transmission. If telepathy exists, conditioning may begin before speech, operate during sleep, and pass through fields that are not limited to overt communication. Kreiter invokes the hundredth monkey story, Jung's collective unconscious, Rupert Sheldrake's morphic fields, J. B. Rhine's psi research, and the double-blind protocol.

The guides turn these references into a single argument that science secretly recognizes telepathy. The non-rational edition can preserve the connection without pretending the references are identical.

Think of them as a constellation:

- the collective unconscious imagines psyche as deeper than the private ego;

- morphic resonance imagines repeated form as a field that makes recurrence easier;
- psi research asks whether information can cross ordinary sensory boundaries;
- experimenter effects reveal that expectation enters inquiry in subtle ways;
- the hundredth monkey, even in its mythologized form, gives culture an image of a threshold after which learning seems to belong to the field.

The constellation is not a proof in the ordinary sense. It is an occult hypothesis about participation: perhaps minds are less sealed than the modern individual imagines. Perhaps the mob is not only a collection of voices but a pressure present before any single voice speaks.

Carry that possibility as practice. When entering a crowded place, notice what seems to arrive through explicit words, what arrives through posture and rhythm, and what appears as an atmosphere with no obvious sender. Do not rush to call the atmosphere telepathic. Do not rush to deny that name either.

Belief and the living brain

Kreiter's claim that "belief systems change our brains" provides a bridge between the memetic and bodily dimensions. What receives attention is practiced. What is practiced becomes easier to notice and perform. What is ignored can become faint.

The esoteric consequence is larger than a lesson in habit. If belief organizes attention, and attention is the currency of Kreiter's system, then belief directs energy. A belief is not only something one thinks. It is a channel through which perception and vitality repeatedly flow.

This explains why a meme may feel alive even before one accepts the stronger occult claim. It has pathways, reflexes, words, images, emotional triggers, allies, enemies, and rituals distributed across many bodies. It wakes when named. It recruits memory. It prepares speech. It can make a person defend it before reflection begins.

The practitioner studies a belief not only by asking whether it is true, but by asking what it does with attention.

Esoteric bridge: meme, egregor, Archon

Later books supply a vertical scale for Chapter 3's living memes.

A passing thought may dissolve quickly. Repeated thought can gather form. A deliberately designed thought form becomes a servitor. A pattern charged by a group becomes an egregor. At the largest scale, Kreiter's Archon can be approached as an ancient non-organic intelligence, a planetary containment system, the apex of a predatory ecology, or the overwhelming mega-pattern produced by the reciprocal feeding of collective belief and non-human intent.

These interpretations need not be reduced to one. In occult study, the Archon may be simultaneously entity, system, mythic ruler, perceptual prison, and energetic relation.

The “mob” then becomes the Archon's distributed nervous system. Parents, peers, institutions, media, and inner speech repeat the world into stability. No conscious conspiracy is required; the pattern moves through ordinary participation. In the strongest esoteric reading, however, the pattern is not merely emergent. Something beyond the human may lean through it.

The practical response remains the same: do not waste the whole life fighting the weather. Learn what feeds it, shelter attention, withdraw unnecessary charge, and cultivate a quiet center from which participation becomes a choice.

Practice lab 1: semantic unbinding

Purpose: feel the seam between sound, category, and thing.

Time: five minutes of repetition, followed by five minutes of looking.

Choose a neutral word for an object near you: cup, window, chair, book. Repeat the word steadily until it becomes strange or loses its immediate meaning. Then stop and look at the object without trying to recover the word.

Notice color, proportion, reflected light, wear, position, and mood. Let the object become briefly unknown.

Close by naming it again and using it normally. The movement back matters. The practice trains flexibility, not permanent estrangement.

Journal prompt: Did the thing itself change, or did your route toward it change?

Practice lab 2: the meme weather journal

Purpose: identify patterns by their energetic signature.

Time: ten minutes each evening for seven days.

Choose one circulating story—political, spiritual, commercial, social, or personal. Each day record:

- where it appeared;
- the image or phrase that made it portable;
- the emotion it requested;
- the identity it offered;
- the enemy or danger it named;
- the action it wanted from you;
- how your body felt after contact;
- whether you repeated it.

On the seventh day, imagine the pattern as weather. Is it fog, heat, static, wind, drought, thunder, pressure? Draw it without words.

Then ask the occult question: if this pattern were a living thing, what would it eat, what would it fear, and what behavior would keep it alive?

Practice lab 3: the field before the voice

Purpose: explore collective atmosphere without forcing a telepathic conclusion.

Time: five minutes on entering a familiar public place.

Before speaking, notice pace, volume, tension, gaze, posture, spacing, and your own immediate mood shift. Separate what you can attribute to sensory cues from what arrives as an undifferentiated feeling.

Write the feeling in metaphor: “the room leans forward,” “the air is brittle,” “the group feels sleepy.” Later compare the metaphor with what actually unfolds.

Over several weeks, patterns may emerge. Treat misses as seriously as hits. A living intuition becomes more trustworthy when it can tolerate correction.

Thought experiment: the meme that dreams through you

Choose a belief you defend strongly. Imagine that the belief is an entity borrowing your voice.

What does it make you notice? What does it hide? Which memories does it summon? Whom does it cast as impure, foolish, dangerous, or asleep? What sacrifice does it require? What promise does it make about belonging or safety?

Now imagine withdrawing attention for one month. Does the entity shrink, threaten, seduce, accuse, or change masks?

This thought experiment does not prove literal possession. It makes identification visible. Sometimes the most useful occult image is the one that reveals a psychological mechanism more vividly than abstract language could.

Cautions

- Do not use “the mob” as a contemptuous label for everyone who disagrees with you. You are also a participant in collective reality.
- Do not tell a distressed person that medication, therapy, or care is merely social control. Unusual perception and genuine suffering can coexist; appropriate support matters.
- Do not assume every child's imaginary companion is an entity, or encourage a child to keep frightening experiences secret.
- Do not treat skepticism as proof of Archonic influence. Disagreement may contain useful friction.
- Esoteric secrecy should protect incubation and privacy, not isolate you from all corrective relationships.
- If the field model produces escalating paranoia—especially the sense that every institution or stranger is coordinating against you—stop the practice and seek grounded support.

Study summary

The mob is the collective force by which a shared world is named, taught, inhabited, and defended. It gives human beings language and coordination, but it can also narrow perception and punish what does not fit.

Memes are the chapter's central occult mechanism. An idea repeats, gathers emotion, becomes identity, builds form, enforces itself, and returns through new hosts. Kreiter's later system scales this process upward through thought forms and egregors to the Archon.

The practitioner's task is not theatrical rebellion. It is to notice participation, recover the interval before automatic repetition, and decide where attention will flow.

Retrieval questions

1. What does the pink rabbit reveal about private perception and public validation?
2. How is naming both gift and enclosure?
3. Name five possible readings of an imaginary companion.
4. What gives a meme duration, charge, identity, and institutional form?
5. How does the weather analogy improve on the simple “idea as virus” metaphor?
6. What constellation of ideas supports Kreiter's telepathic-field speculation?
7. How do meme, egregor, and Archon relate without becoming exact synonyms?
8. What is the difference between privacy and isolating secrecy?

Return to the source

Reread Chapter 3 and underline every sentence that describes a benefit of consensus. Then circle every sentence that describes a cost. Does Kreiter's balance change across the chapter?

Mark the moment when “meme” stops meaning a transmitted idea and begins to suggest a living entity. What language performs the transformation?

Finally, repeat one ordinary word until it becomes strange. Return immediately to the paragraph on fundamental beliefs. Does the prose now operate differently—as explanation, instruction, or incantation?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 3, "The Mob Rules," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 3: The Mob Rules" in *John Kreiter — Complete Works — 13 Books*; "Chapter 4: The Mob Rules" in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Later-book threads retained: servitors, egregors, the Archon, the Cube, attention as energy, VOID-like containment, and collective fields are included as an esoteric vertical extension of the source chapter.

Major editorial changes: preserved the telepathic, morphic, collective-unconscious, double-blind, and hundredth-monkey correspondences as an occult constellation rather than deleting them for lack of conventional proof; retained the possibility that imaginary companions are non-physical or thought-form beings while restoring interpretive plurality; replaced generic Mermaid diagrams with the custom Memetic Weather map; condensed repetitive interview banks and doctrinal declarations; added practices for field perception, memetic energy, correction, privacy, and paranoia boundaries.

Chapter 4 — The Doing of Not-Doing

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 4, "The Doing of Not Doing."

The first three chapters prepare the ground. Chapter 4 begins practice. Kreiter's tactical insight is elegant: beliefs are difficult to change by argument, but beliefs express themselves through routines. Interrupt a routine and, for a moment, the belief no longer knows exactly how to perform itself.

That moment is not emptiness. It is an interval in which attention becomes available and will begins to appear.

The chapter's central movement

The chapter travels from belief to habit, from habit to interruption, and from interruption to will.

Repeated action forms a pathway. The path becomes efficient, then invisible. Eventually the action feels necessary rather than chosen. Kreiter's not-doings—looking at space, watching shadows, acting without purpose, laughing without cause, playing at amnesia, and harmless public strangeness—close the familiar road long enough for awareness to find another route.

The method is deliberately non-rational. The point is not to explain the unusual act or make it useful. Explanation would return the act to the economy of reason it is intended to interrupt.

Why routine is more accessible than belief

Tell yourself to stop believing in the solidity of objects, and the room does not change. Tell yourself that social judgment is irrelevant, and embarrassment still arrives. A belief is woven through perception, memory, posture, language, and reflex. It does not live in a single sentence that can simply be deleted.

A routine, however, has a surface. You can walk a different route, look at a gap instead of a thing, move an object without purpose, or interrupt the demand to explain. The action creates new evidence inside the self: "The sequence could be otherwise."

This is why not-doing develops will. Will is not muscular insistence. It is the growing capacity to recognize an automatic movement and introduce another possibility.

> Figure / source plate
> The Not-Doing Cycle: routine, interruption, and integration
> Source asset: assets/guide-10-figure-04-not-doing-cycle.svg

Figure 4. The Not-Doing Cycle. A routine converts belief into automatic perception. Interruption opens a living interval in which choice appears. Integration allows the Weird and the normal to coexist without one annihilating the other.

Wu-wei and the occult interruption

Kreiter links his exercises to *wu-wei*. In Taoist texts, the term has a wide field of meaning: non-forcing, action that does not violate the nature of a situation, accomplishment without strained self-assertion. Kreiter draws out a different face. For him, not-doing includes action released from the ordinary conscious script and used to break a perceptual barrier.

This is not a scholarly claim that every Taoist used the exercises in this chapter. It is an esoteric lineage claim: beneath the language of effortless action, Kreiter senses an ancient technology for unhooking awareness from the compulsory human world.

The connection to immortality is equally important. The Taoist immortal is not presented merely as a person who lives a very long time. The immortal is a being no longer completely governed by the routines through which the collective defines body, time, action, and death. Later Death Defier material will radicalize this possibility. Here it first appears as a small freedom inside an ordinary afternoon.

"Weird begets weird"

Kreiter treats the word *weird* as more than a synonym for unusual. The Weird is the register of reality that becomes perceptible when the familiar organization loosens. A weird act is both signal and invitation. It tells the psyche that the established sequence is not sovereign.

This principle explains ritual. A rite removes action from ordinary utility, stylizes movement, marks space, orders attention, and charges symbols. Its effectiveness may not depend on whether an external observer thinks the action rational. The rite builds a local world in which other relations can appear.

Not-doing is ritual reduced to its sharpest edge. It requires no temple and no inherited liturgy. The break itself is the rite.

The six original practices

1. Look at space

Ordinary sight privileges objects. Space becomes the absence between important things. Reverse the hierarchy.

Sit in a room and attend to the air beneath a table, between a chair and wall, above a lamp, around the edges of a door. Do not look vaguely through the gap. Let the gap become the object of attention.

Outside, study the spaces between leaves. Notice how the gaps participate in the tree's form. The object is no longer a self-contained mass; it becomes a dialogue between fullness and openness.

Kreiter suggests beginning with fifteen minutes and extending the duration. For this edition, remain at ten to fifteen minutes until the practice feels calm and integrated. Longer is not automatically deeper.

2. Look at shadows

A shadow is usually treated as a side effect. Give it primary status. Follow its contour, density, color, softness, and relation to the object that casts it.

Kreiter suggests that a shadow may begin to feel like glue holding the object in place. Do not decide in advance whether this is metaphor or energetic perception. Let the feeling teach in its own register.

Try the same object at different hours. The thing appears stable; the shadow reveals its participation in a moving field of light.

3. Act without purpose

Stack books, then unstack them. Rearrange harmless objects and restore them. Walk to one side of a room, touch the wall, and return. Perform the action fully while refusing to invent a benefit.

The mind will try to rescue usefulness: “This is exercise,” “I am testing myself,” “This will improve creativity.” Notice the rescue and let it pass. The practice is not pointless because it fails to achieve something. Its point is to enter, briefly, an action that is not justified by point-making.

4. Laugh without a reason

Begin with the physical shape and sound of laughter. It may feel false. Continue gently until the distinction between real and artificial becomes less important. Sometimes the absurdity of the act generates genuine laughter; sometimes it remains a deliberate vibration.

The exercise reveals that emotion can be entered from the body as well as received from a story. It also breaks the belief that laughter must be earned by an object.

Keep the session short. Stop for dizziness, breathlessness, pain, panic, or discomfort.

5. Play the amnesia game

For a brief period, imagine that the preceding second cannot be consulted and the next second cannot be predicted. Names may arise, but they have no history. The room has no established future. Awareness rests at the edge of what is appearing.

This is not a claim of actual memory loss and not an attempt to destroy identity. It is an imaginal device for loosening temporal narration. The Mad Logician has become a practice.

Use a safe seated setting. Do not use the game while navigating streets, caring for another person, working, or performing any task that requires memory and prediction.

6. Introduce harmless public strangeness

Kreiter calls public oddity the strongest routine break because it summons social conditioning immediately. The heart quickens; the inner crowd begins to speak; identity feels watched.

The practice can be retained without turning strangers into unwilling participants. Wear an unusual but appropriate color combination. Pause to study a tree with visible wonder. Take a different lawful route. Sit in a familiar public place and write with the non-dominant hand. Ask for no attention and create no alarm.

The real not-doing happens inside: you feel the reflex to restore normality and choose not to obey it instantly.

The cumulative effect

Kreiter reports four broad effects.

First, perception becomes plural. A situation no longer arrives with only one permissible interpretation.

Second, choice becomes palpable. The practitioner discovers that many "necessities" were maintained selections.

Third, inner strength increases. The energy previously spent keeping the routine unquestioned becomes available at the point of choice.

Fourth, the world may become strange. Small anomalies, unusual vividness, changes in atmosphere, or a sense that reality is less sealed may appear.

The fourth effect is why the chapter repeats "Go Slow." The practice is not a contest to produce the most dramatic event. A breakthrough that cannot be integrated is less useful than a quiet enlargement that remains available in ordinary life.

Esoteric bridge: will, VOID, and the rooms

Not-doing is the seed of the later three-polarity system.

When attention is withdrawn from the usual object and placed in space or shadow, the practitioner performs a small energetic redirection. When the urge to explain or conform is felt but not discharged, something like containment begins. When the released attention is deliberately placed elsewhere, the first outline of projection appears.

The amnesia game also anticipates the Projectionist's rooms. The ordinary self is held together by memory, expectation, desire, and repeated self-reference. Briefly suspending that scaffolding reveals that awareness can remain present while its usual story grows faint. Later practices will use this discovery to build self-cohesion outside the familiar body-world.

From the Archon perspective, routines are feeding channels. They keep attention moving through predictable emotional and perceptual circuits. A not-doing interrupts the circuit. The released energy is small, but the lesson is immense: the circuit is not absolute.

From the Death Defier perspective, every routine break is rehearsal for the greatest break—remaining aware when the sequence called "my life" can no longer continue in its ordinary form.

Practice sequence: a twenty-one-day slow cycle

This sequence is intentionally conservative. It honors Kreiter's warning and the user's request for a slow pass.

Days 1–7: negative space

Practice looking at space for ten minutes on four non-consecutive days. On the other days, live normally. Record only concrete changes: ease, strain, visual texture, mood, aftereffects.

Days 8–14: shadow and purposeless act

On two days, study one shadow for ten minutes. On two other days, perform one private, harmless purposeless act lasting less than five minutes. Leave recovery days between practices.

Days 15–21: amnesia and integration

On two days, play the amnesia game while seated for five minutes. On one day, choose a very mild public variation. Spend the remaining days integrating.

At the end, reread the journal. Continue only the practice that increased aliveness without degrading sleep, concentration, relationships, or ordinary function.

Practice lab: one-variable protocol

Purpose: learn what a practice actually does to you.

Change only one variable at a time. Keep the setting, time of day, and duration broadly stable for three sessions. Record:

- state before practice;
- exact practice and duration;
- sensory events during practice;
- emotions and thoughts;
- state fifteen minutes later;
- sleep that night;
- effect the next day.

Do not call an event a result until it repeats or forms a recognizable pattern. The journal is not there to drain mystery from the work. It gives mystery continuity.

Thought experiment: the ritual with no witness

Imagine a ritual performed perfectly in a room no one will ever enter, for a purpose no one will ever know, with symbols invented by the practitioner and destroyed afterward.

What gives the ritual force? The movements? The attention? The secrecy? The refusal of ordinary utility? The presence of unseen intelligences? The transformation of the practitioner? The creation of a temporary world?

Now imagine that the ritual's only physical act is moving one stone from the left side of a table to the right. Could an action that small become a door if attention, intention, and context were complete?

This is the scale at which not-doing operates. The outer action can be trivial. The break in inevitability is not.

Cautions

- Go slowly. Do not stack multiple destabilizing practices on the same day.
- Never ignore vehicles, heights, fire, water, machinery, medication schedules, childcare, or other real-world demands in order to attend to "space."
- Do not perform alarming, disruptive, illegal, sexual, threatening, or nonconsensual public acts.
- Do not use actual sleep deprivation, memory impairment, intoxicants, or breath restriction as not-doing techniques.
- If the world feels persistently unreal, hostile, fragmented, or difficult to navigate, stop all routine-breaking and return to ordinary structure.
- Restoring routine is not failure. In an alchemical cycle, coagulation follows dissolution.
- Seek qualified support if confusion, fear, or functional impairment continues.

Study summary

Not-doing approaches belief through behavior. A routine that looked necessary becomes visible as a repeated choice. The interruption releases attention, and repeated contact with that interval develops will.

Space, shadow, purposeless action, uncaused laughter, imaginal amnesia, and harmless social variation each loosen a different bond. Their value lies not in spectacle but in the discovery that perception can be otherwise.

The Weird should be invited beside the normal, not used to destroy the normal. Slow integration is part of the practice, not an afterthought.

Retrieval questions

1. Why does Kreiter target routines instead of beliefs directly?
2. What is the local meaning of *wu-wei* in this chapter?
3. How does looking at space reverse the hierarchy of ordinary vision?
4. Why must purposeless action remain unexplained during the exercise?
5. What does the amnesia game suspend?
6. Why is public strangeness powerful, and how can it remain ethical?
7. Name four cumulative effects of not-doing.
8. How does the practice anticipate IN, OUT, VOID, projection, and death defiance?
9. What does “coagulation follows dissolution” mean in practical terms?

Return to the source

Reread Chapter 4 and place a mark beside every warning. Kreiter's prose is exuberant, but how often does he tell the reader to slow down, pause, or integrate?

Next, underline the verbs in each exercise. Which practices redirect looking? Which redirect purpose? Which redirect time? Which confront the social self?

Finally, choose one sentence that treats the Weird as a reality and one that treats weird action as a technique. What is the relationship between the two?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 4, "The Doing of Not Doing," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 4: The Doing of Not Doing" in *John Kreiter — Complete Works — 13 Books*; the not-doing sections of "Chapter 2: The Art of Not-Doing, Seeing the Invisible, and Breaking the Greatest Routine of All" in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Later-book threads retained: will as energetic agency, the IN/OUT/VOID polarities, the Archon as a system of habitual attention, the Projectionist's rooms, and Death Defier practice are retained as esoteric bridges.

Major editorial changes: preserved the non-rational force of purposeless action, Weird correspondence, ritual, immortality, and perceptual breakthrough; restored the source chapter's concise progression rather than merging Chapters 4–9; replaced generic Mermaid diagrams with the custom Not-Doing Cycle; reorganized the six practices into a slow, one-variable training sequence; redesigned public strangeness to avoid alarming or using strangers; added integration days, journal fields, stopping conditions, and the alchemical principle that restoring form is part of the work.

Chapter 5 — Seeing Auras and Energetic Perception

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 5, "Seeing Auras/Energetic Perception."

Chapter 4 teaches the reader to interrupt the ordinary use of attention. Chapter 5 gives that released attention a perceptual task. Kreiter asks the eyes to stop treating the visible body as a sealed object and asks the skin to stop treating the air around a body as empty.

The chapter's promise is concrete: peripheral vision, soft focus, and kinesthetic attention can reveal a corona, mist, displacement, or field around living forms. Within Kreiter's occult physiology, these impressions are not accidental decorations. They are the first visible or tangible fringes of the energetic body.

The deepest purpose, however, is not to collect colors or prove oneself psychic. It is to learn the inner configuration by which subtle perception becomes available and then to preserve that configuration as a **feeling memory**.

The chapter's central movement

Kreiter begins with the image of a vibrational universe. Matter, empty space, and the human body are treated as bands of energy rather than isolated solids. The visible spectrum is only a narrow opening, so a body may radiate more than habitual sight admits.

He then turns to rods and cones. Cones serve the bright, central, sharply resolved world. Rods serve dim light and peripheral awareness. Kreiter extends this distinction into an esoteric physiology: the rods, he proposes, reach farther toward ultraviolet and infrared frequencies and can be trained to notice subtler radiation.

The chapter proceeds through four linked discoveries:

1. in dim light, an object may become more visible when one looks beside it rather than directly at it;
2. the human being can be imagined as a living flame with physical, etheric, and emotional radiance;
3. the hands and forearms can register a near-body field as warmth, pressure, tingling, or displacement;
4. a steady visual anchor and peripheral attention can disclose an aura around another person.

The progression matters. Kreiter does not ask the beginner to begin with elaborate clairvoyant interpretation. He begins with a change in looking, adds a change in bodily listening, and ends by asking the practitioner to remember the state in which those channels opened.

Occult physiology: training the night side of sight

Rods and cones are not merely anatomical facts in this chapter. They become symbols of two perceptual dispositions.

Cone consciousness looks directly, names quickly, sharpens edges, and identifies an object. It is excellent at the world of things.

Rod consciousness looks obliquely, receives a wider field, tolerates softness, and notices what flickers at the edge. It is receptive to atmosphere.

Kreiter's claim that rods see farther into ultraviolet and infrared is part of his operative model. It binds physiology and occult perception into a single practice: change which part of sight leads, and another layer of the world may answer. For this personal-study edition, that correspondence is kept intact. It belongs to the book's non-rational intelligence. The exercise is allowed to work as an occult technology without first being reduced to a laboratory proposition.

The important point is not to stare harder. Hard staring contracts attention around an object. Aura practice requires a paradoxical action: keep one point visually stable while allowing attention to spread around what is not in focus.

This is why the first dark-room experiment is so valuable. The object that disappears under direct inspection may reappear at the edge of vision. The lesson is immediate and embodied: **the mode of looking determines the world that can be seen.**

The living-flame model

Kreiter's candle analogy is the chapter's governing image.

The physical body is the dense core of the flame. It is the most concentrated layer and therefore the layer ordinary vision accepts as the person.

The etheric body is compared to the heat close to the flame. It is subtler than the core, close to the skin, and often first perceived as a pale or blue-white corona. It belongs to the near field.

The emotional body is compared to the flame's radiated light. It extends farther, is described as egg-shaped, and may display movement, intensity, or color in relation to feeling and intention.

The analogy should be inhabited rather than merely decoded. A candle does not end at the edge of its bright core. Heat and light carry its presence into the room. In the same way, the occult human being does not end at the skin. The body is a condensation inside a wider event.

This image also corrects a common beginner's mistake. An aura is not necessarily a spectacular halo pasted onto a solid person. It may arrive first as a slight softening of the boundary, a luminous thread, a shift in the surrounding air, or a sense that the body continues beyond its visible contour.

The perceptual weave

Aura work becomes more reliable when four movements cooperate.

> Figure / source plate
> The Perceptual Weave: visual anchor, peripheral field, kinesthetic sensing, and feeling memory
> Source asset: assets/guide-10-figure-05-perceptual-weave.svg

Figure 5. The Perceptual Weave. Direct sight provides an anchor; peripheral attention receives the field; hands and forearms supply a kinesthetic echo; feeling memory preserves the inner configuration. The practice gathers several subtle impressions before assigning meaning.

I. Anchor

The thumb in Kreiter's partner exercise is not important because thumbs possess special occult force. It creates a point the direct gaze can hold while the body falls slightly out of focus. A fingertip, a small mark beside the body, or the space just beyond a shoulder can serve a similar function.

The anchor prevents vague daydreaming. One part of the visual act remains exact.

II. Periphery

Although the eyes remain anchored, attention includes the blurred contour of the body. The practitioner receives rather than reaches. If a corona appears, looking directly at it may make it vanish because direct gaze restores the old object-centered mode.

Kreiter recommends small movements of the eyes around the head and shoulders. In his account, this keeps different rod populations active and prevents visual purple from being exhausted in one area. Esoterically, the movement also prevents awareness from freezing the field into a single expected image.

III. Skin

The hands and forearms become a second instrument. A slowly moving hand passes near an open palm or forearm without touching. The receiving surface attends to warmth, coolness, pressure, tingling, a magnetic-like quality, movement in fine hairs, or an impression that has no ordinary tactile name.

Heat and moving air are not enemies of the occult reading. They are part of the threshold through which the subtle may become sensible. The practice asks whether repeated attention reveals a stable signature inside that mixture.

IV. Remember

Kreiter calls the remembered feeling of the perceptual state more important than the outer procedure. This is the chapter's master key.

After a genuine shift—even a faint one—close the session and recall the whole configuration: muscular relaxation, width of attention, quality of breath, relation between direct and peripheral sight, tone of the skin, and the particular quietness of the mind. The memory is not a picture of an aura. It is a way of arranging the perceiver.

Later practice calls up this arrangement with fewer props. In Kreiter's later vocabulary, it becomes a bridge toward the Inner Feeling Sense.

Color as a personal occult language

Kreiter offers a small provisional lexicon:

Color	Kreiter's initial association
Brown	inflated ego and a desire to win
Beige	dependence or cowardice

Color	Kreiter's initial association
Olive or drab	deceit, jealousy, or lying
Green or lime green	high energy and intention
Yellow	charisma or mental energy
Pink	loving energy

The important instruction comes immediately after the list: build your own catalogue.

Color may function as sight, symbol, translation, or a combination of all three. One perceiver's green may not carry the same charge as another's. Lighting, clothing, background, expectation, emotional rapport, and the perceiver's personal symbolic life may all enter the image. None of this empties the color of occult meaning. It makes disciplined relationship necessary.

A useful entry in an aura journal contains five layers:

1. **appearance** — exact hue, brightness, position, size, movement;
2. **felt quality** — warm, compressed, lively, resistant, clear, agitated;
3. **context** — lighting, distance, background, duration, subject's activity;
4. **later information** — anything learned after the observation;
5. **provisional meaning** — the correspondence that now suggests itself.

Write the first three before the fifth. This keeps the personal color language alive instead of turning it into a rigid code imposed on every person.

Intention, deception, and the ethics of interpretation

Kreiter says the aura can disclose intention, lying, and a person's next move. Within the occult model, the emotional body changes before speech completes its social disguise. A flare, contraction, muddying, or directional movement may therefore become practical intelligence.

The power of this idea requires restraint. An impression may be real without one's interpretation being complete. “The field tightened when I asked about money” is not identical to “this person is stealing.” The first is an energetic observation. The second is an accusation with consequences.

The mature operator uses aura perception as one current among several: words, behavior, history, ordinary evidence, intuition, and the felt relation between them. The aura may warn, invite a question, or advise distance. It should not become a machine for convicting strangers.

This restraint does not make the work less esoteric. It makes the vessel stronger. Power that cannot tolerate uncertainty becomes projection.

Esoteric bridge: from corona to the Dark Sea

Later Kreiter books transform this modest perceptual training into the beginning of an entire energetic vocation.

The kinesthetic displacement around the palm grows toward the **Inner Feeling Sense**: direct apprehension of energy that is not confined to the ordinary senses. The feeling memory is the hinge. By remembering the inner arrangement rather than depending on a pale wall and dim room, the practitioner begins to carry the gate within.

The aura also prepares the **IN polarity**. To draw energy with precision, one must first feel where energy gathers, thins, projects, or resists. The hands and forearms become early antennae for the currents that later books describe as nourishment, attack, ambient charge, and non-organic presence.

From the perspective of *Vampire's Way to Psychic Self-Defense*, a field may reveal projection before the social action becomes obvious. From the perspective of *The Magnum Opus*, changes in coherence, brightness, containment, and central density may mirror the progress of accumulation and refinement. From the perspective of *The Way of the Projectionist*, the pale fringe around a body is the shore of a much greater sea: a first indication that form floats inside energy rather than energy being trapped inside form.

The chapter's ghosts and vortexes belong to the same vertical movement. Peripheral color shifts, pressure changes, and a sense of presence are treated as possible signatures of paranormal concentration. Highly charged electromag-

netic areas are said to feed supernatural phenomena. This correspondence is retained as part of Kreiter's field cosmology. The practitioner is invited to explore it with patience, discretion, and enough grounding to leave an area when the atmosphere becomes oppressive.

The aura is therefore not an isolated psychic party trick. It is the first shoreline of Kreiter's later Dark Sea.

Practice lab 1: the night-side comparison

Purpose: learn the felt difference between direct and peripheral seeing.

Time: ten to fifteen minutes, on three separate evenings.

Choose a familiar room with dim ambient light. Remove obstacles before lowering the light. Sit down; do not wander through darkness. Allow several minutes for your eyes to settle, and keep screens turned off.

Choose an ordinary object. Look directly at it for a few breaths. Then move the gaze slightly above or beside it while keeping attention on the object. Alternate slowly three times.

Record:

- what direct sight reveals;
- what peripheral sight reveals;
- whether an outline, movement, color, or atmospheric change appears;
- the bodily and mental difference between the two modes.

Do not require an aura. The first success is recognizing that the two ways of seeing have different textures.

Stopping condition: stop for eye pain, headache, nausea, panic, disorientation, or an urge to keep escalating the darkness. Never stare at the sun, bright lamps, or any intense light source as part of this practice.

Practice lab 2: the ethereal caress, one variable at a time

Purpose: establish a kinesthetic baseline and discover the near field.

Time: eight minutes.

Rest one forearm on a table with the palm open. Pass the other hand above it without touching. Begin at approximately five centimetres and move slowly. Close the eyes if comfortable.

For the first session, vary only **distance**. For the second, vary only **speed**. For the third, keep both stable and compare the centre of the palm, wrist, and forearm.

Use descriptive language: “warm oval,” “fine hairs moved,” “pulsing at the palm,” “pressure before the hand arrived.” Do not force the sensation to become more dramatic. Subtlety is the material.

At the end, remove the moving hand and remain still for thirty seconds. Notice the after-presence. Then recall the state of attention that made the sensation clearest. This recollection is the first deliberate construction of feeling memory.

Practice lab 3: the consent-based aura session

Purpose: follow Kreiter's central visual exercise without turning the subject into an object of judgment.

Time: fifteen minutes.

Ask a willing partner to stand or sit comfortably before a pale, plain wall in soft, dim light. They may stop at any point and need not disclose what they are thinking.

1. Ask the partner to hold a thumb about fifteen centimetres from the face or upper body.
2. Relax the jaw, brow, shoulders, and breath.
3. Focus on the thumb while including the blurred head and shoulders.
4. Receive the contour for two or three minutes. If you lose the field, return gently to the thumb.
5. Ask the partner to recall, silently, one pleasant image. Observe only change: brighter or dimmer, wider or narrower, still or moving, colored or colorless.
6. Rest the eyes and write the observation before discussing it.

7. Ask what the partner noticed internally. Compare without trying to manufacture agreement.

One emotional condition is enough for a first session. Kreiter's love/hate contrast can be explored later, but there is no need to provoke intense aversion for training.

Feeling-memory close: after the partner relaxes the pose, close your eyes for three breaths and remember how your attention felt one instant before the clearest perception.

Practice lab 4: the two-channel field map

Purpose: bring visual and kinesthetic perception into conversation.

Time: twenty minutes in a familiar, safe place.

Choose a plant, tree, stone, doorway, or corner of a room with a distinctive atmosphere. View it first with soft peripheral attention. Then approach without touching and notice the hands and forearms. Finally, stand back and receive sight and skin together.

Sketch three small maps:

- what the eye suggested;
- what the skin suggested;
- where the impressions converged or differed.

Difference is useful. It prevents the imagination from forcing every channel to tell the same story. Revisit the same place on another day before concluding that it contains a vortex or presence.

Do not investigate abandoned, dangerous, illegal, or intensely frightening places for this exercise. Paranormal curiosity does not cancel ordinary situational awareness.

Thought experiment: where does the person end?

Imagine two people sitting silently across from one another. Their visible bodies do not touch. Yet warmth crosses the space, breath moves the air, scent travels, light reflects, attention reaches, emotion changes posture, and each nervous system responds to the other.

Now add Kreiter's etheric and emotional bodies. The apparent gap becomes an overlap of radiance. The meeting is no longer two sealed objects exchanging signals; it is two fields altering one another before speech.

Where, in this image, does either person end?

If the field is part of the person, consent and boundary become energetic questions as well as physical ones. If the field carries emotion, every room contains a history of mutual influence. If attention itself touches, looking is already participation.

Hold the thought without solving it. On your next ordinary conversation, notice the space between bodies as an active part of the encounter.

Cautions

- Do not stare at the sun, bright lamps, lasers, reflections, or intense screens. Aura practice requires softness, not retinal strain.
- Do not walk through a dark room while training peripheral vision. Prepare a clear seated space before dimming the light.
- Rest immediately for eye pain, headache, dizziness, nausea, or persistent visual disturbance. Seek appropriate eye care for symptoms that continue.
- Obtain consent before scanning another person's body at close range. Do not touch, diagnose, or direct energy toward them without permission.
- Treat color meanings as provisional correspondences, not moral verdicts. A perceived olive tone is not proof that someone is lying.
- Do not use aura impressions as a substitute for medical, legal, financial, or safety evidence.
- Avoid compulsively scanning strangers or loved ones for hidden hostility. Energetic vigilance that destroys trust and rest has ceased to be useful practice.

- Do not pursue ghosts, vortexes, or non-organic entities in unsafe locations or while alone and distressed.
- If practice produces persistent fear, voices or visions that command action, persecutory certainty, severe insomnia, or impaired daily functioning, stop, return to ordinary routines, and seek grounded professional support.

Study summary

Seeing auras begins with a redistribution of attention. Direct sight holds an anchor while peripheral awareness receives what surrounds the visible contour. The hands and forearms add a second channel, allowing warmth, pressure, tingling, and displacement to participate in the perception.

Kreiter's living-flame analogy organizes the field into physical core, etheric near-body, and emotional radiance. His rod-and-cone account supplies an occult physiology for moving from object sight into field sight. His color list is deliberately preliminary; the practitioner's repeated observations must become the real lexicon.

Feeling memory is the chapter's central achievement. It turns an externally arranged experiment into a portable inner capacity and opens the way toward the Inner Feeling Sense, the Three Polarities, psychic self-defense, projection, and the larger energetic cosmology of the Dark Sea.

Retrieval questions

1. What different perceptual dispositions do rods and cones symbolize in this chapter?
2. Name the three layers in Kreiter's candle-flame analogy.
3. Why does the thumb exercise combine an anchor with peripheral attention?
4. What can hands and forearms contribute that sight may not?
5. Why is feeling memory more important than the outer setup?
6. How should a personal aura-color lexicon be built?
7. What is the difference between an energetic impression and a verdict about another person?

8. How does aura perception lead into the Inner Feeling Sense and the IN polarity?
9. What are the stopping conditions for visual and paranormal field practice?

Return to the source

Reread Chapter 5 and mark every transition between three registers:

- anatomical or physical description;
- occult correspondence;
- direct instruction.

Notice how quickly Kreiter moves among them. Does the practice depend on keeping them separate, or on allowing them to form one operative image?

Next, underline every place where he asks you to *feel* rather than *see*. What does this reveal about the title "energetic perception"?

Finally, compare the detailed seven-step partner exercise with the brief color list. Which receives more procedural care? What does that proportion suggest about the true centre of the chapter?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 5, "Seeing Auras/Energetic Perception," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 5: Seeing Auras/Energetic Perception" in *John Kreiter — Complete Works — 13 Books*; "Chapter 5: Seeing Auras and Energetic Perception" and the aura section of "Chapter 2: The Art of Not-Doing, Seeing the Invisible, and Breaking the Greatest Routine of All" in *The Complete John Kreiter Mastery Guide — Parts I & II*.

Later-book threads retained: the Inner Feeling Sense, IN polarity, psychic self-defense, the Magnum Opus, energetic containment, environmental fields, non-organic beings, and the Dark Sea are retained as explicit esoteric extensions rather than silently attributed to the source chapter.

Major editorial changes: preserved the rod/ultraviolet/infrared model, electromagnetic-paranormal correspondence, aura layers, color symbolism, ghosts, vortexes, and entity perception as parts of Kreiter's occult worldview; replaced generic Mermaid and extended pseudo-scientific scaffolding with the custom Perceptual Weave; restored feeling memory as the chapter's centre; consolidated repetitive exercises into a slow four-lab sequence; added consent, non-diagnostic interpretation, visual safety, field-investigation boundaries, and a method for building a personal color language from repeated observation.

Chapter 6 — Breaking the Biggest Routine of All

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 6, "Breaking the Biggest Routine of All."

Sleep appears to be the opposite of practice. The body disappears into unconsciousness, the day is interrupted, and the disciplined self returns only when morning restores the world. Kreiter reverses this picture. Sleep is not a blank between useful hours. It is a repeated crossing between two forms of consciousness, and the almost-unnoticed passages on either side are among the richest occult territories available.

The chapter makes two related proposals. The radical proposal is to break the modern consolidated sleep block. The more immediately accessible proposal is to cultivate awareness in the hypnagogic state before sleep and the hypnopompic state after it. Both aim at the same transformation: the hard division between "day self" and "night self" becomes porous, and the inner and outer minds begin to communicate.

The chapter's central movement

Kreiter first treats sleep as belief embodied in time. A culture says when respectable people sleep, how long they require, what nighttime means, and what counts as insomnia. Repetition gives that timetable biological and emotional force until it feels inevitable.

He then gives sleep a counter-history. Hunter-gatherers are described as sleeping in varied segments and moving competently through night. Agricultural people divide the night into first and second sleeps with a waking interval between them. Industrial life, electric lighting, and fixed work hours compress sleep into one expected block.

That middle interval is where the “fairytale world” becomes alive. The phrase is essential. Night waking is not merely unused time. It is a quiet region where dream imagery, prayer, story, presence, intimacy, omen, and waking awareness once mingled.

Kreiter's practical conclusion is that dividing sleep can restore some of this permeability. His own pattern is a five-hour main sleep followed by a short daytime nap; he also proposes four hours with two short naps. He asks for a month so the new rhythm can settle.

The chapter then introduces a less drastic gate: repeatedly notice the moments just before sleep and just after waking. Lights, geometric forms, buzzing, voices, bodily vibration, paralysis, dream scenes, and elastic time may arise. The practitioner learns to “catch” these events before ordinary waking thought erases them.

Finally, Kreiter asks the reader to attend to the day's **running consciousness**—the stream of image, feeling, thought, and symbolic commentary that grows stronger as the sleep/wake boundary thins. Inner and outer mind are meant to work together.

Sleep as a socially reinforced spell

The modern sleep cycle is powerful partly because it is collective. Work schedules, school, electric light, family routines, alarms, caffeine, medical language, and moral judgments about laziness all agree on a model of the proper day. The model enters the body until fatigue arrives by the clock and anxiety arrives whenever sleep deviates from expectation.

Kreiter does not deny that the body needs sleep. His esoteric argument is that the **form** of sleep is more plastic than the collective admits and that form affects which consciousness becomes available.

In this sense, a sleep schedule is a ritual performed every night. One ritual says:

> *Day is real. Night is unconscious. Dreams are secondary. Wake quickly and forget.*

Another ritual can say:

> *Day and night are adjoining countries. The border can be crossed with awareness. Bring something back.*

The occult purpose of changing the ritual is not to win extra productive hours. It is to recover continuity.

Three nights inside human time

Kreiter's counter-history can be read as three different occult worlds.

The varied night

In the hunter-gatherer image, sleep is responsive rather than clock-bound. Activity, rest, danger, weather, prey, community, and darkness form a changing pattern. Night is not automatically hostile and humans are not helpless without artificial light.

Whether every society follows the same pattern is less important to the chapter than the imaginal challenge: the night can be inhabited. Darkness is a territory, not merely the absence of day.

The divided night

Agricultural and pre-industrial sleepers enter a first sleep, wake for a quiet interval, and return for a second sleep. The interval receives prayer, intimacy, conversation, contemplation, story, and strange experience.

This is Kreiter's “fairytale” time. Consciousness has risen from dreaming but has not yet put on the full armor of day. Images retain force. Time is less urgent. A creak may be a house, an ancestor, a spirit, or all three until morning demands a single explanation.

The sealed night

Industrial time treats sleep as maintenance for the working self. One should become unconscious efficiently and return on schedule. A night awakening is experienced as theft from the required block; worry about lost sleep then makes the interval even harsher.

Kreiter sees a metaphysical cost in this efficiency. The border closes. The fairytale inhabitants retreat. The outer mind rules the day, the inner mind rules a forgotten night, and neither receives the other's full intelligence.

The Threshold River

The chapter's real geography is not a timetable but a crossing.

> Figure / source plate
> The Threshold River: waking, hypnagogic descent, dream, fairytale interval, and hypnopompic return
> Source asset: assets/guide-10-figure-06-threshold-river.svg

Figure 6. The Threshold River. Ordinary awareness descends through hypnagogia into the night country and returns through hypnopompia. The fairytale interval is a quiet eddy in which waking presence and dream logic coexist. The aim is to remember the crossing without forcing the river.

Hypnagogia: the descent

Hypnagogia is the leading-into-sleep threshold. External sensory authority weakens, yet the dream world has not fully taken over. Kreiter lists lights, spirals, geometric patterns, flashing objects, voices, buzzing, unusual bodily sensations, and immersive scenes.

These events may feel imagined, seen, heard, or received from somewhere not easily located. The category can remain open during practice. The important achievement is to recognize the moment at which imagery stops being deliberately invented and begins to arrive under its own power.

The body may also enter sleep paralysis while awareness remains. Weight, vibration, pressure, floating, a nearby presence, or inability to move can then accompany vivid imagery. Kreiter treats this as a threshold phenomenon and a possible launching point for out-of-body experience.

Dream: the night country

Once the crossing completes, the body sleeps and the dream environment becomes convincing. Identity, sequence, place, and time reorganize. Hours of experience may seem to occur within a short interval. The practitioner who remembers this elasticity receives direct instruction that clock time is not the only way consciousness orders duration.

Hypnopompia: the return

Hypnopompia is the rising-from-sleep threshold. A dream may remain visible behind closed eyes; a sentence may carry impossible authority; a figure may seem present in the room; the body may be awake before movement returns.

This state is often easier to study because the dream already exists. The task is not to create an image but to prevent ordinary waking from scattering it. Remaining still for a few breaths can preserve an entire world that would otherwise vanish at the first movement.

Kreiter's sleep-breaking method, retained in context

The original chapter recommends:

Pattern	Main sleep	Day sleep	Proposed purpose
Kreiter's preferred pattern	five hours	one nap, up to thirty minutes	a more continuous exchange between conscious and subconscious mind

Pattern	Main sleep	Day sleep	Proposed purpose
Kreiter's variation	four hours	two short naps, each up to thirty minutes	more threshold crossings and less consolidated unconsciousness

He asks the practitioner to maintain the pattern for a month and to journal the changes. Initial grogginess is treated not only as difficulty but as an altered state: a softening of the sharp daytime mind that may quiet tension and admit subconscious material. “Magic(k) begins to come back” as the division between inner and outer perception becomes less absolute.

These proposals are preserved because they are central to the source and later projection work. This edition does not turn them into a universal prescription. Sleep need, health, medication, work, caregiving, driving, mood, and neurological vulnerability differ greatly. A pattern that serves one practitioner can impair another, and sustained impairment is not proof that conditioning is being overcome.

The esoteric principle is broader than any number: **multiply conscious contact with the threshold while maintaining a body and daily life capable of carrying what is learned.** The practices below begin there.

Grogginess as liminal weather

The guide material repeatedly turns Kreiter's idea into a slogan: “grogginess is the medicine.” The phrase contains a real occult insight and a possible trap.

The insight is that the not-fully-awake mind should not always be attacked with light, screens, urgency, and caffeine. A soft morning consciousness can be contemplative, imaginal, and receptive. If one immediately crushes it, its messages are lost.

The trap is making impairment itself the goal. The threshold is useful because two modes overlap, not because the practitioner is incapable of functioning. Grogginess that gently loosens the inner monologue can be received. Grogginess that produces microsleeps, errors, volatility, physical illness, or unsafe judgment is a command to rest.

Occult discipline includes knowing the difference between a doorway and depletion.

The running consciousness: oracle, not commander

Kreiter describes the strengthened background stream of thought as a symbolic and sometimes literal representation of the world. It may register emotional undercurrents, associations the waking mind missed, intuitive warning, dream residue, fantasy, memory, or extrasensory perception.

The running consciousness speaks like an oracle. It condenses, exaggerates, reverses, rhymes, personifies, and repeats. Its images deserve attention precisely because they are not ordinary arguments.

An oracle, however, requires interpretation. A frightening image is not automatically a prediction. A hostile sentence is not automatically another being. An intrusive thought is not an instruction. A correspondence becomes stronger when it repeats, illuminates context, and survives reflection after the practitioner is rested.

Use three marks in the journal:

- **S** for a symbolic impression;
- **L** for an apparently literal insight;
- **U** for unresolved.

Revisit the entry after twenty-four hours. Let the category change. This preserves the non-rational voice without making every whisper sovereign.

Esoteric bridge: the threshold as rehearsal

Later works reveal why this early chapter matters so much.

For the **Projectionist**, the sleep threshold is a launch chamber. The body relaxes, ordinary sensory anchoring loosens, images gather autonomy, and awareness practices remaining coherent as another environment forms. Hypnagogic vibration, buzzing, paralysis, floating, and spatial displacement become signs that projection may be near.

For the practitioner of the **Three Polarities**, the threshold is energetically fertile. IN can gather from the dark and quiet; VOID can contain reaction as strange imagery arises; OUT can shape a clear intention or room without waking the whole body.

For the **Death Defier**, falling asleep is the daily rehearsal for a greater separation. The waking identity dissolves, the body becomes still, another world receives awareness, and memory is usually broken at the return. To remain present through sleep is to train the continuity required when the body can no longer call consciousness back in the familiar way.

For the **Archon/Cube** cosmology, consolidated sleep is one more wall of linear time: work, collapse, forget, repeat. Threshold awareness opens cracks in that wall. Elastic time, nocturnal presence, and continuity outside the daytime self all weaken the claim that consciousness belongs entirely to the material sequence.

The later darkness practices extend the same principle. Darkness is not valued because light is evil. It weakens the dominance of object sight and lets inner luminosity become legible. In extended esoteric use, the darkness may disclose phosphenes, visions, presences, or the Dark Sea itself. Such work belongs after stability, not before it.

Practice lab 1: seven nights of unaltered observation

Purpose: discover the sleep ritual already operating before changing it.

Duration: seven nights. Do not reduce sleep.

Each evening record:

- when drowsiness first appeared;
- what delayed or accelerated sleep;
- emotional tone at bedtime;
- one question or image carried into the night.

Each morning remain still for three breaths before moving. Record:

- last dream image;
- first thought;

- bodily feeling;
- whether waking was abrupt, gradual, peaceful, charged, or empty.

During the day, record one moment when dream residue or running consciousness colored an ordinary event. This week establishes your natural symbols and thresholds without manufacturing deprivation.

Practice lab 2: catch the descending image

Purpose: notice the instant imagery becomes autonomous.

Time: one fifteen-minute session when naturally drowsy, no more than twice in a week.

Recline safely with the head and neck supported. A seated variation may be used only if the chair cannot tip and the posture does not strain the neck. Place a light metal spoon loosely in one hand over an empty tray or folded towel; the object should be too large to swallow, too light to injure, and unable to damage anything when dropped.

Let sleep approach. Do not hunt for visions. Each time an image, sound, phrase, or spatial sensation seems to arrive by itself, notice it without commentary. If the spoon drops or the head begins to nod, wake gently and write three words.

End after fifteen minutes even if nothing dramatic happens. The skill is catching the transition, not extending exhaustion.

Practice lab 3: protect the returning thread

Purpose: develop hypnopompic memory without an hour of repeated alarms.

Time: the first five minutes after a natural or normally scheduled awakening.

Keep the eyes closed. Do not move immediately. Ask:

1. Where was I?
2. Who or what was present?
3. What was the emotional weather?
4. What sentence, color, object, or movement remains?

Let the dream reconstruct backward from the last image. Then record it before checking messages or beginning conversation.

Once in a week, if the next day allows a full night and unhurried morning, you may use one gentle alarm ten minutes before the usual waking time. Observe the return once; do not fragment the final hour into repeated snooze cycles.

Practice lab 4: the naturally opened fairytale interval

Purpose: inhabit a nocturnal waking that occurs on its own.

If you wake naturally and feel calm, keep light low and do not immediately name the event insomnia. Remain in bed or sit somewhere safe. For no more than fifteen minutes:

- recall the preceding dream;
- listen to the room without deciding what every sound is;
- notice images behind closed eyes;
- ask one quiet question;
- write no more than five lines.

Then allow sleep to return. Do not force yourself to stay awake for occult results. If wakefulness becomes anxious, use an ordinary calming routine and prioritize rest.

Practice lab 5: the running-consciousness triptych

Purpose: hear inner commentary without granting it automatic authority.

Pause once in late morning, once in afternoon, and once in evening. For sixty seconds record:

- **image:** what picture, phrase, or memory is moving in the background?
- **weather:** what atmosphere accompanies it?
- **world:** what is happening around you that may correspond?

Mark the entry S, L, or U. Review the triptych the following day. Look for resonance, not forced prediction.

Thought experiment: the self who never wakes

Imagine that every night another self receives your body. This night self walks through places, meets beings, fears, loves, solves problems, and forms memories. Each morning the day self wakes and declares that the night's life was unreal because most of it cannot be recalled.

Now reverse the hierarchy. Suppose the night self wakes after your bedtime and remembers only fragments of the day. From its perspective, the office, kitchen, and street may be dim dream locations visited by a confused secondary personality.

Which self has the right to call the other unreal?

Perhaps neither is primary. Perhaps continuity, not setting, produces the feeling of reality. If memory could be carried cleanly through both transitions, what single larger being would contain both lives?

This is the creature Kreiter's threshold practice begins to assemble.

Cautions

- Do not intentionally restrict sleep when driving, operating machinery, performing safety-critical work, caring for children or vulnerable people, or making consequential decisions.
- Do not treat involuntary microsleeps, confusion, severe irritability, physical illness, or impaired reaction time as desirable occult signs. Sleep.
- Do not begin sleep restriction if you have a history of mania, psychosis, seizures, severe insomnia, sleep apnea, parasomnias, or another condition that sleep disruption can worsen; seek qualified guidance.
- Do not change prescribed medication or use sedatives, stimulants, alcohol, or other substances to force a threshold state.
- Repeated alarm fragmentation can degrade sleep and disturb partners. Prefer natural awakenings or one carefully chosen observation.
- During sleep paralysis, remind yourself that the body is in a sleep transition and breathing continues. Focus on a small movement or calm exhalation. Seek medical advice if episodes are frequent, injurious, or severely distressing.

- Voices or images at the sleep threshold can belong to the practice. Voices that persist in full wakefulness, command dangerous action, or cause escalating fear require stopping and grounded professional support.
- Do not perform unsupervised multi-day darkness retreats. The later-book symbolism is retained; the extreme practice is not assigned here.
- A full night's restorative sleep is not submission to the mob. The body is the vessel of the work.

Study summary

The sleep cycle is belief made temporal. Kreiter challenges the industrial division of a real, productive day from an unconscious night and restores the older image of varied sleep, divided sleep, and the fairytale interval between first and second sleep.

Hypnagogia and hypnopompia are the chapter's practical gates. Visual forms, sounds, paralysis, dream scenes, and elastic time may arise when awareness remains present as the body crosses. The journal preserves what ordinary waking quickly erases.

Kreiter's five-hour-plus-nap and four-hour-plus-two-naps schedules are retained as his radical method, not converted into a universal assignment. The essential operation is continuity: protect sleep, multiply careful contact with the threshold, listen to the running consciousness as an oracle, and carry the thread between worlds.

Retrieval questions

1. Why does Kreiter call the sleep cycle the greatest routine?
2. What three historical sleep worlds structure his counter-history?
3. What made the interval between first and second sleep a “fairytale” time?
4. What does Kreiter propose in his two modified sleep patterns?
5. How do hypnagogia and hypnopompia differ?
6. What phenomena may occur at the threshold?
7. When is grogginess liminal weather, and when is it depletion?

8. Why should the running consciousness be treated as an oracle rather than a commander?
9. How does threshold awareness prepare projection and death-defiance work?
10. What is the edition's central rule for sleep practice?

Return to the source

Reread Chapter 6 and mark every place where Kreiter moves among history, biology, personal testimony, and occult interpretation. Let those registers form the book's working constellation without requiring that one prove all the others.

Circle the descriptions of threshold phenomena. Which are visual, auditory, bodily, spatial, temporal, or narrative? Which have you already experienced without having a name for them?

Finally, compare the amount of space devoted to modified schedules with the amount devoted to hypnagogic and hypnopompic practice. Which method gives you a slow, sustainable beginning while preserving the chapter's core intent?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 6, “Breaking the Biggest Routine of All,” original EPUB supplied in the collection.

Guide material reviewed: “Chapter 6: Breaking the Biggest Routine of All” in *John Kreiter — Complete Works — 13 Books*; “Chapter 6: Breaking the Biggest Routine of All” and the sleep-cycle section of “Chapter 2: The Art of Not-Doing, Seeing the Invisible, and Breaking the Greatest Routine of All” in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Later-book threads retained: the Projectionist's launch state, IN/OUT/VOID at the threshold, the Cube's linear-time wall, the Archonic sleep ritual, darkness practice, sleep as rehearsal for death, the Black Sun horizon, and continuity beyond the physical body are retained as a clearly marked esoteric bridge.

Major editorial changes: preserved segmented-sleep lore, the fairytale interval, grogginess as liminal consciousness, threshold voices and visions, out-of-body possibility, extrasensory running consciousness, and temporal elasticity; documented rather than prescribed the source's five-hour and four-hour schedules; replaced generic Mermaid charts with the custom Threshold River; removed unsupported claims that sleep loss is inherently healthy or that impairment always proves adaptation; redesigned practice around intact sleep, natural awakenings, and single threshold observations; added explicit boundaries for driving, mood, seizures, paralysis, persistent voices, substances, darkness retreats, and restorative sleep.

Chapter 7 — The Power of Beliefs

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 7, "The Power of Beliefs."

The earlier chapters loosen belief indirectly. Not-doing breaks its routines. Aura practice gives the senses another task. Threshold work lets the day and night minds exchange material. Chapter 7 turns toward belief itself and asks the practitioner to use it deliberately as an occult force.

Kreiter does not ask for mild optimism. He asks the reader, for five to twenty minutes, to believe with every fiber that a chosen paranormal capacity is present now: seeing ghosts, UFOs, aliens, monsters, auric fields, entities, or the Weird. The exercise is repeated for five days, released, and followed by a substantial rest.

This is the volume's most concentrated operation. It can also be the most destabilizing. Its power depends on total entry; its safety depends on a clear exit.

The chapter's central movement

Kreiter begins by gathering the four practical threads already learned:

- not-doing;
- auric vision;

- sleep-cycle disruption;
- hypnagogic and hypnopompic awareness.

These methods do not initially require wholesale conversion. Curiosity and persistence are enough to begin. They can produce experiences before the reader has decided how to explain them.

Chapter 7 then reverses the sequence. Experience has prepared belief; belief can now amplify experience. Kreiter calls the final step a wholehearted admission that the supernatural is real. Once the admission settles deeply enough, awareness no longer has to be opened only through technique. It begins to expand as a natural expression of the new world in which the practitioner lives.

The belief-changing exercise accelerates that settlement. Concentrated belief alters the psyche, which changes attention, impulse, courage, interpretation, and finally perception. Synchronicities appear. New interests and confidence arise. Previously ignored air movements, edge-shadows, energies, and oddities become available.

Fear then appears as the first guardian. One part of the practitioner wants to see; another knows that genuine seeing would overturn the familiar world. The exercise becomes fluid: "I can see ghosts" may need to become "I am not afraid to see ghosts" before it can return, strengthened, to the original capacity.

Evidence before verdict

The placement of this chapter is part of its teaching. Kreiter does not begin the book by demanding belief. He first gives the reader experiments.

The order solves an occult paradox:

> *belief opens perception, yet perception is what makes belief possible.*

Practice enters through a narrow gap in the paradox. One need not believe in the whole cosmology to look beside an object in dim light, feel the space above a palm, study a shadow, or preserve a dream image. If even one exercise produces an anomaly, the belief that no anomaly is possible has lost its absolute authority.

The chapter then asks for a verdict—not a public creed, but an inner alignment with what has begun to happen. The practitioner stops apologizing inwardly for every unusual experience and permits the supernatural to become an inhabited possibility.

This does not mean every impression is correct. It means the old automatic "impossible" no longer decides the case before perception can speak.

What "every fiber" means

The guide material usefully unfolds Kreiter's phrase into five simultaneous fibers.

Thought holds one sentence without argument.

Feeling matches the world implied by that sentence. If the capacity were natural, what quiet certainty, alertness, wonder, or gravity would accompany it?

Body adopts the posture and breath of someone available to perceive. The body is engaged, but not strained into theatrical tension.

Energy gathers rather than scattering through self-commentary and distraction.

Will remains with the chosen capacity for the duration.

The exercise resembles a child's game of pretend, but sharpened by adult intention. When a child inhabits a cardboard spaceship, the box is not continually qualified as "only cardboard." For the duration of play, the world reorganizes around the voyage. Kreiter asks the practitioner to recover that totality without surrendering the adult capacity to end the game when the ritual is complete.

The Belief Crucible

The practice is best understood as a bounded chamber. Inside, belief is complete. Outside, ordinary life resumes.

> Figure / source plate

> The Belief Crucible: five fibers converge on one capacity, followed by release, observation, and rest
> Source asset: assets/guide-10-figure-07-belief-crucible.svg

Figure 7. The Belief Crucible. Thought, feeling, body, energy, and will converge on one paranormal capacity. The chamber then closes: the practitioner releases the operation, lives normally, observes the after-current, and rests. The boundary is part of the power.

The complete source protocol

1. Choose one capacity

Choose one, not an inventory. Examples drawn from the chapter include:

- I can see ghosts.
- I can perceive auric fields.
- I can see UFOs or beings from other dimensions.
- I can perceive monsters or the Weird.

The most effective statement is immediate and embodied: "I possess this capacity now. If the phenomenon is present, I can perceive it."

2. Enter a private, undisturbed setting

The first cycle belongs in a familiar place. Privacy allows intensity without the extra drama of performance or environmental threat.

3. Believe for five to twenty minutes

Begin at the lower end. More time is not stronger if the state becomes vague. For the chosen interval, refuse hedging. Do not debate the belief, imagine what a skeptic would say, or demand that something appear on command. Inhabit the capacity.

This is not primarily visualization. A scene may arise, but the target is the **fact of ability**, not a manufactured apparition.

4. Release completely

When the interval ends, stop. Kreiter says to forget about the exercise and go about ordinary business. The release prevents anxious checking from undoing the operation and gives the psyche room to respond through indirect routes.

Eat, wash a cup, answer a message, walk, or begin a familiar task. Let the day reclaim its normal texture.

5. Repeat and rest

Practice once daily for five consecutive days if possible. Then take about two weeks away from the belief exercise before another cycle.

The pause is not empty. It is where synchronicity, confidence, impulse, dream, resistance, and perceptual change become visible. Continuous pressure would erase the contrast needed to recognize an effect.

The after-current

Kreiter names several ways change may emerge.

Synchronicity

The target begins to echo through conversations, books, images, dreams, places, and coincidence. In an esoteric reading, reality is responding through correspondence. In a perceptual reading, the changed psyche is admitting patterns it previously ignored. The two readings may coexist.

The important question is not “Can I prove this coincidence was sent?” but “What current is forming, and where does it lead?”

Odd confidence

The practitioner feels newly able to attempt a practice, visit a relevant place, hold a soft gaze longer, or remain at the threshold without fleeing. The confidence may precede any spectacular perception. It is often the first sign that the identity “a person who cannot” is loosening.

New impulses and desire

A neglected book calls for attention. A particular tree, sky, room, or exercise feels charged. Curiosity begins to move the body toward the evidence the new belief requires.

Discernment remains necessary. An impulse can be meaningful without being wise, lawful, or safe to obey.

Perceptual activation

Air displacements, odd shadows, edge-movements, luminous borders, presences, meaningful images, and changes in atmosphere may become noticeable. Kreiter interprets these as latent abilities entering use. The journal allows the practitioner to learn their conditions and recurrence.

Fear: the guardian at the opening

Fear is not merely an obstacle added after belief. It reveals the true target hidden beneath the declared target.

A person may think they want to see a ghost while another layer fears that seeing one would destroy sleep, reputation, worldview, or control. At the first strange movement, attention contracts and the event is forgotten or dismissed. Kreiter even suggests that out-of-body experience may be cut short or erased because its strangeness is too jarring.

The instruction is to oppose fear with curiosity and desire to know. "Combat" does not have to mean bullying the nervous system. Curiosity widens where panic narrows. It asks: What exactly changed? Where is the sensation? What remains if I breathe and stay for three more seconds?

The exercise can be retargeted:

1. **capacity:** I can perceive ghosts.
2. **revealed resistance:** If I see one, I will lose control.
3. **intermediate belief:** I can remain curious and coherent in the presence of the strange.
4. **return:** I can perceive ghosts and retain my centre.

This fluid movement is one of the chapter's most mature features. The belief operation listens to the psyche it is changing.

Strange places and graduated encounter

Kreiter eventually asks the practitioner to work where paranormal activity is known or suspected, or in a desolate place such as woods. He gives the image of standing in a backyard beneath the stars and believing that a UFO or interdimensional entity will appear.

The esoteric force of the field practice is retained. Environment matters. A charged place can answer an inner operation in a way a neutral room cannot.

But "push beyond the comfort zone" is not the same as "ignore every boundary." The workable edge is a place that evokes aliveness and manageable uncertainty while remaining physically lawful and navigable. A backyard, balcony, familiar garden, public historical site during open hours, or a known natural place visited with a trusted companion can carry ample Weird.

The point is to meet the unknown, not to make ordinary rescue more difficult.

Esoteric bridge: belief as reality architecture

Later books enlarge the Chapter 7 exercise into a complete technology of being.

In *The Magnum Opus*, belief becomes part of the **Cognitive Perspective**: the total structure through which self and world appear. Recursive introspection follows a belief downward until a load-bearing premise is found. Belief change is no longer only the addition of "I can see auras"; it becomes an excavation of what "life," "power," "body," or "death" means.

In *Manifest Wealth and Prosperity*, concentrated belief is applied to luck, money, and possibility. The domain changes; the basic operation remains. Attention, emotion, and expectation create pathways through which action and manifestation can follow.

In servitor work, belief gives a thought form operational reality. In projection, belief permits awareness to possess form outside the body. In death-defiance, the deepest identity belief—"I am the body and must end with it"—becomes the final wall.

From the perspective of the **Three Polarities**, the belief crucible uses all three movements. IN supplies power and contact; VOID prevents dissipation through counter-belief; OUT projects the chosen architecture into the perceptual field.

From the perspective of the **Archon and Cube**, inherited beliefs are masonry. "Only matter exists," "time is one-way," "I am confined to the body," and "the Weird is impossible" are not merely opinions; they are walls through which attention does not pass. A belief operation removes a brick and discovers that fear has been acting as mortar.

Kreiter's contrast with **Chaos Magick** is also revealing. The chaos magician may adopt a belief as a temporary instrument. Kreiter's adventurer allows belief to become real enough to alter perception, then learns to build and catalogue many such structures as navigational markers in deep waters. Belief is neither an eternal dogma nor a hollow costume. It is a reality architecture entered with consequence.

Practice lab 1: the counter-belief map

Purpose: identify what will resist the chosen capacity before the first cycle.

Write one target at the top of a page: "I can perceive _____."

For three minutes, imagine beginning the belief exercise. Record every objection without arguing:

- impossible;
- dangerous;
- childish;
- socially humiliating;
- spiritually forbidden;
- I will invent it;
- I will lose control;
- nothing will happen;
- something will happen.

Group the objections under **thought**, **fear**, **body**, **identity**, and **social world**. Circle the strongest. It may later become the target of its own cycle.

Do not use the map to dilute the operation. It is reconnaissance. Once the chamber opens, the map is put away.

Practice lab 2: the first five-day crucible

Purpose: perform the source exercise at full clarity and modest duration.

Choose one stable time and a familiar private place. Use five minutes for the first cycle, not twenty.

Opening

Place both feet on the floor. Say aloud or silently: "For five minutes I enter the reality of this capacity. When the time ends, I return fully to ordinary life."

Operation

Hold the target in present tense. Let thought, feeling, body, energy, and will align. When doubt appears, do not debate. Let the chosen belief answer by being more completely inhabited.

Closing

At the timer, say: "The operation is complete." Stand, switch on normal light if it was dim, drink water, and perform a familiar task.

Journal

Record only:

- duration of genuine alignment;
- strongest counter-belief;
- bodily and energetic quality;
- one sentence about the state after closing.

During the following two-week rest, use a separate page for synchronicities, confidence, impulses, dreams, and perceptions. Do not restart early because nothing dramatic happens.

Practice lab 3: the fear-to-curiosity ladder

Purpose: move toward field practice without using terror as proof of courage.

Create four settings:

1. familiar room in daylight;
2. familiar room in dim evening light;
3. backyard, balcony, garden, or familiar outdoor place after dark;
4. lawful public historical or natural place with a trusted companion.

Work at one level for an entire five-day cycle. Move upward only if sleep, mood, and daily functioning remain stable. At each setting, use the belief: "I can perceive the strange and remain centred, curious, and free to leave."

Do not advance to abandoned buildings, trespassed land, isolated wilderness, cemeteries after closing, or locations where animals, terrain, crime, or weather create physical danger.

Practice lab 4: the belief-and-sense pairing

Purpose: let belief strengthen an existing practice instead of chasing spectacle.

Choose aura perception or threshold memory. Complete a five-day belief cycle using one of these capacities:

- "The living field is visible to my soft gaze."
- "I remember the images that arrive as I wake."

During the two-week rest, perform the original sensory practice only twice. Compare it with the baseline from before the belief cycle. Look for ease, stability, duration, vividness, or a new feeling memory—not only a dramatic apparition.

This pairing honours Kreiter's central feedback loop: practice gives belief something to inhabit; belief allows practice to exceed its previous ceiling.

Thought experiment: the room that obeys belief

Imagine a sealed room whose contents reorganize around whatever its occupant believes with complete conviction. Believe it is a chapel and an altar appears. Believe it is a spacecraft and the stars move beyond the glass. Believe it is haunted and a presence gathers behind you.

You are allowed to enter for five minutes. Which belief would you choose?

Now imagine that fear whispers a second belief during the operation. Does the room obey the declared belief, the feared belief, the strongest belief, or the whole ecology of beliefs at once?

Finally, imagine leaving the room. Does it return to neutral, preserve a residue, or continue changing after you close the door?

The thought experiment reveals why the ritual boundary, the journal, and the rest period matter. A belief is not a solitary sentence. It lives among rival sentences, bodily memories, fears, loyalties, and desires. The crucible concentrates the ecology long enough for one architecture to become dominant.

Cautions

- Perform the first cycles only in familiar, safe places. Do not combine a new belief practice with sleep loss, intoxicants, darkness retreats, or frightening fieldwork.
- Never trespass, enter unstable structures, approach wildlife, wander alone in remote areas, or remain where ordinary danger is present.
- Do not direct belief work toward another person's obedience, love, illness, guilt, or fear. The chapter concerns your perception and capacity.
- A sensed presence, shadow, or synchronicity may be meaningful without being a complete account of what occurred. Record before acting.
- Do not accuse, confront, flee from, or make consequential decisions about another person solely because an inner image or aura impression labelled them dangerous or deceptive.
- Stop the cycle if unusual perceptions persist outside the chosen practice in a frightening or uncontrollable way, if sleep deteriorates, or if ordinary functioning becomes impaired.
- Persistent persecutory certainty, commands, inability to close the ritual belief, or a sense that every coincidence is personally directed at you requires grounding and qualified support.
- Ending the operation is not disbelief. The ability to close the chamber proves that will—not panic—governs the practice.

Study summary

The Power of Beliefs is the capstone of Kreiter's first perceptual curriculum. Earlier practices create evidence without demanding conversion. The belief exercise then aligns the entire being with one paranormal capacity so that experience and belief can enter a self-strengthening circuit.

The operation is exact: one capacity, five to twenty minutes, five days of practice, complete release, and about two weeks of rest. Its after-current may include synchronicity, confidence, new impulses, dreams, and perceptual activation.

Fear reveals the next belief that requires work. The method therefore evolves from seeing, to not fearing seeing, to seeing while retaining centre. Later books extend this movement into Cognitive Perspective, manifestation, servitors, projection, the Archon's walls, and belief in continuity beyond bodily death.

The chamber must be entered totally and left cleanly. That rhythm does not weaken the non-rational operation. It gives the Weird a vessel.

Retrieval questions

1. Why does the belief chapter come after the practical chapters?
2. What does Kreiter mean by wholehearted admission of the supernatural?
3. Name the five fibers aligned in the belief crucible.
4. What are the five steps of the source protocol?
5. Why is release as important as intensity?
6. What four kinds of after-current does Kreiter describe?
7. How can a capacity target evolve when fear is revealed?
8. What makes a strange-place practice challenging without making it reckless?
9. How does the exercise connect to IN, OUT, and VOID?
10. What is the difference between belief as dogma, costume, and reality architecture?

Return to the source

Reread Chapter 7 and underline every verb Kreiter uses for belief: admit, cement, manipulate, focus, forget, change, record, combat, expand. What sequence of inner actions do those verbs create?

Circle each effect he predicts after practice. Which occur inside the person, which occur as apparent correspondences in the world, and which cross that boundary?

Finally, mark every place where the exercise changes its own target. What does that fluidity reveal about the difference between a mechanical affirmation and an occult operation?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 7, "The Power of Beliefs," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 7: The Power of Beliefs" in *John Kreiter — Complete Works — 13 Books*; "Chapter 7: The Power of Beliefs" and the belief section of "Chapter 2: The Art of Not-Doing, Seeing the Invisible, and Breaking the Greatest Routine of All" in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Later-book threads retained: core-belief excavation and Cognitive Perspective from *The Magnum Opus*; wealth belief work; belief as power for servitors, projection, and death-defiance; the IN/OUT/VOID reading; Archonic walls; the Cube; the Dark Sea; and Kreiter's distinction between the chaos magician and the true adventurer.

Major editorial changes: preserved the direct claim that the supernatural is real, the full-fiber belief exercise, ghosts/UFOs/aliens/monsters/entities, synchronicity, latent perception, field practice, and belief-perception feedback; restored the exact five-day/two-week rhythm; replaced generic Mermaid diagrams with the custom Belief Crucible; condensed repetitive neuroscience and slogans; made the ritual boundary and release explicit; redesigned "spooky place" exposure as a graduated lawful practice; added an exit protocol, counter-belief map, pairing with existing senses, and safeguards against uncontrolled perception, accusation, coercion, and persecutory interpretation.

Chapter 8 — A Road Sign to High Strangeness

Source and reading purpose

Read first: John Kreiter, *The Occult Experience*, Chapter 8, "A Road Sign to High Strangeness."

Chapter 7 deliberately increases belief's power over perception. Chapter 8 asks the question that inevitably follows: if belief helps the unseen appear, how can the practitioner tell whether an apparition was created by belief or discovered through it?

Kreiter names this crisis **Chapel Perilous**. It is not simply fear of ghosts, madness, or manipulation. It is the loss of a reliable border between imagination and outside agency. One possibility is that a plastic belief system is manufacturing a private reality. The other is that the changed belief has opened perception to foreign energies or intelligences that were already there.

Kreiter refuses to choose for the reader. That refusal is the chapter's initiation. The practitioner must learn to inquire, act, and preserve selfhood where no external authority can guarantee which side of the border an experience occupies.

The chapter's central movement

The chapter begins by defining the two faces of Chapel Perilous:

1. **the internal face:** perhaps I am witnessing a delusion produced by my altered beliefs;
2. **the external face:** perhaps I am perceiving an outside force that can affect or manipulate me.

At this point, Kreiter says, "Reasonable Logic dies." The assumptions that once stabilized reasoning—what counts as real, what causes a perception, where mind ends and world begins—are themselves the subject of the crisis.

John Keel's *The Mothman Prophecies* then supplies a field example. A paranormal investigation can become participatory. Once the researcher sees through the obscuring cloud, the Weird seems to notice the researcher in return. Pandora's box opens; the earlier sanity cannot be restored in its innocent form.

Kreiter rejects three escapes. Denial returns to the old cage. Agnosticism expands the cage but makes not-knowing its final boundary. Chaos Magick uses beliefs flexibly but, in his view, may never let them penetrate deeply enough to transform the body and perception.

His alternative is severe: make Chapel Perilous a friend. Let uncertainty become a constant companion and build the character capable of living beside it. The second half of the chapter presents that character as the **Adventurer's Code**.

The final command gathers the code into one image: do not dissolve the self into the great sea. Build walls around it and guard it with your life.

The two-headed question

The mirror: am I creating this?

The belief operation changes expectation, attention, emotional charge, dream, and interpretation. A ghost seen after five days of believing in ghost perception may therefore seem compromised from the beginning. Would it have appeared without the exercise? Did the belief create a form from noise, summon an entity, tune an existing faculty, or do all three belong to one process?

This is not an academic worry. If every extraordinary event can be attributed to belief, the practitioner risks turning the cosmos into a hall of mirrors. Every being becomes disguised autobiography.

The window: is something looking back?

The opposite possibility is more frightening. A presence may have a quality, intention, information, or energetic pressure that exceeds the practitioner's known contents. Attention may not only reveal it; attention may alert it.

Kreiter will not reassure the reader that manipulation is impossible. Outside forces remain a live possibility in his cosmology and become explicit in later discussions of non-organic predators, the Archon, ambient thought forms, and the inhabitants of the Dark Sea.

If every anomaly is treated as external, however, the world becomes a field of hidden agents and every coincidence can be recruited into persecution. The window then swallows the mirror.

The chapel: I cannot tell

The pure form of Chapel Perilous is the simultaneous credibility of both readings. Internal and external causation need not even be opposites. A belief may attract, shape, translate, or give local form to something that also possesses independence.

The practitioner stands before a portal that may be mirror and window at once.

Mirror, Window, Sea

> Figure / source plate
> Mirror, Window, Sea: the two questions of Chapel Perilous and the guarded vessel between them
> Source asset: assets/guide-10-figure-08-mirror-window-sea.svg

Figure 8. Mirror, Window, Sea. One portal reflects the practitioner's belief; the other admits the possibility of foreign intelligence. The two can look identical. The Adventurer's Code does not force a verdict—it keeps the guarded self at the helm while inquiry continues.

Where Reasonable Logic dies

The death of Reasonable Logic is not permission to become incoherent. Kreiter distinguishes logical structure from the assumptions that structure begins with.

Suppose one system begins with the premise “only private imagination causes apparitions.” It can build an orderly account of projection, expectation, and hallucination.

Suppose another begins with “non-physical beings exist and can become perceptible.” It can build an orderly account of contact, resonance, and entity behaviour.

Both structures may be internally logical. Their divergence begins before the logic, in the premise. Chapel Perilous is the recognition that the premise cannot always be secured from inside the experience it organizes.

Temperance therefore requires **provisional architecture**. Build a model, use it, note what it explains and fails to explain, and remember that a different premise can produce another coherent structure. This is not agnostic paralysis. It is mobile logic.

Kreiter still asks the adventurer to make judgments. He objects to uncertainty when it becomes a permanent alibi for refusing the depths. But a decision made in the Dark Sea is a navigational commitment, not the final conquest of reality.

Keel and the Pandora's Box principle

Kreiter's use of John Keel matters because Keel's Weird is not passive scenery. Mothman, UFOs, prophecies, phone calls, Men in Black, coincidence, and apparent deception become entangled with the investigation itself.

The researcher's attention enters the phenomenon. Reports seem staged for witnesses; messages mix insight and falsehood; the observer can no longer remain outside the event with a clipboard.

Kreiter draws a severe conclusion: the Weird is as tangible as the ordinary world but hidden behind a cloud. Once the cloud is crossed, the contents of Pandora's box do not obediently return. The practitioner may dismiss, suppress, or avoid what happened, yet the prior certainty that “such things do not happen” has been damaged.

The irreversible element is not necessarily a permanent apparition. It is the memory that the impossible once appeared possible enough to reorganize the self.

The failed exits, understood from within the chapter

Consensus retreat

Everything is renamed error, illness, fatigue, coincidence, or fantasy before it can be examined. This restores social normality but may betray experiences whose force began the quest.

Agnostic enclosure

Nothing can be known, so no commitment can be made. Kreiter considers this emotionally safe but evolutionarily sterile. The practitioner remains at the shore, touching the Dark Sea without entering.

Disposable belief

Chaos Magick treats belief as an instrument adopted for results. Kreiter acknowledges its flexibility but suspects a hidden atheism: the operator never risks being permanently altered by the reality a belief opens.

These critiques belong to Kreiter's path and are retained even where readers may disagree. His adventurer is not seeking a comfortable theory of the occult. The adventurer wants bodily and perceptual evolution.

The Adventurer's Code

The source presents seven interlocking traits. They are not ethics in the ordinary sense. They are survival architecture for the self.

1. Discipline born from desire

External rigidity cannot survive the Dark Sea because the rules of ordinary life no longer cover the territory. The durable discipline comes from curiosity strong enough to wear difficulty as armor.

The operative sentence is not “I must continue.” It is “I want to know enough that I will accept the work required.”

Desire also knows when to pause. A diver surfaces in order to dive again.

2. Challenge orientation

A problem becomes an object for imagination rather than evidence of doom. Fear, failed practice, contradiction, entity encounter, or doubt can each become a question with several possible responses.

This does not mean calling every harm a gift. It means refusing the fatalism that makes creative response impossible.

3. Question every belief

The paranormal worldview is not exempt from the Mad Logician. “Ghosts are real,” “the Archon did it,” “this guide is correct,” and “my intuition cannot deceive me” all become beliefs with effects and assumptions.

The adventurer's belief can be deep without becoming unconscious.

4. Question every perception

An experience may exceed the belief that prepared for it. This is where Kreiter leaves room for a foreign energy source. The task is not automatic dismissal but examination of texture, recurrence, information, response, and energetic signature.

Questioning perception protects the external from being reduced to projection and protects the self from treating projection as an invading world.

5. Temperance through logic

Temperance prevents awe, fear, excitement, and self-importance from immediately dictating action. Logic here is a way of building several provisional models and seeing what each would require.

One may believe deeply during an operation and still compare models afterward. Different phases demand different consciousness.

6. Trust feelings and impulses

In the Dark Sea, feeling may become the earliest instrument. Attraction, resistance, heaviness, clarity, vitality, inward recoil, and sudden knowing can supply data before a concept exists.

Trust does not mean obedience. Kreiter says to listen and discover the source. A feeling is respected by being studied, not by being followed blindly.

7. Take responsibility for consciousness

The practitioner no longer treats identity and perception as accidents. Beliefs are chosen or inherited, practices have consequences, and interpretations direct energy. Responsibility means owning the role one plays without pretending every outside force is imaginary.

It is the position from which boundaries can be asserted: "This is my consciousness. I decide what enters practice, what remains unresolved, and when the door closes."

Guard the self with your life

Kreiter ends with an explicit disagreement with Buddhist self-dissolution. Where a Buddhist reading may treat the separate self as empty or constructed, Kreiter treats individuation as the vessel required for the voyage.

Later Death Defier material clarifies the stakes. Physical death releases consciousness into an immense energetic environment. If the self cannot maintain coherence without the body, it dissipates, is recycled, or becomes prey to larger currents. The Great Work therefore strengthens a centre capable of navigating without material support.

The self Kreiter protects is not merely a social persona. Names, roles, habits, and opinions may change. The guarded self is the thread that can say:

> *I am. I perceive. I remember. I choose.*

This position can coexist with the recognition that identity is layered and partly constructed. The ship can be rebuilt without throwing its captain into the sea.

The disagreement with Buddhism is retained as a genuine esoteric divergence rather than repaired into polite equivalence. Kreiter's path seeks autonomous continuity, not liberation through dissolution.

Esoteric bridge: Chapel Perilous as the operating environment

In later books, Chapel Perilous is no longer a temporary road sign. It becomes the permanent atmosphere of advanced work.

The **Dark Sea** contains currents, rooms, thought forms, non-organic beings, environmental residues, projected selves, predators, and intelligences whose source cannot be known from appearance alone. The two-headed question travels with the Projectionist into every world.

The **Archon** intensifies the problem because doubt may itself become a containment strategy. Consensus first says the unseen is impossible; when that fails, the practitioner may hear that every unseen event is personal madness; when that fails, every event may be interpreted as hostile Archonic control. Both extremes return attention to the prison.

The **Three Polarities** give the code energetic form. IN feels and draws from a situation. VOID contains reaction and preserves the boundary of self. OUT acts, tests, builds rooms, or withdraws. Banishment, introduced next, is not a declaration that the Weird was unreal. It is the practical authority to narrow the field.

The **Death Defier** carries Chapel Perilous to its ultimate question: when the body falls away, what is self, environment, projection, guide, predator, memory, or trap? The guarded self must navigate before certainty arrives.

Practice lab 1: the mirror-window ledger

Purpose: preserve ambiguity without losing inquiry.

Choose one unusual experience and divide a page into three columns:

Mirror	Window	Entanglement
ways belief, memory, expectation, fear, or desire may have shaped it	qualities suggesting an independent source, response, information, or energetic foreignness	ways an outside event may have been translated or shaped by the perceiver

Fill every column, even if one model feels more convincing. End with three lines:

- my present working model;
- what would strengthen or weaken it;
- what remains unresolved.

Do not force equal weight. The purpose is not sterile balance. It is to prevent one answer from erasing the other before it has been examined.

Practice lab 2: the seven-piece armor audit

Purpose: turn the Adventurer's Code into behaviour.

Rate each trait from one to five. For every score, give one concrete example from the last month.

Then select the weakest trait and design one small act:

- desire-discipline: complete one scheduled practice and stop on time;
- challenge: write three responses to one obstacle;
- question belief: find the premise beneath a certainty;
- question perception: record an anomaly without naming its cause;
- temperance: wait twenty-four hours before acting on a charged interpretation;
- trust feeling: listen to one impulse and investigate its source;
- responsibility: close a practice whose effects you can no longer integrate.

Repeat after one month. The code is not a personality test. It is equipment maintenance.

Practice lab 3: expand, stabilize, contract

Purpose: learn the breathing rhythm of deep practice.

Choose one mild expansion practice—soft-gaze aura work, dream retrieval, or a five-minute belief operation. Follow it with:

1. **stabilize:** journal concrete observations and remain quiet for five minutes;
2. **contract:** eat, wash, walk, speak to someone, or do familiar work;
3. **review:** note whether the unusual perception remained manageable after ordinary life returned.

Do not repeat the expansion on the same day. The sea is infinite; haste adds no depth.

Practice lab 4: foreignness without persecution

Purpose: examine the possibility of an outside source without converting uncertainty into an attack narrative.

If an experience feels foreign, ask:

- Did it contain specific information I did not consciously possess?
- Did it respond in a way that surprised rather than merely gratified or frightened me?
- Was there a distinct energetic texture?
- Did it recur under similar conditions?
- Did another channel—visual, kinesthetic, dream, environmental—correspond?
- Is any part independently checkable?

Then ask:

- Am I assuming intent from mere presence?
- Am I turning coincidence into a message addressed only to me?
- Has fear made the phenomenon seem more coordinated than the observations show?

An outside intelligence may exist without being hostile, omniscient, interested in every detail, or responsible for unrelated events. The world can be populated without becoming a conspiracy.

Thought experiment: the message with two authors

During a threshold state, a presence says: “Do not take the familiar road tomorrow.”

The message may come from subconscious pattern recognition, a future-oriented dream faculty, a protective entity, a deceptive entity, anxiety, or chance. Tomorrow's familiar road is ordinary and appears safe.

What would the Adventurer's Code advise?

One response is obedience: take another road because the cost is small. Another is investigation: check traffic, weather, maintenance notices, and one's emotional state. Another is refusal: a being that demands unexamined obedience should not establish authority. Another is experiment: change the route but record that the message was not thereby proven.

Now suppose nothing happens. Was the message false, successful, symbolic, or impossible to evaluate? Suppose an accident occurs on the familiar road. Was the message precognitive, coincidental, or an intuition assembled from cues?

The thought experiment has no final answer. Its purpose is to reveal what kind of person you become while acting without one.

Cautions

- Do not intensify belief work, sleep disruption, darkness, entity contact, or field investigation while Chapel Perilous feels acute.
- Do not isolate from every person who questions your interpretation. Corrective relationships can protect the guarded self.
- A foreign feeling is not proof of hostile intent. Presence, influence, deception, and persecution are different claims requiring different support.
- Do not confront suspected agents, entities, neighbours, relatives, institutions, or strangers based only on synchronicity or inner communication.
- Treat commands to harm yourself or another person, abandon essential care, give away money, commit a crime, or place yourself in danger as a stop signal, not a spiritual test.
- If you cannot maintain food, sleep, hygiene, work, orientation, or safe relationships, stop all expansion practices and seek qualified help.
- If voices or visions persist in full wakefulness and cannot be voluntarily narrowed, or if fear becomes uncontrollable, use professional support even if the experience also has spiritual meaning.
- Do not surrender agency to a teacher, entity, tradition, or this companion. Kreiter's code requires responsibility for consciousness.
- Guarding the self includes allowing the body and mind to recover. Contraction is part of navigation, not betrayal.

Study summary

Chapel Perilous begins when belief-dependent perception can no longer be separated cleanly from the possibility of outside intelligence. The mirror asks whether the practitioner creates the phenomenon; the window asks whether a foreign energy is looking back. The chapel is the unsolved centre where both remain possible.

Kreiter does not resolve the crisis through consensus denial, permanent agnosticism, or disposable belief. He asks the practitioner to befriend uncertainty and develop the Adventurer's Code: desire-driven discipline, challenge orientation, questioning belief, questioning perception, temperance, trust in feeling, and responsibility for consciousness.

The self must be guarded because later projection and death-defiance depend on continuity of awareness. The Dark Sea is not entered by dissolving the navigator. It is entered by building a vessel flexible enough to change and coherent enough to return.

Retrieval questions

1. What are the internal and external faces of Chapel Perilous?
2. Why can the mirror and the window look the same?
3. What does Kreiter mean when he says Reasonable Logic dies?
4. What does John Keel contribute to the chapter's argument?
5. Why does Kreiter reject consensus retreat, agnosticism, and disposable belief?
6. Name the seven traits in the Adventurer's Code.
7. How can feelings be trusted without being obeyed automatically?
8. What self is being guarded, and why?
9. How does the mirror-window ledger preserve investigation?
10. What is the difference between a populated cosmos and a conspiracy?

Return to the source

Reread Chapter 8 and mark every question. Which does Kreiter answer, which does he refuse to answer, and which become practices rather than propositions?

Underline the passages where he criticizes agnostics, Chaos Magicians, and Buddhists. These are not incidental provocations. What positive qualities of his own path become visible through each contrast?

Finally, number the Adventurer's Code in the original. Which traits concern thought, which feeling, which action, and which identity? Where do apparently opposite traits—questioning and trusting—need one another?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 8, "A Road Sign to High Strangeness," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 8: A Road Sign to High Strangeness" in *John Kreiter — Complete Works — 13 Books*; "Chapter 8: A Road Sign to High Strangeness" in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Later-book threads retained: the Dark Sea, Archonic doubt and manipulation, ambient thought forms, non-organic predators, the Three Polarities, banishment as contraction, Projectionist navigation, the guarded ghost body, the Black Sun horizon, and death-defiance are retained as explicit later-book extensions.

Major editorial changes: restored the source chapter's two-headed question and Kreiter's refusal to settle it; removed the unsupported "infinite magic versus infinite horror" binary introduced by the existing guide; retained the controversial critiques of agnosticism, Chaos Magick, and Buddhist self-dissolution as defining contrasts; replaced generic Mermaid with the custom Mirror, Window, Sea diagram; reorganized the seven-part Adventurer's Code into practices; added the mirror-window-entanglement model, expansion/contraction rhythm, a method for investigating foreignness without assuming persecution, and explicit stop conditions that protect agency while leaving outside forces as a live esoteric possibility.

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Chapter 9 — The Proper Use of Banishment

The door stays real. The hand on its latch becomes yours.

Source purpose

The final chapter answers the practical question created by all the preceding work: what happens when expanded perception will not grow quiet merely because the practitioner is tired?

Chapel Perilous cannot be abolished without abandoning the path. Once the senses, beliefs, and thresholds have opened, the ordinary world no longer provides unquestioned stable ground. Yet no explorer can remain continuously exposed to strangeness. There must be a way to rest without declaring the journey false.

Kreiter calls that way **banishment**. In its occult sense, the word includes rites used to remove entities or energies from an area. In this chapter, however, it has a broader and more subtle function. Banishment is the deliberate redirection of attention and the creation of an energetic boundary. It produces a temporary protected interval inside a world that remains strange.

The distinction is essential. Banishment is not a new belief that ghosts, energies, entities, or altered realities never existed. It is not a retreat into agnosticism, and it is not the Chaos Magician's temporary adoption of disbelief. The practitioner does not rebuild the old cage. The practitioner closes a gate, rests, and retains the ability to open it again.

Contraction without surrender

The book has moved through a deliberate arc. Routine was interrupted. Sensory certainty was loosened. Social reality was recognized as an enforcement field. Attention learned to perceive aura and atmosphere. Sleep opened its forbidden interval. Belief was concentrated into an operative force. Chapel Perilous then made the cost of expansion explicit.

Banishment supplies the missing counter-movement: **contraction**.

Expansion without contraction becomes exposure. Contraction without expansion becomes imprisonment. The work therefore breathes. The practitioner opens, encounters, records, narrows, rests, and returns. Proper banishment is the exhalation that keeps the entire practice alive.

The existing guides usefully describe this as the difference between a pause button and an eject button. The image is not Kreiter's, but it captures his distinction:

- **Pause:** withdraw attention, set a boundary, preserve what has been learned, and return when ready.
- **Eject:** deny the event, rebuild a limiting belief, and close the perceptual capacity that disclosed it.

An investigator frightened by a presence may repeat, “That was not real,” until ordinary reality hardens again. This can reduce fear, but it may also undo the very openness the investigation was meant to cultivate. The banisher takes another position: “It may be real, but it does not have my attention, energy, or space now.”

This is why the chapter's title says the **proper** use of banishment. It is neither a compulsive cleansing schedule nor a dramatic war against every unusual sensation. It is the measured recovery of authority when the field has become too intrusive, exhausting, or destabilizing to continue.

> Figure / source plate
> Figure 9. The Perceptual Airlock: the Weird remains outside a temporary solar boundary while ordinary life provides a harbour for rest.
> Source asset: assets/guide-10-figure-09-perceptual-airlock.svg

The two movements of a banishment

Kreiter identifies two functions beneath the different techniques.

1. Withdraw attention

Attention gives a perception its place in lived reality. Fearful fascination keeps returning to the corner of the room, the dream voice, the pressure at the bedside, or the sense of being watched. Each return renews the connection.

Withdrawing attention does not prove that the phenomenon is internal. Kreiter expressly allows that an entity may have an exterior nature. The withdrawal changes the relationship. What is not fed by continuous attention loses its immediate purchase on the practitioner's world.

This is more exact than telling oneself to “think positive.” Positive thought can become another argument with the unwanted thing. Proper redirection places attention somewhere else so fully that the prior connection is no longer the centre of experience.

2. Establish an energetic barrier

Attention is not only moved; it is gathered into a boundary. A sphere of light, a radiating body, a ring of pentagrams, or a strongly charged room becomes an energetic statement: **not here, not now**.

Within Kreiter's model, the barrier has actual energetic substance. Its force depends on the concentration, vividness, feeling, and will placed into it. One need not reduce it to symbolic self-suggestion. The rite may simultaneously redirect the perceiver and obstruct an outside influence. Chapel Perilous does not require choosing between those two mechanisms before acting.

The pair must remain visible. Attention alone may become distraction; barrier alone may become anxious fortification. Together they produce the perceptual airlock: the outside remains outside while the practitioner recovers within.

First response: the white-light cocoon

Kreiter begins with the simplest useful form. Imagine a ghost hunter returning home unable to stop seeing activity. Curiosity may have followed the investigator back. Rest is now impossible because the perceptual field remains open.

While lying in bed or sitting in the chosen place of rest:

1. Close the eyes and settle the body.

2. Imagine a beautiful white light surrounding the whole body.
3. Let the light become a complete cocoon rather than a thin outline.
4. Place attention inside the light instead of monitoring what may be outside it.
5. Remain until the space feels claimed and the need to scan has softened.

The technique is intentionally plain. Its value is availability. It can be begun while frightened, tired, or already in bed. The practitioner need not remember elaborate names, directions, correspondences, or tools.

Its two movements are nevertheless complete. The light replaces the intrusive image as the focus of perception, and the cocoon forms a boundary against exterior influence.

Do not test the cocoon every few seconds by looking for the thing it is meant to exclude. Repeated checking reopens the line of attention. Build the boundary, inhabit it, and allow the outside to go unattended.

"Our Father the Sun": immersion rather than armour

The chapter's central working is an expanded white-light banishment named **Our Father the Sun**. The title gives the light a living magnitude. This is not a small defensive bubble generated by a frightened mind. It is an ascent into a solar world, followed by a return carrying that world's radiance.

The complete movement

Settle. Close the eyes in the place where rest is wanted. Let the breathing find an unforced rhythm.

Discover the sphere. See a brilliant white sphere above. As attention strengthens, recognize it as a vast sun. Its light descends without burning or damaging the eyes. This is an occult sun encountered inwardly, not an instruction to look at the physical Sun.

Ascend. Imagine rising from the ground and travelling toward it. The sphere enlarges until it fills the whole field. Light grows in intensity as distance closes.

Enter. Continue until the sun surrounds you. There is no longer a bright object "over there." The practitioner is inside a white solar world. Its radiance penetrates and purifies every atom of the imagined body.

Remain. Stay for as long as can be sustained without strain. Let the experience become a place rather than a picture.

Return carrying the sun. Open the eyes and recognize the body again, now glowing with the solar power brought back. The white sun remains above, raining light into and around the body until a protective cocoon is formed.

The rite does not depict the practitioner fighting every shadow individually. Solar presence changes the entire condition of the space. The banisher becomes too fully occupied by radiance to remain an easy surface for intrusion.

From watching the rite to entering it

Kreiter places one of the book's most transferable teachings inside the banishment chapter: visualization becomes stronger as it moves from an observed mental image to an inhabited reality.

Dissociative image

At first, a practitioner may see a picture of themselves covered in light, as if watching a film. Kreiter calls this a dissociative state. The scene has a frame, the imagined body is elsewhere, and the operator remains an audience.

Associative reality

In the associative state, the point of view crosses the frame. The light is seen from inside. Warmth touches this skin. The drone surrounds these ears. The solar field extends in every direction from the present centre.

The transition may be made gently:

1. notice the position from which the inner scene is being watched;
2. move the point of view toward the pictured body;
3. pass through the back of its head or chest;
4. look outward from its eyes;
5. let the former picture become the surrounding world.

If the view pops outside again, re-enter without frustration. The ability to cross from image to world is developed by return, not force.

Weaving the senses into one world

Once inside the visualization, Kreiter deepens it progressively.

Fill the visual field

Enlarge a distant or cloudy image until no unlit border remains. Increase brightness, colour, motion, and depth. The sun is not a white coin on blackness. It is an atmosphere vast enough to enter.

Give light a surface

Feel mild heat on the skin, a fine vibration through the limbs, or a bright tingling at the body's edge. The sensation can descend from above or rise around the body as the solar field thickens.

Give light an interior meaning

Let cleansing, freshness, strength, safety, joy, or sacred clarity arise in the centre of the being. This inner feeling is not decoration. It is how the energetic quality of the light becomes known.

Give light a voice

Hear a low drone that increases in volume and pitch as the light intensifies. It may become a hum, a vast vowel, a chorus, or a tone felt in the bones. The sound should belong to the solar world rather than being added mechanically.

Add the rare senses if they come

Smell and taste may be invited: rain, ozone, clear water, warm air, or another quality that signifies purity to the practitioner. Kreiter makes these optional. Their purpose is immersion, not completion of a checklist.

The aim is radical: the visualization should become, if possible, as real as physical reality. Within the non-rational domain of this book, that sentence is retained at full strength. The solar chamber may be understood as a deliberately entered reality structure, not merely a calming image laid over the ordinary world.

This same capacity later builds servitor forms, Projectionist rooms, the Ghost Body, and environments within the Dark Sea. Banishment is therefore not a retreat from esoteric practice. It secretly trains one of the master faculties on which the later practice depends.

The Gnostic Pentagram Ritual

Kreiter next reproduces a rite from Peter J. Carroll's *Liber Kaos*. This borrowing is significant. Chapter 8 criticizes the Chaos Magician's philosophical use of disposable belief, yet Chapter 9 retains a Chaos Magick technique whose embodied design is effective. Kreiter rejects the cage, not every tool found inside it.

The ritual treats the body as an instrument. Breath, sustained vowel, bodily resonance, radiance, gesture, turning, and pentagram become one operation.

The column of vowels

Stand facing any direction. Inhale fully, then sustain one vowel through a slow exhalation while imagining radiance in the corresponding zone:

Vowel	Approximate sound	Zone of radiance
I	“ee”	head
E	“eh”	throat
A	“ah”	heart, lungs, and arms
O	“oh”	belly
U	“oo/uh”	genital and anal base

Descend from I to U, then return upward from U to I. The purpose is not musical beauty. The sustained sound should make the relevant part of the body resonate until visualization acquires physical support.

The four pentagrams

Inhale. On one long exhalation, sound I–E–A–O–U while drawing a pentagram in the air with the left arm, one stroke for each vowel. See the figure strongly. Turn one quarter anti-clockwise and repeat. Complete four directions, returning to the starting orientation.

Finish by repeating the body's column of radiance. Stand quietly afterward and feel whether the room, the body's edge, and the movement of attention have changed.

The source EPUB carries a few awkward step numbers, but the ritual architecture is clear: radiance down and up the body, four sounded and gestured pentagrams, then radiance again. This edition preserves that architecture rather than silently replacing it with a different ceremonial rite.

The ritual's power comes from convergence. Discursive thought has little room to continue while the breath is measured, the vowel sustained, the body made resonant, the arm drawing, the pentagram seen, and the whole operator turning through space.

The hidden banishment in ordinary pleasure

Kreiter then makes a deliberately unglamorous move. One of his own most useful banishments is watching television. A devoted player may use a video game. A reader may enter a compelling book. The particular routine matters less than its capacity to command attention wholeheartedly.

This is not an apology for endless passive consumption. It is the strategic preservation of a reliable harbour.

Many activities usually condemned as wasted time can temporarily close the line through which an intrusive phenomenon is being fed. The operator does not watch a film while continuing to scan the room or mentally replay the encounter. The banishment succeeds when the activity becomes the current world.

Kreiter makes the remarkable claim that ninety-nine percent of what is perceived “out there,” including most apparently invasive entity phenomena, can be banished by turning attention away. Even if the phenomenon is exterior, it commonly requires emotional energy to gain power in the practitioner's reality. Without attention, it becomes inert or moves toward a more available source.

The claim remains operative in this edition. It is not diluted into the safer statement that “distraction reduces anxiety.” Kreiter is describing an energetic ecology. Attention opens a feeding channel; emotion charges it; withdrawal closes it. A ghoul may still be running through the house, he writes in effect, while the practitioner enjoys a book. The ghoul's continued presence matters less when it has no purchase on the centre of attention.

This suggests a practical kindness toward one's vices: not every pleasure must be exhausted through constant use. A familiar series, absorbing game, beloved novel, intricate craft, long walk, or ordinary meal can be kept in reserve as a balm. What looks mundane may become a consciously chosen boundary between worlds.

The cold return

The final method is for a different condition: the practitioner is not merely bothered by a perception but lost in an altered reality structure and unable to engage ordinary life safely.

Long hypnagogic work, broken-sleep practice, or intense perceptual expansion may leave the physical world dreamlike. In that state, the source advises a cold shower. Cold water brings the body abruptly to the centre of attention. If the dreamlike quality persists, the shower may be repeated, followed by a warm meal or cup of coffee.

The heart of the technique is sensory undeniability. The body is called so loudly that subtler channels lose the foreground. This is the opposite of the soft-gaze method. Instead of widening attention beyond the object, the cold return contracts attention into skin, breath, temperature, weight, and immediate physical necessity.

The source's instruction should be adapted to the body that must perform it. Sudden cold can be unsafe for some heart, circulatory, neurological, respiratory, pregnancy-related, or frailty conditions. Cool water on the face and forearms, a firmly textured object, paced walking, a warm substantial meal, daylight, conversation, or assistance from another person may provide a safer physical return. The esoteric purpose is not endurance. It is restored function.

Never drive, use machinery, climb, swim, handle weapons, or perform consequential work while the physical world still feels dreamlike. Banishment has not succeeded until ordinary responsibility can be carried again.

The boundary is not a permanent wall

The chapter returns at the end to its deepest philosophical distinction. One can perform an ultimate negative banishment by deciding that all Weirdness is only belief and that belief can be changed at will. This creates relief by walling the practitioner away from precisely what the work sought to perceive.

Kreiter refuses that solution. The occult, supernatural, paranormal, and chaotic Dark Sea remain concrete realities, not embarrassments to be translated into acceptable psychology. Proper banishment allows the practitioner to control a region within those reality structures without pretending to stand outside infinity.

The practitioner says neither “nothing is there” nor “I am powerless because something is there.” The mature statement is:

> *This field is larger than me, and this space is mine.*

That sentence is the energetic form of the guarded self. It preserves the Dark Sea and the helm at once.

Esoteric bridge: from banishment to sovereignty

Later books transform the chapter's tools without making them obsolete.

The **IN polarity** can absorb ambient and hostile energy rather than merely deflecting it. The **VOID polarity** closes the energetic body so reaction no longer leaks outward. The **OUT polarity** projects a chosen configuration into space.

Proper banishment already contains all three in elementary form: attention is withdrawn from the intruding object, contained within the solar chamber, and projected as a boundary.

The Vampire's Way to Psychic Self-Defense develops a more predatory answer to intrusion. Instead of remaining prey, the operator absorbs the energy of a negative source. That later method should not be imported prematurely as bravado. The Chapter 9 banishments remain appropriate when rest, not engagement, is wanted.

A **protection servitor** can hold a standing instruction at the boundary of a room or practitioner. It externalizes part of the work, but it also requires feeding, clear parameters, and eventual decommissioning. The white-light cocoon teaches the felt architecture a protective servitor must later maintain.

The **Projectionist** needs to close one room before entering another, regain the body after travel, and distinguish a self-built environment from a foreign domain. The associative solar world is early training in crossing that threshold deliberately.

The **Death Defier** carries the problem beyond physical grounding. After death, a cold shower and warm meal are no longer available. The enduring banishment becomes the ability of the Ghost Body to hold its own boundary in the Dark Sea. Every temporary cocoon rehearses the deeper sentence: I can inhabit a reality without dissolving into it.

Practice lab 1: build the airlock before an emergency

Purpose: learn both movements of banishment while calm.

Choose a quiet ten-minute interval. On one page, write the object from which attention will be withdrawn: a mild worry, an atmospheric residue, a remembered encounter, or simply the day's noise.

Then perform the basic cocoon:

1. name the connection once;
2. say inwardly, “Not now”;
3. surround the body with white light;
4. enter the light in first person;

5. feel its edge become distinct;
6. remain without checking the excluded object;
7. end by touching three physical objects and naming the current place and time.

Afterward, record two separate observations:

- Did the movement of attention succeed?
- Did a real boundary, pressure, temperature, radiance, or change of atmosphere appear?

Do not invent sensation to satisfy the exercise. A faint but honest boundary is more useful than a dramatic report made for the journal.

Practice lab 2: the solar depth ladder

Purpose: strengthen visualization through inhabitation rather than strain.

Use one layer per session. Do not add the next until the present layer can be held comfortably.

Session	Layer	Question afterward
1	white sphere above	Could I keep its position stable?
2	ascent and full-field light	Did the scene surround me or remain a picture?
3	warmth or vibration	Did the body participate?
4	cleansing and inner feeling	What quality did the light carry?
5	drone or vowel	Did sound thicken the world?
6	complete entry and return	Did the sun remain above after I opened my eyes?

End every session in ordinary life. Eat, wash, stretch, or speak. This keeps solar immersion connected to the power to return.

Practice lab 3: prepare the ordinary harbour

Purpose: identify wholehearted routines before Chapel Perilous makes choosing difficult.

List ten activities that can absorb you without harming you. Avoid activities that reliably lead to financial loss, intoxication, interpersonal conflict, sleep deprivation, compulsive escalation, or regret.

For each, note:

- how quickly it captures attention;
- whether it settles or agitates the body;
- whether it is available at night;
- whether it ends cleanly;
- whether it leaves ordinary functioning stronger.

Select three: a five-minute harbour, a thirty-minute harbour, and a long harbour. Prepare what each requires. The value lies partly in removing choice from a frightened moment.

When used, give the activity full permission. A banishment spoiled by guilt remains divided attention.

Practice lab 4: learn the IEAOU column without ritual pressure

Purpose: discover bodily resonance before drawing the four pentagrams.

Stand with knees unlocked. Make each exhalation long but comfortable. Sound I, E, A, O, and U down the body, then return upward. Stop if dizziness, pain, breath hunger, or panic appears.

Place one hand near the intended zone without touching it. Notice where resonance actually occurs rather than insisting that it match the chart perfectly. Bodies and rooms answer vowels differently.

Only after the column feels coherent should the four pentagrams be added. Practice one quarter-turn sequence slowly, keeping enough spatial awareness not to trip or strike furniture. The rite should increase containment, not produce performance anxiety.

Thought experiment: the guest who thrives when watched

A presence begins appearing near a doorway every night. It grows clearer when feared and fainter when ignored. The practitioner has three possible models:

1. a subconscious image strengthened by attention;
2. an independent entity feeding on emotional energy;
3. an entanglement in which an outside presence uses the practitioner's imagery to become visible.

All three predict that wholehearted withdrawal of attention will reduce the phenomenon. A banishment succeeds, and the presence disappears for a week.

What has been proven?

Very little about origin. Much has been learned about relationship. The practitioner can alter the channel even without explaining the sender.

Now suppose the presence returns but remains outside the solar cocoon. The energetic-barrier model gains weight. Suppose it appears inside the cocoon in precisely the form the practitioner fears. The mirror model gains weight. Suppose it communicates information later verified but could not have been known. The window model gains weight.

At every stage, the immediate practical question remains prior to the metaphysical verdict: does this experience have permission to occupy the space now?

Banishment is valuable because it can answer that question before Chapel Perilous answers the larger one.

Cautions

- Do not banish every unfamiliar sensation. Constant retreat can turn protection into a new perceptual cage.

- Do not treat every difficult emotion as an outside entity. Inner material deserves attention when the protected interval has ended.
- Do not test a boundary compulsively by searching for what was excluded.
- The physical Sun can injure the eyes. “Our Father the Sun” is an eyes-closed inner visualization, never solar gazing.
- Do not strain the breath or voice during the IEAOU rite. A sustained vowel should be comfortable, not heroic.
- Clear the turning space before drawing pentagrams. Stop if dizzy or disoriented.
- A routine banishment should restore agency. If it becomes compulsive, financially harmful, intoxicating, sleep-destroying, or impossible to stop, it is no longer a harbour.
- Do not use sudden cold if it is medically unsafe. Choose a body-based return appropriate to your condition.
- If you remain unable to orient, sleep, eat, work, care for yourself, or distinguish a current physical situation from an altered one, stop esoteric practice and involve a trusted person or qualified professional. Spiritual meaning and practical care can coexist.
- Do not obey a perceived entity's demand to avoid food, sleep, medicine, relationships, safety, or outside help.
- Banishment protects space; it does not authorize confrontation, retaliation, or accusations against people believed to be connected to an entity.
- Rest is not failure. In Kreiter's system, the ability to return is part of power.

Study summary

Proper banishment is controlled contraction within an expanded reality. It does not deny the occult world, declare every entity imaginary, or install a new limiting belief. It redirects attention and creates an energetic barrier so the practitioner can rest without surrendering perceptual gains.

The basic white-light cocoon offers an immediate boundary. Our Father the Sun deepens that boundary into an inhabited solar reality brought back around the body. Progressive visualization moves from an outside picture to a first-person, multisensory world. The Gnostic Pentagram Ritual adds breath, vowel,

bodily radiance, gesture, and direction. An ordinary activity can become a powerful banishment when attention enters it wholeheartedly. A cold, unmistakably physical return is reserved for the moment when an altered state has displaced safe ordinary function.

Kreiter's energetic ecology remains intact: most entity phenomena need attention and emotional energy to gain power in the practitioner's reality. Withdrawal may therefore starve even an exterior presence without requiring disbelief. The Dark Sea remains populated. The banisher simply claims a temporary region within it.

Later polarities, servitors, Projectionist rooms, psychic self-defense, and Ghost Body work all extend this architecture. The first lesson is simpler and perhaps more important: a practitioner who opens a door must also learn how to close it without pretending there was never a door.

Retrieval questions

1. Why is banishment different from belief-rejection?
2. What are the two functions present in every complete banishment?
3. Why can repeated checking weaken a white-light cocoon?
4. Name the six movements of Our Father the Sun.
5. What changes when visualization becomes associative?
6. How do warmth, inner feeling, and sound deepen the solar reality?
7. Which vowels correspond to which zones in the Gnostic Pentagram Ritual?
8. Why does an ordinary routine qualify as banishment?
9. What does Kreiter's ninety-nine-percent claim imply about attention and entities?
10. When is a body-based cold return appropriate?
11. Why is a permanent belief that “everything is only belief” an ultimate negative banishment?
12. How does Chapter 9 prepare the later Three Polarities and Ghost Body work?

Return to the source

Reread Chapter 9 and mark every place where Kreiter distinguishes temporary action from permanent belief. How does the chapter protect the reality of the Weird while increasing the practitioner's control?

Copy the two stated functions of the simple white-light exercise. Then follow those functions through the Sun banishment, the pentagram rite, the absorbing routine, and the cold return. Which methods emphasize attention, which emphasize barrier, and which use the body to make attention unavoidable?

Read the progressive-visualization sequence aloud, then close the book and reconstruct it from memory. Where did your reconstruction add a favourite occult convention not present in the source? Where did it omit the strange claim that visualization may become as real as physical reality?

Finally, compare Chapter 8's critique of Chaos Magick with Chapter 9's use of Carroll's ritual. What does this reveal about Kreiter's willingness to separate an effective esoteric tool from the philosophy that produced it?

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Chapter 9, "The Proper Use of Banishment," original EPUB supplied in the collection.

Guide material reviewed: "Chapter 9: Banishment" in *John Kreiter — Complete Works — 13 Books*; "Chapter 9: The Proper Use of Banishment" plus the shorter and advanced banishment sections in *The Complete John Kreiter Mastery Guide — Parts I & II*.

Later-book threads retained: the IN, OUT, and VOID polarities; the Archonic economy of attention; absorption in *The Vampire's Way to Psychic Self-Defense*; protection servitors; Projectionist rooms and returns; the guarded Ghost Body; and the Death Defier's need to maintain coherence without physical grounding are retained as clearly marked later-book extensions.

Major editorial changes: restored the source's exact sequence and its distinction between temporary banishment and permanent belief-rejection; retained the exterior-entity model, the claim that emotional attention feeds phenomena, the ninety-nine-percent estimate, and visualization as entry into another reality; replaced generic Mermaid diagrams with the custom Perceptual Airlock il-

lustration; removed the guide's invented Cross of Light, Breath Banishment, Laughter Banishment, compulsory daily clearing schedule, fabricated quotations, unsupported neurological multipliers, and pressure-heavy advancement criteria; preserved Carroll's IEAOU rite while correcting presentation rather than silently inventing a substitute; added progressive sensory practice, an ordinary-harbour inventory, a source-faithful decision structure, and cautions that protect physical function without reducing the chapter to psychology.

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Epilogue — Behind the Curtain

What remains

Kreiter's epilogue asks a plain question after nine increasingly strange chapters: what is left when all has been said and done?

Not a finished cosmology. Not a certificate of advancement. Not a tenth chapter prescribing morning, evening, weekly, and monthly schedules. The reader is left with methods for expanding sensual and intuitive capability, the discipline to test them, and the possibility of moving a heavy curtain aside.

The curtain is imposed from outside and from within. Biology narrows the field. Language labels what survives. The mob rewards a stable selection. Institutional authority gives the selection a history and a uniform. The individual then repeats it privately until the inherited world feels self-evident.

Yet the curtain can move.

Not-doing loosens one fold. Aura work thins another. Broken sleep exposes a gap at the hem. Belief changes the light behind it. Chapel Perilous reveals that there may be eyes on both sides. Banishment gives the practitioner enough control to step back without pulling the curtain shut forever.

The final invitation is not to admire this structure. It is to look behind it.

> Figure / source plate
> Figure 10. Behind the Curtain: trained living perception and crafted instruments meet the Unknown through a shared field notebook.

> Source asset: assets/guide-10-figure-10-behind-the-curtain.svg

The impasse in paranormal inquiry

Kreiter sees paranormal research increasing in quantity while losing quality and daring. The weekend investigation may gather more meters, cameras, recordings, and social attention than earlier fieldwork, yet remain trapped inside the same assumptions about what a valid event must look like.

His criticism is not of empirical method. It is of a belief structure that borrows the authority of science and turns it into an orderly religion. Once a model is treated as an ultimate boundary rather than a provisional instrument, the Unknown is permitted to appear only in forms the model already recognizes.

The distinction deserves care:

- **Method** asks what happened, under what conditions, and whether it can appear again.
- **Dogma** decides in advance which classes of happening are possible.
- **Instrumentation** extends a chosen sensitivity.
- **Institutional belief** mistakes that chosen sensitivity for the whole perceptual universe.

For Kreiter, a true scientist is a quester who uses observation and logic without making a bureaucracy the keeper of final truth. That image sits unexpectedly close to the Adventurer's Code. Both positions require disciplined desire, questioning, temperance, trust in direct perception, and responsibility for what one concludes.

The esoteric practitioner does not become credible by surrendering the anomalous to a hostile court. Nor does the practitioner become free by refusing comparison, record, or correction. The epilogue seeks a third posture: empirical daring.

The instrument carries its maker's question

Kreiter's sharpest criticism of equipment is that instrumentation is created to see what its creator wishes to see.

This need not mean that meters and cameras are useless. It means that every instrument is a materialized theory. A thermal camera assumes that relevant differences may appear as infrared radiation. An electromagnetic meter assumes that a useful anomaly may alter a particular range of fields. An audio recorder assumes that an event may become pressure waves within its response range. What lies outside the chosen aperture remains unregistered.

The living body is also an aperture. Rod vision, skin sensation, intuition, dream, emotional texture, sudden knowing, and changes in atmosphere each select and translate currents from a larger field. The body is not automatically pure because it is alive, and the device is not automatically objective because it is manufactured. Both need training, calibration, context, and comparison.

The epilogue's proposed “new science” therefore begins when neither aperture is allowed to dominate:

Living perception	Crafted instrument
can notice meaning, presence, direction, intention, and atmosphere	can stabilize time, range, threshold, and repeatable measurement
can adapt instantly to a novel event	can preserve a trace after attention has changed
can be expanded through practice	can be redesigned when its assumptions are exposed
can be shaped by belief, fear, desire, and expectation	can be shaped by model, calibration, placement, sampling, and operator choice

Correspondence between them is valuable, but non-correspondence is not automatic disproof. A presence may be visible and not thermal. A meter may change while no one senses anything. A dream may anticipate a later event without leaving a laboratory trace at the time of dreaming. Each mismatch asks for a better question.

Science is welcome in this volume as a fellow explorer. It is not appointed king of the non-rational.

Untapped perception and technological power

Kreiter imagines a future inquiry that joins technological advance with human perceptual capacities that have barely been cultivated. The old schools, he notes, sometimes changed perception through experiments with psychoactive plants and animals. He wonders whether modern pharmacology might eventually deepen such exploration.

This possibility is retained as part of his horizon, not converted into a substance protocol. Altered-state plants and chemicals can carry legal, medical, psychological, dependency, interaction, and contamination risks, and traditional practices often depend on knowledge and social structures missing from solitary experimentation. Nothing in this edition instructs the reader to obtain or ingest a substance.

The deeper claim does not require one. Human perception can itself be trained as technology. Attention is adjustable. Sleep contains thresholds. Belief concentrates energy. Imagination constructs inhabitable worlds. Feeling detects differences before language catches them. A group of disciplined perceivers may therefore become an instrument whose design is practice rather than hardware.

Technology can then record around the trained act rather than replacing it. A camera does not need to prove the aura before aura practice has value. It can ask whether light, temperature, motion, time, weather, geomagnetic condition, or observer position correspond to a specific report. The report remains primary data in its own register.

The aim is not to dress the occult in a laboratory coat. It is to enlarge the number of ways an event can leave a trace.

Expansion as intelligence

The epilogue makes a claim broader than paranormal ability: expanded awareness is an aspect of intelligence.

Intelligence grows when an event can be seen from more angles and defined through more than one cognitive position. The Mad Logician finds the hidden assumption. The aura reader notices a field around the declared object. The

dreamer recognizes that a thought has a second life beneath waking narration. The Adventurer can hold mirror, window, and entanglement without flattening them too early.

This is not merely abstract cleverness. Kreiter treats expanded perception as an advantage. The person who notices intention, vitality, atmosphere, or an approaching configuration before others can name it is ahead of the visible event.

He attributes far-reaching capacities to developed auric perception: discerning truth and falsehood, health, potential, intention, and possible future movement; locating and tracking UFO phenomena, ghosts, poltergeists, Bigfoot, and other cryptic presences; and surpassing instruments whose optical or electromagnetic limits were chosen in advance.

These claims remain in the personal-study edition without scientific apology. They belong to the book's operative esoteric worldview. They are also invitations to patient discrimination rather than licenses for certainty.

An aura impression should not be used as a medical diagnosis, a verdict of guilt, or proof that another person's future is fixed. Perception of intention is still perception through a living aperture. The disciplined practitioner records, compares, waits, and learns which signals prove trustworthy in which conditions.

Power grows through refinement. So does responsibility.

The subconscious as the workshop of possibility

Kreiter closes the argument by returning creation to the subconscious. Every made thing begins before it becomes a visible object. Image, impulse, atmosphere, desire, symbolic pressure, and unspoken pattern gather beneath the ordinary mind; only later do they become plan, action, arrangement, or event.

To expand the subconscious is therefore to expand the range of possible creation. The practitioner who can enter threshold states, hear the running consciousness, intensify belief, and inhabit visualization has more places from which a future can begin.

This is why the book cannot be reduced to the pursuit of paranormal proof. Aura, ghost, UFO, telepathy, morphic resonance, synchronicity, and entity contact are doors, but the deeper subject is the creative relation between awareness and reality.

Kreiter contrasts this relation with a life organized only through charts, measures, relentless effort, and twelve-hour workdays. He does not say that action is unnecessary. He says that visible labour is not the sole cause of visible result. A person may plough harder while remaining inside a narrow possibility. Another may alter the subconscious configuration from which effort proceeds and discover a path that no amount of linear labour could reveal.

The non-rational is not the enemy of action. It is the depth from which action receives direction.

The experimental circle

The epilogue hopes readers will create groups and organizations capable of using empirical method to explore the occult, supernatural, paranormal, Weird, and far-too-strange-to-be-taken-seriously.

Such a circle need not imitate an institution. It does need enough structure to prevent charisma, fear, and retrospective storytelling from swallowing observation.

A source-faithful field protocol

1. State the encounter, not the explanation.

“A cold pressure appeared beside the western doorway at 22:14” is more useful than “a dead man entered.” The explanation may be recorded separately as a working model.

2. Define the practice in advance.

Record place, time, duration, observer positions, gaze method, sleep state, belief operation, banishment plan, and any devices in use. Leave room for surprise, but do not rewrite the method after the event.

3. Keep observers separate during the first record.

Each participant writes or speaks privately before discussion. This protects independent correspondence from the memetic weather of the group.

4. Record the living channels.

Note visual form, colour, pressure, temperature, direction, emotion, bodily location, inner words, dream carryover, sense of identity, and degree of foreignness. Also note uncertainty and absence.

5. Record the crafted channels.

Preserve device type, settings, clock alignment, location, calibration, continuous baseline, operator actions, environmental changes, and raw files. An unexplained meter spike without time or setting is atmosphere, not a useful trace.

6. Compare only after the first record is sealed.

Look for exact correspondences, approximate correspondences, contradictions, and events reported by only one channel. Do not force agreement. A disagreement may disclose the aperture through which the phenomenon is visible.

7. Repeat by changing one condition.

Alter observer, room, gaze, time, belief, device placement, or banishment boundary. A moving phenomenon and a moving observer can otherwise be confused.

8. Preserve the anomaly.

Do not discard the event that ruins the preferred model. The stubborn remainder is often the place where the curtain moves.

9. Protect the people.

Agree on stop signals, privacy, publication consent, physical exit, transport, food, rest, and post-session contact. No member should be pressured to intensify an altered state or accept the leader's interpretation.

10. End cleanly.

Banish, return to ordinary activity, duplicate the records, and postpone the grand conclusion. The first night is for data and recovery, not cosmology.

This protocol does not make a ghost obey laboratory etiquette. It makes the circle more able to recognize what actually happened among them.

The four-page field notebook

A beautiful notebook is one of the few instruments that can accompany every method in the volume. Use four facing pages for one inquiry.

Page one — Conditions

- date, clock time, duration, and place;
- weather, light, sound, and unusual environmental conditions;
- recent sleep, food, emotion, substances, and stress;
- practice used and its exact sequence;
- devices, settings, and positions;
- names or anonymous codes of observers.

Page two — Immediate perception

Write before interpretation. Use sketches. Indicate direction and distance. If the experience was a feeling, map it on a body outline. If it was a voice, record the words without improving their grammar. If it was an aura, note background and gaze position.

Page three — Models

Use the three columns from Chapel Perilous:

Mirror	Window	Entanglement
what the perceiver may have contributed	what suggests an independent source	how an exterior event and inner translation may have combined

Add one deliberately strange fourth model. The purpose is not absurdity for its own sake. It prevents the first three from becoming another closed consensus.

Page four — Return

- what changed after banishment or ordinary activity;

- what could be repeated;
- what would count against the present model;
- what remains unanswered;
- the next small experiment, if any.

Leave a margin for later correspondence. Some events become legible only after a dream, recurrence, external report, or later book supplies the missing concept.

Design your own methodology

Kreiter's final wish is that readers expand the ideas and discover methods of their own. This is more demanding than collecting techniques from other traditions. A personal method must arise from an honest relation between capacity, desire, environment, result, and risk.

Begin with one question that matters enough to survive repetition:

- Can I perceive the same energetic boundary under different light?
- Does a particular room alter hypnagogic voices?
- Can two practitioners sense the direction of an unseen target independently?
- Does a solar banishment change later dream contact?
- Does a belief operation affect only interpretation, or also event frequency?
- Can a recurrent entity be distinguished from a recurrent emotional state?

Then create the smallest practice capable of answering it. Include a way to stop. Include a record. Include at least one competing explanation. Repeat until the question improves.

The aim is not to force a result. A method is successful when it makes the Unknown more articulate—even if the articulation is "not under these conditions" or "the observer mattered more than expected."

Eventually, an original method acquires a lineage of its own: first attempt, failure, strange exception, refinement, recurrence, boundary, and transfer to another practitioner. This is how private perception begins to become shared esoteric craft without being flattened into public dogma.

A final reader's covenant

The book began by questioning the ground beneath logic. It ends by asking the reader to become a better questioner.

Keep the Weird real enough to surprise you.

Keep the mirror near enough to reveal your contribution.

Keep the window open enough for foreign intelligence to answer.

Keep the self coherent enough to choose.

Keep a boundary strong enough to rest.

Keep a record exact enough to resist memory's desire for a better story.

Keep the method flexible enough to change when the anomaly refuses it.

And keep the curtain movable.

There is no need to decide whether all of reality is rational or non-rational. The great practical task is to develop a consciousness capable of entering both territories without demanding that one abolish the other.

The instruments will improve. The groups may form. The methods may become more daring. Later books will name the Dark Sea, the Archon, the Three Polarities, the Projectionist's rooms, the Black Sun, and the Ghost Body. Yet the first act remains the same as it was for the Mad Logician: find the assumption, loosen it, and look again.

Behind the curtain is not an answer.

Behind the curtain is a larger field of perception from which better questions can be born.

Source note and editorial additions

Primary source: John Kreiter, *The Occult Experience*, Epilogue, original EPUB supplied in the collection.

Guide material reviewed: the invented "Chapter 10: Putting It All Together" in *John Kreiter — Complete Works — 13 Books* and the epilogue discussion embedded in "Chapter 9: The Proper Use of Banishment" in *The Complete John Kreiter Mastery Guide — Parts I & II.*

Source distinction: the original book has nine chapters followed by an epilogue. It does not contain a Chapter 10, compulsory daily schedule, five fixed stages of development, advancement criteria, or the quotations attributed to Kreiter in the synthetic guide chapter.

Major editorial changes: restored the epilogue's actual concerns—perceptual training, the difference between scientific method and institutional dogma, the bias built into instruments, a possible union of technology and untapped human perception, awareness as intelligence, extraordinary claims for aura perception, subconscious creation, and the call to build daring empirical groups; retained the claims about health, intention, future, UFOs, ghosts, poltergeists, Bigfoot, cryptic phenomena, old-school psychoactive experimentation, and a new science without treating conventional science as final arbiter; replaced the generic integration charts with the custom Behind the Curtain illustration; added the experimental-circle protocol, four-page field notebook, method-design workshop, consent and safety structure, and explicit separation between immediate observation and later interpretation.

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Appendix A — Practice Index

This index is a map, not a schedule. Work slowly enough that one exercise can disclose its own result before another changes the conditions.

Chapter 1 — The Mad Logician

- **Four-column claim ledger:** separates claim, provenance, confidence, and revision condition.
- **Ninety seconds without completion:** distinguishes sensory detail from rapid naming.
- **Trustworthy stranger:** tests how testimony, risk, and verification can coexist.

Chapter 2 — The Sensual Deception

- **See the addition:** studies what the visual system contributes to an image.
- **The uncounted hour:** observes how language and routine divide time.
- **The unseen room:** maps the sensory universe excluded by ordinary organs.
- **The sixth sense already present:** considers whether interpretation itself is a hidden sense.

Chapter 3 — The Mob Rules

- **Semantic unbinding:** loosens a familiar word from the thing it governs.
- **Meme weather journal:** records repetition, identity, emotion, enforcement, and transmission.
- **The field before the voice:** senses group atmosphere before conversation supplies an explanation.
- **The meme that dreams through you:** examines transmission beyond deliberate speech.

Chapter 4 — The Doing of Not-Doing

- **Twenty-one-day slow cycle:** progresses through looking at space, shadow, purposeless action, laughter, and amnesia without stacking techniques.
- **One-variable protocol:** changes one condition while holding the rest of the practice steady.
- **The ritual with no witness:** tests whether not-doing needs public strangeness to interrupt routine.

Chapter 5 — Seeing Auras and Energetic Perception

- **Night-side comparison:** compares rod-dominant and cone-dominant seeing.
- **Ethereal caress, one variable at a time:** develops kinesthetic energy sensing without chasing drama.
- **Consent-based aura session:** pairs observation with clear relational boundaries.

- **Two-channel field map:** compares visual and feeling channels before interpretation.
- **Where does the person end?:** examines the boundary between organism, field, and environment.

Chapter 6 — Breaking the Biggest Routine of All

- **Seven nights of unaltered observation:** establishes a sleep and threshold baseline before modification.
- **Catch the descending image:** learns to notice hypnagogic form without waking fully.
- **Protect the returning thread:** carries hypnopompic material across the first movements of the day.
- **Naturally opened fairytale interval:** uses spontaneous waking rather than forced deprivation.
- **Running-consciousness triptych:** records verbal, visual, and felt streams separately.
- **The self who never wakes:** tests the relation among memory, continuity, and waking identity.

Chapter 7 — The Power of Beliefs

- **Counter-belief map:** finds the hidden belief that resists a chosen capacity.
- **First five-day crucible:** concentrates thought, feeling, body, energy, and will, then closes cleanly.
- **Fear-to-curiosity ladder:** converts resistance into a graded approach rather than a forced leap.
- **Belief-and-sense pairing:** links the operation to a concrete perceptual channel.
- **The room that obeys belief:** tests creation, selection, and entanglement models.

Chapter 8 — A Road Sign to High Strangeness

- **Mirror-window ledger:** records internal, external, and entangled explanations side by side.

- **Seven-piece armor audit:** translates the Adventurer's Code into recent behaviour.
- **Expand, stabilize, contract:** rehearses the breathing rhythm of sustainable practice.
- **Foreignness without persecution:** investigates an outside source without assuming hostile coordination.
- **The message with two authors:** tests agency under an ambiguous warning.

Chapter 9 — The Proper Use of Banishment

- **Build the airlock:** practices attention withdrawal and energetic boundary while calm.
- **Solar depth ladder:** moves from sphere to ascent, embodiment, sound, and return.
- **Prepare the ordinary harbour:** selects restorative routines before an emergency.
- **IEAOU column:** learns bodily resonance before adding the four pentagrams.
- **The guest who thrives when watched:** tests what banishment reveals about relationship without settling origin.

Epilogue — Behind the Curtain

- **Experimental circle protocol:** coordinates independent observers, living channels, instruments, comparison, replication, consent, and closure.
- **Four-page field notebook:** preserves conditions, immediate perception, competing models, and return.
- **Design your own methodology:** begins with a durable question and the smallest practice capable of improving it.

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Appendix B — Figure Register

1. **The Assumption Ladder** — sensation becomes description, memory, inference, and worldview; interpretive distance increases the need for support without automatically making a claim false.
2. **Perception Is a Loop** — a too-abundant world is sampled, organized, experienced, and acted upon; action changes the next sample.
3. **Memetic Weather** — repetition, identity, institution, enforcement, and transmission give an idea social duration and esoteric charge.
4. **The Not-Doing Cycle** — routine becomes visible when interrupted; the living interval permits a different act and a revised return.
5. **The Perceptual Weave** — direct sight, peripheral attention, kinesthetic sensing, and feeling memory gather a field before meaning is assigned.
6. **The Threshold River** — hypnagogia descends into the night country and hypnopompia returns; the fairytale interval holds waking presence inside dream logic.
7. **The Belief Crucible** — thought, feeling, body, energy, and will converge on one chosen capacity; release and rest complete the operation.
8. **Mirror, Window, Sea** — projection and outside intelligence can look identical; the guarded self navigates their unresolved centre.
9. **The Perceptual Airlock** — attention is withdrawn and a temporary solar boundary formed while ordinary life provides a harbour for rest.
10. **Behind the Curtain** — trained living perception and crafted instruments meet the Unknown through a shared record and an experimental circle.

All ten plates were designed specifically for this personal-study edition. They are conceptual maps, not attempts to photograph or prove the underlying phenomena.

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Appendix C — Source Register

Primary source

Kreiter, John. *The Occult Experience: Proof of the Paranormal.* Original EPUB in the reader's collection. The chapter sequence, exercises, claims, and epilogue were checked directly against this file.

Existing study guides reviewed

- *John Kreiter — Complete Works — 13 Books.*
- *The Complete John Kreiter Mastery Guide — Parts I & II.*

These guides supplied useful synthesis and later-book connections. They also contained synthetic chapters, invented quotations, unsupported precision, generic diagrams, and expansions not present in the primary source. This edition identifies those differences rather than silently merging them.

Later John Kreiter works used as marked bridges

- *Overcoming the Archon Through Alchemy.*
- *The Vampire's Way to Psychic Self-Defense.*
- *Create a Servitor: Harness the Power of Thought Forms.*
- *The Way of the Projectionist.*
- *The Magnum Opus* sequence.
- *The Way of the Death Defier* sequence.
- *Manifest Wealth and Prosperity with Thought Forms and Servitors.*

Later-book material is used to illuminate trajectories already latent in *The Occult Experience*. It is labelled as a bridge and is not presented as though it appeared in the earlier chapter.

Other works and traditions named in the source or close reading

- Carroll, Peter J. *Liber Kaos*, source of the Gnostic Pentagram Ritual reproduced by Kreiter.
- Keel, John A. *The Mothman Prophecies*, used for the participatory and deceptive character of paranormal investigation.

- *Harvey*, the stage and film story of Elwood P. Dowd and an unseen pooka, used by Kreiter as an image of socially contested perception.
- Jung's collective unconscious, J. B. Rhine's psi research, Rupert Sheldrake's morphic resonance, the hundredth-monkey story, telepathy, double-blind method, and the electromagnetic spectrum appear as part of the source's constellation of correspondences.
- Chaos Magick, Buddhism, ancient mystery schools, psychotropic flora and fauna, NLP, the law of attraction, and modern paranormal investigation are discussed as practices or contrasts. Their appearance does not imply endorsement of every school or historical claim.

This companion uses short source phrases only. It is designed to sit beside the purchased originals and does not replace them.

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Appendix D — Editorial Change Log

Global changes

- Restored the original nine-chapter structure and epilogue; removed the guide's invented Chapter 10.
- Checked every chapter directly against the original EPUB before rewriting its study treatment.
- Distinguished **primary-source teaching**, **later-book bridge**, and **editorial addition** in every chapter.
- Preserved the non-rational register: ghosts, entities, UFOs, telepathy, morphic resonance, energetic feeding, visualization as reality, Archonic influence, and survival beyond death remain live esoteric possibilities.
- Preserved provocative correspondences and false equivalences when they function as deliberate occult operations, while identifying where they are not formal demonstrations.
- Removed fabricated quotations, generic neuroscientific certainty, invented numerical multipliers, compulsory schedules, and advancement gates that were not supported by the original book.

- Replaced all generic Mermaid diagrams with ten custom illustrated plates designed around the source's own images and movements.
- Reorganized repetitive guide material into close readings, esoteric bridges, practice labs, thought experiments, cautions, retrieval questions, and return-to-source prompts.
- Added consent, physical safety, anti-paranoia, and functional stop conditions without declaring the occult interpretation false.
- Added a practice index, figure register, source register, experimental-circle protocol, and field-notebook structure for long-term personal study.

Major conceptual additions

- **Assumption Ladder:** separates sensation, description, memory, inference, and worldview.
- **Perception Loop:** holds instrumental and esoteric accounts of constructive perception together.
- **Memetic Weather:** treats ideas as social patterns and energetic formations.
- **Perceptual Weave:** integrates direct sight, rod-based peripheral attention, kinesthetic sensing, and feeling memory.
- **Threshold River:** organizes sleep transitions without reducing them to brain-state diagrams.
- **Belief Crucible:** emphasizes entry, total commitment, clean closure, after-current, and mandatory rest.
- **Mirror–Window–Entanglement ledger:** preserves both projected and foreign-intelligence models.
- **Perceptual Airlock:** defines banishment as temporary sovereignty rather than disbelief.
- **Double-aperture inquiry:** joins trained perception and instruments without allowing either to monopolize the Unknown.

Voice and organization

The existing guides often repeated the same claim through overviews, tables, mnemonics, interviews, core transmissions, recap flags, and doctrinal restatements. This edition uses a slower human editorial voice. Repetition remains only where it changes function: explanation becomes practice, practice becomes retrieval, and retrieval returns the reader to Kreiter's original words.

No attempt has been made to rationalize the source into conventional materialism. The purpose of the edition is clearer passage into Kreiter's non-rational domain with better organization, stronger boundaries, and a more faithful map.

Guide 11 · Vampire's Way to Psychic Self-Defense

Figure / source plate
Cover of Guide 11, Vampire's Way to Psychic Self-Defense
Source asset: assets/guide-11-cover-Cover.png

Book-aligned source guide 11 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–8; Conclusion. **Thematic shelf cross-link:** Volume 04 for negative-energy triage, the predator/prey cycle, and the sovereignty shield.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

Figure / source plate
A triage process that begins with internal flare before external interpretation
Source asset: assets/guide-11-g11-v04-negative-energy-triage.svg

Figure 1. A triage process that begins with internal flare before external interpretation.

Figure / source plate

> The predator/prey cycle and the points where sovereign choice can interrupt it
> Source asset: assets/guide-11-g11-v04-predator-prey-cycle.svg

Figure 2. The predator/prey cycle and the points where sovereign choice can interrupt it.

> Figure / source plate
> Boundaries, containment, transmutation, and ordinary exit as nested protections
> Source asset: assets/guide-11-g11-v04-sovereignty-shield.svg

Figure 3. Boundaries, containment, transmutation, and ordinary exit as nested protections.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Overcome All Negative Energy

By John Kreiter (2016)

> *"What if we were actually meant to become fearsome predators?" — John Kreiter*

About This Book

This book recasts psychic self-defense as absorption rather than resistance. Kreiter uses the figure of the vampire to describe a practitioner who takes in, contains and repurposes what the system calls negative energy. The terminology is metaphysical and should be read within that framework.

Key Terms

Concept	Definition
Ancient Vampires	Energy masters who learned to consume rather than defend
NEGPs	Non-Energy Generating Phantasms (thought forms)
PNOBs	Predatory Non-Organic Beings (inorganic entities)
Reverse Breathing	Core technique for drawing energy inward
The Cauldron	Energy center in the body where absorbed energy is processed
Transmutation	Converting negative energy into personal power
Etheric Claws	Projected energy appendages for grabbing entities
Predatory Stance	The mental attitude required for effective consumption

Working Principle

> **"Instead of defending against negativity, CONSUME it. Become a predator of the negative energies and entities that mess up your life."**

Introduction · The Pervasive Negativity

The Problem

Our world is riddled with **imbalance and pervasive negativity**. We endlessly seek happiness, yet negativity constantly "infects our souls." The conventional advice to "stay happy and be positive" often falls short.

The Question

> *"What if there's a different path? What if we were actually meant to become fearsome predators?"*

The Promise

According to Ancient Vampires, the answer is YES.

- You will learn to **"feed off" all negativity**
- Ancient techniques leverage a "little clause in the contract of life"
- You become a **predator of negative energy**, not of people
- Fight the negative current and achieve extreme power and happiness

The Reality

- There truly are "things that go bump in the night"
- Negative entities are real and increasing
- This book teaches you to **fight back** and **prosper from their negativity**

Chapter 1 · But What If I'm Not a Vampire?

Understanding the Ancient Tradition

1.1 The Core Question

> **"Do I have to be a vampire in order to use their methods?"**
>
> **Answer: "Most definitely, NO."**

1.2 Why the Vampiric Perspective?

1. **Authenticity of Source**: The knowledge comes from those who developed these techniques for survival
2. **Pedagogical Efficacy**: The predatory approach is essential for teaching energy transmutation

1.3 Who Are the Ancient Vampires?

NOT:

- Blood-drinking Hollywood stereotypes
- Vampire bats
- Pop culture romantic figures
- Modern "blood drinkers"

ACTUAL Definition:

> *"True Human Vampires are the 'real death defiers' who do NOT drink blood. Instead, they 'actually drink the subtle energy within all living things.'"*

1.5 Core Understanding

- **All things are energy-based**
- Humans are born with finite energy
- We are energetically "full of holes" — like a leaking bucket
- We are both predators and prey in a "highly complex and savage ecosystem"

1.6 The Ancient Vampire's Goal

1. Learn to take life energy from the world
2. Seal energetic leaks
3. Redistribute internal resources efficiently
4. Create the "golden elixir" (philosopher's stone)
5. Form an energy body that survives physical death

1.7 Practical Application

- You don't need to BE a vampire
- You only need to IMPLEMENT their techniques
- These allow direct work with energy
- Transform negativity into positive energy flow

- Repel and sometimes destroy negative entities

Chapter 2 · White Light Doesn't Always Work

Why Traditional Defenses Fail

2.1 The Rising Tide

Attacks by negative entities are on the rise. Common but ineffective strategies include:

- Psychic shields
- Pentagram rituals
- Crystals and garlic
- Psychic cleansing and exorcism

> *"These have little or no effect on the negative forces that accost them."*

2.3 The Mosquito Metaphor

> *"DEET works, but you have to douse yourself in the stuff. If you miss one spot, the mosquito will find it; it is patient and has many clever ways of finding holes in your armor."*

2.4 Truly Effective Shielding

The ONLY truly effective shielding uses **servitors or talismans**. But these require significant energy and focus to create — often impossible if you're already weakened.

2.5 The Inevitable Conclusion

> **"We are left with the only option that is really available to us: the vampire's way."**

This requires a **radical change** in self-perception:

> *"We must stop acting like a herd animal and start acting like the predators that we all are."*

Chapter 3 · Predator or Prey

The Paradigm Shift

> *"It's almost as if we each have a vampire inside us. Controlling that beast, that dark side, is what fascinates me." — Sheryl Lee*

3.1 Two Worldviews

Common Human View	Ancient Vampire View
Mechanical world of objects	Infinitely mysterious energy
Humans at top of food chain	Humans are preyed upon
Nothing beyond the measurable	Vast unseen ecology
Safety in civilization	Constant energetic danger

3.2 The Ancient Discovery

Ancient vampires discovered TWO types of invisible life:

NEGPs (Non-Energy Generating Phantasms)

- Primarily **creations of the human mind**
- Thoughts, thought forms, memes
- Vary in size, complexity, and power
- Exist like "thick soup" around the planet
- Influence and are fed by human consciousness

NOBs/PNOBs (Non-Organic Beings / Predatory NOBs)

- True inorganic life forms
- Some are **infinitely more intelligent than humans**
- Some are **immortal**
- Generally **far more aware of us than we are of them**
- Some species **actively feed on human life force**

- The "demons, poltergeists, cryptids, extraterrestrials" of legend

3.3 The Vampire's Purpose

The book teaches techniques to:

1. Overcome **personal negative energy**
2. Handle **negative energy from others**
3. **Fight off dangerous PNOBs and NEGPs**
4. **Thrive from all negative energy in your life**

Chapter 4 · Dealing with Personal Negative Energy

The Foundation: Absorbing Your Own Negativity

4.1 The Source of Most Negativity

> *"The first step in controlling negative energy is realizing that most of it is internal—the negative energy that we exude into the world ourselves."*

4.2 The Energetic Perspective

Humans are like:

- **Large egg-shaped light bulbs** that constantly "blink"
- The **sun**, shooting "coronal flares" (negative emotional outbursts)

This constant flaring is **highly wasteful** and leads to aging and sickness.

4.3 The Core Methodology

> **"SUCK UP this negative emotional flare, this expulsion of energy."**

Draw negative energy **into yourself** until the emotional charge is gone.

4.4 The Four Techniques

Technique 1: Reverse Breathing

Effect: Creates a "feeling of powerful suction" that draws energy through the skin and bones directly into the **cauldron** (body's center).

Technique 2: Visualization

- Not just visual — primarily **FEELING** the energy movement
- Visualize a **"black cloud of energy"** being drawn into yourself
- Feel the tension run from skin to body center
- See energy concentrating in your **cauldron**

Technique 3: Affirmation

Repeat while performing the technique:

> **"I take my energy back."**

Or for external energy:

> **"I take this energy and make it mine."**

Technique 4: Transmutation

- Taking energy of one type and turning it into another
- Achieved through the **predatory stance**
- More detail in later chapters

4.5 Putting It Together: Personal Negative Flares

Scenario: Waiting for a loved one, negative thoughts cause emotional outbursts.

Process: 1. Immediately "suck up" the negative emotion 2. Start **reverse breathing** 3. **Visualize** expelled energy as a dark cloud around you 4. **Affirm**: "I take this energy back into myself" 5. Continue until the charge is consumed

4.6 Putting It Together: Personal NEGPs

Personal NEGPs: Thought forms you've created (often unconsciously) that attack you.

- **Landmine NEGPs**: Triggered by similar situations
- **Active NEGPs**: Have developed intent, attack randomly

Process: Same techniques as for flares, but:

- More intense energetic connection
- May take **months** to fully absorb
- Don't stop when emotions diminish — continue until they **completely stop**

Result: After feeding from a big NEGP, you'll feel "incredibly energized," your body will relax, and you'll feel "content, energized, and free."

Chapter 5 · Negative Energy from Others

The Banquet

5.1 The External Reality

- In high-population areas, exposure to negative energy is **guaranteed**
- This negativity is **impossible to escape**
- Traditional fight-or-flight response only makes things worse
- Shields work temporarily and are draining

5.2 The Vampire's Approach

Ancient vampires viewed environments rich in negative energy as:

> **"A banquet to be enjoyed."**

Instead of tensing up:

- The vampire **relaxes**
- **Opens up** to the wasted energy
- **Sucks up** what others throw away

5.3 The Key Insight

> **"A vampire does not see energy as 'positive or negative'; he just sees energy."**

The difference is in **INTENT**, not the energy itself.

When you transmute negative energy, you're transmuting the **intent** through "a superior act of personal intent."

5.4 The "Finely Printed Clause"

By adopting the predatory stance:

- You take your rightful place as a predator
- You **thrive** where others live in misery
- You **help the whole world** escape the negative current

5.6 The Transmutation Process

> *"Bite down on it and eat it, consume it and bring it into yourself as a powerful predatory monster."*

The "sheer ferocity of your spirit" changes your beliefs about the energy, and through this change, the energy transmutes.

5.7 Reassurance

- You are NOT feeding off people
- You consume **wasted** energy that causes anguish
- **By consuming this energy, you do humanity a service**
- Even more so if you then project positive energy

5.8 Scenario: Traffic Jam

Process: 1. Catch yourself before expelling too much negativity 2. Use reverse breathing to stop outward flares 3. Focus on YOUR own energy first, suck it up 4. Continue — the remaining negativity is from others 5. Keep ingesting until you feel "full," "bubbly and happy" 6. Result: "So energized you will want to run the marathon"

5.9 Scenario: Targeted ILL Will

Process: 1. When feelings of worthlessness arise: "Take this energy, make it your own, suck it up" 2. Employ: Reverse breathing + Visualization + Affirmation 3. Pool energy into your cauldron 4. Adopt predatory attitude — feel like a "true vampire, very hungry" 5. **Relish** the feeling of ingestion

Optional: After transmuting, project positive energy and intent back into the environment — "true transmutation."

Chapter 6 · Protecting Against Foreign NEGPs

Fighting Thought Forms

6.1 The Blanket of Human Thought

- The planet is increasingly encased in human thought
- Humans are "thought generating machines"
- Thoughts don't disappear — they combine and grow
- Some develop their own **intent**

6.2 Types of NEGPs

Accidentally Created

- Most common
- Examples: "haunted houses" — tragic events create thought stamps
- Public fascination amplifies them
- Can develop intent and actively seek hosts

Purposefully Created (Servitors)

- Created with specific purpose
- Negative ones are “far more insidious”
- Like “arrows that go straight at the target”
- Won’t stop until dealt with

6.3 Fighting Foreign NEGPs

Core principle: Whenever you feel ANY negativity, suck it up.

Signs of powerful NEGP attack:

- Sudden intense emotion not matching your thoughts
- A negative presence following you
- Visual sightings of dark shadows

6.4 The Vampire Method

> **“Consume all the negative NEGP’s energy until it completely loses its power and becomes inert.”**

An inert NEGP is like an “egg without a yolk” — structure remains but power is gone.

Strategic Advantage: If attacker recharges and sends it back, you simply drain it again — a “banquet of highly concentrated energy.”

6.5 Developing Etheric Claws

Essential skill for active NEGPs and PNOBs.

Exercise: Etheric Claws Development

Instructions: 1. Find comfortable, undisturbed position 2. Focus attention on a distant object 3. Imagine an “etheric hand” stretching out 4. Visualize vividly what it **FEELS** like to touch the object 5. Develop a second etheric hand 6. Touch with both simultaneously

Application: The desire to grab something will be all you need to grab and devour any negative entity.

For Attached NEGPs: "All the better because now it can't get away." Grab it with etheric claws and suck the life out of it.

Chapter 7 · Fighting Off Predatory NOBs

Battling Inorganic Beings

> *"Now it's the dark's turn to be afraid." — Joseph Delaney*

7.1 The Reality of PNOBs

- Sentient awareness not bound by biological form
- Encased in energetic structure
- Recognized by ancient civilizations as gods, elementals, spirits
- Some are immortal
- Some actively feed on human life force

7.2 Why Symbology Fails

Traditional protection using crosses, symbols, etc. works only because it helps focus **INTENT** — not because of inherent power.

This is energetically taxing and requires extensive practice.

7.3 The Vampire's Solution

> **"Fighting PNOBs by consuming them."**

> **"To devour those who would devour us."**

7.4 Types of Pnob Attacks

Small, Less Complex PNOBs

- Use primitive energy ingestion
- Cause small pains through "energetic barbs"

- Responsible for daily aches

More Complex PNOBs

- Interested in emotional energy
- Create great bursts of emotion
- Example: Succubus/Incubus — induce panic or sexual orgasm to feed

7.6 How to Know You're IN the Presence of a Pnob

- Hairs on back of neck stand up
- Bodily sensation of alien presence
- Odd noises (three knocks are common)
- Electronic synthesizer sounds

7.7 Scenario: Small PNOBs Causing Pain

1. Use etheric claws to grab in area of ache/presence
2. Feel for "cold" energy vortex
3. **"Desire to grab it"** with all your heart
4. Use reverse breathing, visualization, affirmation to draw energy
5. Energy will feel "odd, alien" — but it's good energy
6. When drained enough, **it will run away**
7. Remember predatory stance — make the energy your own

7.8 Scenario: "the Hag" / Sleep Paralysis

1. Do NOT panic
2. Your body is immobile but your **MIND IS NOT**
3. Send etheric claws into the presence
4. Desire with all your heart to grab and hold it
5. Drain it

7.9 Scenario: Alien Abduction PNOBs

1. Remember your etheric claws

2. **“Grab the nearest alien”**
3. **“Begin sucking the life out of it”**
4. If they fight back with horrible projections: consume the negative energy you’re expelling
5. When stable, resume grabbing and draining
6. Ignore “angelic beings” asking you to stop
7. Be prepared for a long battle (possibly months)

Chapter 8 · Questions and Answers

Q: How Do I Identify Negative Energy?

A: You don’t need to “see” it. Simply **draw in any negative energy that you feel, period.** Initially it will all feel like your own. As you improve, you’ll distinguish foreign energy.

Q: How Do I Know When to Stop?

A: You’ll **feel like stopping**. The intensity will naturally dissipate. You’ll no longer feel negativity. The result is “amazing relief” — possibly realizing that **joy is your natural state**.

Q: Can I Consume Leering Energy (Unwanted Sexual Attention)?

A: **Yes, absolutely.** Stop putting up a front. Consume hostile energy like a Tai Chi master — use it to your benefit. You become empowered instead of drained.

Q: How Do I Project Positive Energy After Consuming?

A: 1. First, master taking in negative energy 2. Transmute through predatory attitude 3. With the power surplus, imagine “light and love” 4. Visualize white light 5. Project into the environment 6. This is “true transmutation”

Q: What If Others Are Using These Techniques Too?

A: There is **so much negative energy** that no one will ever “go hungry.” You’ll never be competing. If two people tried to consume the same energy, they’d feel “camaraderie” — not struggle.

Q: What If There's No More Negative Energy?

A: Highly unlikely "for now." But if it happened, these techniques wouldn't be needed — everyone's energy would be high and there would be no need to feed.

Conclusion · The Predator Within

The Core Realization

Ancient vampires discovered that:

- Human life on Earth is energetically difficult
- We live in a world of consumption
- **Humans are NOT at the top of the food chain**
- We are preyed upon by inorganic life forms

The Little Clause

They discovered a "small chance" for all to prosper — **the little clause in the contract**.

The Promise

By practicing these techniques:

- You will **prosper even in the greatest misery**
- You do NOT need to hurt others
- You consume energy "we all so carelessly throw away"
- You can transmute this into **light, positivity, and love**

The Ultimate Goal

> **"Never see negative energy the same way again."**

Remove the "negative" label completely. There is only **ENERGY**.

When you achieve this:

- You take a "huge step into a far greater reality"
- You gain responsibility for your own energy

- You find **freedom from all negativity** through practical methods

The Shift

You will:

- **Re-absorb** all personal negativity
- **Fight back** without relying on third parties
- **Prey upon** those things that prey upon you
- **Consume** and grow strong while they wither

Your True Nature

> **"You will discover your true nature as a wild thing; as the quintessential predator on the planet."**

Appendix a · Glossary

Term	Definition
Ancient Vampires	Energy masters who learned to consume rather than defend
Cauldron	The energy center in the body's core where absorbed energy is processed
Etheric Claws	Projected energy appendages for grabbing entities
NEGP	Non-Energy Generating Phantasm — thought forms
NOB	Non-Organic Being — inorganic entities
PNOB	Predatory Non-Organic Being — NOBs that feed on humans
Predatory Stance	The mental attitude required for effective consumption

Term	Definition
Reverse Breathing	Core technique: contracting stomach/chest on inhale
Transmutation	Converting negative energy into personal power

Appendix B · Quick Reference Protocols

Personal Negativity Protocol

```
1. Catch the negative flare
2. Begin REVERSE BREATHING
3. VISUALIZE dark cloud being drawn in
4. AFFIRM: "I take this energy back into myself"
5. Continue until charge is consumed
```

External Negativity Protocol

```
1. Do NOT tense up or fight-or-flight
2. Begin REVERSE BREATHING
3. First consume your OWN negativity
4. Continue — remaining negativity is others'
5. Adopt PREDATORY STANCE
6. AFFIRM: "I take this energy and make it mine"
7. TRANSMUTE through ferocity of spirit
8. Optional: Project positivity after
```

Negp/pnob Combat Protocol

```
1. Identify presence (feelings, visuals, hairs standing)
2. Develop ETHERIC CLAWS
3. DESIRE to grab with all your heart
4. GRAB the entity
5. Begin DRAINING with all techniques
6. If jolted or scared, consume THAT energy
7. Continue until entity flees or becomes inert
8. Make the energy YOUR OWN
```

Appendix C · Advancement Checklist

- ☐ Understood the paradigm shift from prey to predator
- ☐ Practiced reverse breathing until comfortable

- ☐ Successfully absorbed personal negative flares
- ☐ Dealt with at least one personal NEGP
- ☐ Consumed external negative energy in a crowded environment
- ☐ Developed etheric claws through visualization practice
- ☐ Maintained predatory stance during consumption
- ☐ Experienced the "amazing relief" of full absorption
- ☐ Optional: Projected positive energy after transmutation
- ☐ Committed to seeing energy as just energy

"I have never met a vampire personally, but I don't know what might happen tomorrow." — Bela Lugosi

Guide 12 · The Way of the Projectionist

Figure / source plate
Cover of Guide 12, The Way of the Projectionist
Source asset: assets/guide-12-cover-Cover.png

Book-aligned source guide 12 of 15 · retained as the source-order spine.

Source structure: Disclaimer; Introduction; Chapters 1–7; Conclusion; Glossary and appendices. **Thematic shelf cross-link:** Volume 05 for the Double and projection; Volume 08 for the sixth and seventh rooms.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

Figure / source plate
The movement of consciousness from ordinary station toward inner depth
Source asset: assets/guide-12-g12-v05-awareness-dial.svg

Figure 1. The movement of consciousness from ordinary station toward inner depth.

Figure / source plate
The seven rooms as thresholds of attention, energy, and self-cohesion

Source asset: assets/guide-12-g12-v05-projection-rooms.svg

Figure 2. The seven rooms as thresholds of attention, energy, and self-cohesion.

Figure / source plate
The remembered traveler within the movement of projection
Source asset: assets/guide-12-g12-v05-double-formation.svg

Figure 3. The remembered traveler within the movement of projection.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Study and Practice Edition

By John Kreiter (2020)

About This Book

The second volume of the advanced Inner Alchemy trilogy develops projection as an act of sustained, waking attention. It introduces the Tria Prima as a framework for entering inner experience while preserving memory and self-cohesion.

What the Book Covers

The practices are intended to:

- **Project your conscious awareness beyond the physical body**
- **Travel to other dimensions while remaining awake**
- **Develop self-cohesion to survive the infinity "Out There"**
- **Create the foundation for individual immortality**

Epigraph

"The best way to wake up in your dreams is to never fall asleep at all."

Introduction · The Portal to the Second World

The Book's Purpose

Kreiter presents this as a course rather than a work of fiction. In his terms, it functions as a "portal to the Second World": a way of approaching experiences usually encountered through dreams, fantasy or altered states.

The Projectionist Defined

> **"A projectionist is a person who projects; who moves thanks to a type of inner motion that is un-measurable using current rational standards and beliefs. A projectionist is a person who is both a seer and a traveler simultaneously; they are those who have found the gate and are brave enough to go through it."**

Inner Alchemy's Core Propositions

Inner Alchemy proposes that human beings:

1. **Are infinitely magical beings** existing in an infinitely magical multidimensional universe
2. **Have been deluded** into thinking we are something lesser
3. **Are of divine origin** but have become a lesser construct due to the Archon/Demiurge
4. **Have the possibility** of being "a kind of god ourselves"
5. **Can achieve total freedom** based on the complexity of personal intellect and energy

The Trilogy Structure

Book	Focus	Key Process
Book 1: The Magnum Opus	Energy mastery	Absorption, re-absorption, storage, refinement → Philosopher's Stone

Book	Focus	Key Process
Book 2: The Way of the Projectionist	Consciousness projection	Using stored energy to overcome dimensional limitations
Book 3: The Way of the Death Defier	Immortality	Final steps for true individual immortality

The Formula

The book reveals:

- **A dogmatic focus of attention**
- **A formula or recipe (Tria Prima)**
- **Combined = the projectionist's intent**

When focused long enough, this becomes a **command (energetic truth)** that moves conscious awareness beyond the physical.

Chapter 1 · The Movement of Consciousness

The Birth of the Projectionist

Fundamental Premise

For the average person, conscious attention is **passive**, making their perceived location in space and time **fixed** to the physical world. This physical reality feels stable and seems unchanging.

However, for those with natural talent, through mind-altering substances, or through dedicated meditative work, variations in consciousness allow movement to **other realms, other dimensions of possible existence**.

Common Misconceptions Clarified

Term	Common Understanding	Alchemical Truth
Lucid Dreaming	Waking up within a dream; not "real"	**Real dimensional travel** at a specific frequency

Term	Common Understanding	Alchemical Truth
Out-of-Body Experience	Separating from body; voyages to physical places	**Same as lucid dreaming**—only dimensional location differs
The Divide	LD vs OBE are separate phenomena	**They are the same thing**—frequency determines experience

The Alchemical Truth

> **"All projections of consciousness are indeed movements by the self from one place to another, from one dimension to another, and even though the physical body may not seem to move, it is nevertheless deeply affected by these journeys."**

The Way of the Projectionist Defined

> **"The ability to use a dogmatic and consciously willed focus of attention on an Alchemical formula, that can allow a ghost-like aspect of the individual self to begin to move past the physical dimension and exist within a Second World; a seemingly infinite, all-encompassing other world of multiple dimensions."**

Alchemist Vs. Projectionist

Alchemist	Projectionist
Struggles for immortality	Can consistently have lucid dreams/OBEs
Works with energy directly	Travels through dimensions
Creates Philosopher's Stone	Masters consciousness projection
Must become a master projectionist	Is **not always** an Alchemist

Self-Cohesion: The Core Skill

> **"Self-cohesion is most simply the ability of waking the ghost-like self trapped inside us, and the ability of the waking ghost-self to not lose and forget who it is and where it came from, no matter where it goes or what it may be witnessing."**

Chapter 1 Techniques

Technique 1: Preparation

Setting Up Your Space: - Find a quiet place for **20-30 minutes**, 2-3 times per week - Use a **comfortable chair with headrest** (not so comfortable you fall asleep) - Sitting preferred over lying down - Use a **sleeping face mask** to reduce light - Use **earplugs** to remove sound distractions - Set an **alarm/timer** for 20 minutes - Get a **sturdy journal** for recording experiences

Technique 2: List of Greatest Desires

Instructions: 1. Make a list of **at least 20 things** you want to do as a master projectionist 2. **Do not censor**—be honest about what you truly want 3. This requires looking into yourself and contemplating your life 4. After completing, take a few days to contemplate 5. **Highlight the 5 most important desires** that really "get your engine going"

Purpose: This connects you to the propellant force of desire needed for projection.

Technique 3: Observe the Subjective Realm

Core Teaching: "I want you to fall in love with your mind; with the endless ideas, feelings, sounds, and visions that happen after you close your eyes while in a waking state."

Instructions: 1. Go to your quiet place, sit comfortably, set timer for 20 minutes 2. Close your eyes **without any goal in mind** 3. **Do not strain**—forget the physical world 4. **Observe** internal spaces that are naturally available 5. Notice how thoughts lead to "all sorts of internal places and spaces" 6. Do for **at least three full 20-minute sessions**

Key Learnings: - The mind needs rest (this provides a powerful break) - Slow down the mind to observe what's going through it - Unwanted thoughts: don't strain; redirect attention by **forgetting** them - Begin to understand inner movement control

Technique 4: Unwavering Desire

Core Teaching: "The focused and unwavering attention is the most powerful tool for change that we individual human beings have in our arsenal."

Instructions: - Spend a full, uninterrupted **5 minutes** deeply desiring to become a lucid dreamer and master projectionist - **"Desire it! Desire it! Desire it!"**

Benefits: 1. Engages all your power, begins internal transmutation 2. Strengthens your will force (ability to focus until desired becomes reality)

Technique 5: Believing Dreams Are Real

The Biggest Lie: "The biggest lie that we are told from the very beginning, is that the physical reality is all that there is; that what happens in the mind is just happening inside our skulls and that it is not real in any way."

The Alchemical Truth: "The reality is that we are energy, that even our thoughts and all the content of our minds is energy, and as such, all these things that we are told are just subjective and intangible experiences, are in fact as real as anything else."

Instructions: - For **5-10 minutes**, focus attention on desiring to believe completely that "all inner experiences and dreams are as real as anything physical" - Hold this belief for 5 minutes

Caution: - Projectionism is potentially mind-altering; take it seriously - Go slowly; stop if scared - Study Cubing techniques in Chapter 2 for binding experiences

Chapter 2 · Life from the Dreamer's Point of View

The Projectionist's Dual Existence

A projectionist exists simultaneously in two worlds: 1. **The First World** (physical) – seemingly static, stable 2. **The Second World** (inner) – fantastic adventures beyond rational description

This dual existence often imparts an **"alien and alone like quality"** and the **"1000 mile stare syndrome"**—an ability to see through people and perceive what others cannot.

The First World as Training Ground

> *"The First World (the physical world) is actually the most marvelous school of sorts, which is perfectly suited to train the human consciousness."*

The physical world is where awareness is honed like metal. This forging can happen over many lifetimes or **in one lifetime** if the individuality realizes where it is and why.

The Second World as Battleground

The deeper a projectionist goes into the Second World, the more it begins to **"drive the projectionist mad"**—shattering their humanity forever. Contact with its vastness shatters human notions of superiority.

Cosmicism Vs. Cosmism

Cosmicism (Lovecraft)	Cosmism (Alchemical)
Humans are powerless against vast cosmic forces	Humans CAN learn to become like that monumental infinity
Nihilistic, paranoid	Empowering, evolutionary
No escape	Inner alchemy provides the way

> **"We have more power and more resources than imagined, but we must fight for this power, we must fight for every square inch of it."**

The Logos: Your Personal Science of Being

> **"Logos, as it is defined within this course book, is the systematic order of individual perception. It can also be defined as the logical structure that governs a particular vibrational world, or location."**

The Logos allows you to:

- Bring order to complexity you may face
- Find location and future direction
- Create a psychological refuge and sanctuary

Chapter 2 Techniques

Technique: The Art of Cubing

Definition: "To cube a phenomenon is to bind it, and until a projectionist can perceive knowledge in a more direct way, they must learn to cube the worlds and phenomena they may encounter as much as they can."

Purpose: Cubing provides safety, sanity, and lucidity when dealing with alien spectacles.

How to Begin Cubing:

1. **Study logic** – Start with formal mechanical logic, then explore fuzzy logic, quantum logic, chaos logic
2. **Apply causal thinking** – Ask "Why?" about everyday occurrences; include reverse causality
3. **Go beyond classical logic** – Incorporate quantum logic (consciousness affects matter)
4. **Integrate subjective states** – Thoughts and feelings are as concrete as physical objects
5. **Expand your Logos** – Contemplate how the human form colors perception

Cubing Questions (ask in emotionally contained fashion):

Chess Analogy: "Cubing is not just calculating your position and where to move in order to capture the king, but most importantly it is the art of creating a chess board for yourself to begin with."

Technique: Inner Feeling Sense

The Most Important Technique: "One could quite correctly say that a projectionist is really a true and total master of the Inner Feeling Sense, because by the use of it, a projectionist can project anywhere, be anything, do anything, and know anything directly."

Exercise to Activate Inner Feeling Sense:

1. **Choose a small, unmoving object** (spoon, glass, pebble)
2. **Stare at it for 1 full minute**, focusing all attention without other thoughts
3. **Explore the connection** – After 1 minute, explore the "feeling of linking"
4. **Deepen the connection:**
    - Option A: Explore the mental connection, making it grow
    - Option B: Project a part of yourself to unite with the object
5. **Receive information** – The connection will provide feelings, experiences, intuitive flashes

Expanding the Inner Feeling Sense: - Progress from simple objects to complex things (plants, machines, trees) - Then to faraway places, concepts, or questions - Practice on remembered or imagined items - Journal all impressions immediately

Technique: Emotional Containment

Definition: "The ability to contain your emotions and keep them from escaping out of your body-being."

Why It's Critical: - Emotions are "bright flares of radiating energy" - Uncontained emotions attract **non-organic beings** (predators) - Makes you "shine like a bright lightbulb" to everything in vicinity

How to Practice:

1. **Become aware of body tensions** – All emotions start with tension
2. **Consciously relax** when you tense up from emotional release
3. **Feel energy projecting** – Notice "electrical charge" or "glow"
4. **Push/Pull energy back** – Use the Push/Pull force to return energy to body
5. **Keep energy inside** – Create a barrier/keep that contains all energy at deepest core

The Goal: "Once you master this technique, you should feel like hardly any energy escapes from you at all, ever."

Chapter 3 · Ouroboros - Diving into Yourself

The Symbol of Going Within

The **Ouroboros** (snake eating its tail) symbolizes the act of going into the self. This addresses a seeming contradiction: exploring the "Outer Cosmos" vs. projecting consciousness, which is a move INTO the mind.

The Alchemical Viewpoint

> **"Inner Alchemists believe that it is consciousness that created matter."**

What we perceive as physical is a "vibrational aspect of a far larger state of being'ness." This inner consciousness existed first, developing into vibrational sets until it formed stable matter.

> **"For me then there is no Out There without the In Here, and indeed the Out There and the In Here are vibrational illusions imposed upon a limited human awareness."**

The Great Alchemical Truth

> **"ALL IS REAL, THE ONLY ILLUSION IS THE SEPARATION BETWEEN AWARENESS AND MATTER."**

The only difference between a dream and Mars, or loved ones and a chair, is **vibration and intensity**.

The Total Self

The ultimate outcome of "going IN" is to unify the Outer and Inner selves to create a **unified Total Self**, where conscious and unconscious know and remember each other.

Two Paths to Awakening

Path	Method	Pros	Cons
Traditional	Wake up inside dreams (with teacher)	Quicker transition	Requires master teacher; dangerous alone
Alchemist's Way	Never fall asleep at all	Self-directed; safer; develops self-reliance	Takes longer; subtle nuances discovered personally

This book teaches **the Alchemist's Way**: slowly and consciously moving deeper into the Second World.

Chapter 3 Techniques

Technique: Diving into Your Beliefs

Method: - Focus attention on a question - Pay attention to and write down everything that comes to mind

Question 1: "Did matter create consciousness, or did consciousness create matter?"

Question 2: "What are lucid dreaming and out of body experiences? Are they possible?"

Instructions: - Focus without strain for **5 uninterrupted minutes** - Record thoughts, feelings, visions, imaginings - Repeat to go deeper

Technique: The Here and Now Point

Instructions:

1. Sit comfortably in your quiet place
2. **Focus on present moment:**
    - **Vision:** Focus on all things around you using peripheral vision
    - **Sound:** Focus on hearing sounds around you
    - **Smell & Feel:** Smell the world, feel clothes, room temperature
3. **This is your Here and Now point!** (Perfect radio station focus)
4. **Notice tension** – Feel the effort to stay exclusively present
5. **Relax and wander** for a few minutes
6. **Re-focus** and repeat the cycle
7. Develop a clear subjective sense of this point

Purpose: This is a gateway to other planes AND a grounding point after projections.

Technique: Turning the Dial

1. **Find Here and Now** – Hold for 2 minutes
2. **Shift attention laterally** – Direct focus to a point beside you (attention moves, not body)
3. **Observe new perceptions** – See things from new perspectives or strange visions
4. **Return to Here and Now** – Re-focus completely for 2 minutes
5. **Observe internal shifts** – Watch how the mind naturally moves to different places/times

"All movement comes from a change in focus!"

Technique: The Death Posture

Purpose: Aid mentally conscious transition from First World to Second World.

Instructions: 1. Use quiet place, comfortable sitting position (mask, earplugs) 2. **DO NOT MOVE THE BODY AT ALL** – Fight urges to move or scratch 3. Pay attention to any feelings of **non-physical movement** 4. Use frustration energy to **go somewhere with the inner part of yourself** 5. Explore the dual focus: physical body AND inner realms simultaneously 6. Do at least **three 20-minute sessions** on different days

> *"The death posture meditations can be very useful because you are forced to pay attention to your physical body and to also pay attention to the inner realms that open up to you."*

Technique: A Remembered Place

1. Begin in quiet place (optionally use Death Posture)
2. **Remember a place from your past** (park, vacation spot)
3. Devote 20 minutes to exploring it in the **most detailed way possible**
4. **Believe you are actually there** (not just looking)
5. Explore with all senses (sight, sound, smell, feel, taste)
6. Realize: **"There is no duality; you are both"**
7. Do at least **three sessions**; combine once with Death Posture

Technique: Quick Glances

Problem: The inner realm is highly malleable; staring makes things change or disappear.

Solution: "Try to only give things quick glances until you naturally develop a more stable inner reality."

- Let gaze travel from one place to another quickly
- Don't settle too long anywhere
- Progress to smooth panning, then peripheral "fly vision"

Technique: Creating a Story

1. Comfortable meditative position, eyes closed, going IN
2. **Completely invent another reality** (not remembered)

3. Create a story lasting the entire 20 minutes
4. Experience it from **first-person perspective** (not watching)
5. In third session: notice if story "takes off on its own"
6. Explore the boundary between imagination and objective inner reality

Chapter 4 · Forgetting the Self and Natural Trance

The Babe in the Egg

The chapter image represents **complete innocence, the blank slate, the tabula rasa**—awareness at birth free of all innate ideas. This is the **VOID aspect** of the Tria Prima formula.

The VOID: Portal to Deep Space

> **"Ouroboros represents the going into the self... But the Babe in the Egg is the portal that takes you from the shallow into the very deep. If you close your eyes and look within, you are quite simply inside, but the VOID is the aspect of the formula that truly moves you into deep space."**

The Conscious Self and the Archon

Kreiter aligns with the belief that humanity's "fall from grace" was due to **The Great Archon**, who "imbued humanity with a part of the Archon's mind," creating the "waking self"—an outer and totally physically bound conscious self.

Natural Trance States

The body naturally moves toward trance states (microsleep, daydreaming). These are exploitable moments for projection.

Chapter 4 Techniques

Technique: Loosening the Cognitive Point

Purpose: Allow the cognitive position (perceptual anchor point) to become flexible.

Method: 1. Close eyes in meditation posture 2. Allow attention to naturally drift 3. Notice the point where "you" seems to be located 4. Allow that point to become **less fixed** 5. Practice until you can shift this point at will

Technique: Natural Trance Exploitation

Instructions: 1. **Identify your natural trance moments:** - Just before sleep - Just after waking - Daydreaming periods - After meals - During repetitive activities 2. **Consciously enter these states** without falling fully asleep 3. **Maintain awareness** while allowing the trance to deepen 4. Journal experiences

Chapter 5 · The Bird of Hermes - Self-cohesion

Remembering Who You Are

The **Bird of Hermes** represents **self-cohesion**: the OUT aspect of the formula.

> **"Self-cohesion is: Remembering where you are, where you came from, and remembering who you are now... no matter where you might be or who you might seem to have become."**

The Paradox

You must go IN (dive into self) while simultaneously maintaining OUT (self-cohesion). This apparent contradiction is the key to mastery.

Chapter 5 Techniques

Technique: Remembering the Body

Purpose: Maintain connection to physical anchor while projecting.

Instructions: 1. While in projection or meditation, **periodically recall your physical body** 2. Remember its position, location, sensations 3. Do NOT return to it—just **acknowledge it exists** 4. Continue projection with this dual awareness

Technique: The Push/Pull Force

Core Energy Manipulation:

1. **Pull Exercise:**
    - Sit relaxed, look at an object
    - Mentally **PULL** it towards you
    - Focus on the "sucking or pulling feeling"
    - Practice for 1 minute
2. **Push Exercise:**
    - Mentally **PUSH** the object away
    - Identify the feeling associated with this
    - Practice for 1 minute
3. **Application in Projection:**
    - Select an object in projected scene
    - Use Pull to bring it to you (actively pull, not just imagine)
    - Use Push to move it away
    - **Move yourself:** Push off ground to levitate, pull toward distant objects
    - **Self-defense:** Push away undesirable entities

Chapter 6 · Combining the Tria Prima Recipe

The Formula Revealed

SULPHUR	SALT	MERCURY
IN	OUT	VOID
Father	Son	Holy Spirit
Ouroboros	Bird of Hermes	Babe in the Egg
Unconscious	Conscious Self	Ghost in Machine

SULPHUR	SALT	MERCURY
The Soul	The Body	The Spirit

Energy = Attention Power

> **"Energy = Attention Power."**

The formula is a "recipe" of **movements of awareness** that must be performed in the correct order and amount—unique to each individual and constantly changing.

Chapter 6 Techniques

Technique: Combining the Three

Daily Practice Structure:

Chapter 7 · The Rooms of the Projectionist

The Seven Rooms

The projectionist moves through progressive "rooms" representing stages of mastery:

Room 1: The Entry Room

- First stable inner experiences
- Learning to maintain awareness while going IN

Room 2: The Room of Shadows

- Encountering dream imagery
- Quick glances; avoiding fixation

Room 3: The Room of Light

- More stable inner reality
- Beginning dimensional travel

Room 4: The Room of Forms

- Encountering entities and structures
- Using Inner Feeling Sense for exploration

Room 5: The Room of Power

- Direct energy manipulation
- Push/Pull mastery in projected state

Room 6: The Crossing Room

- Preparing to cross into deep space
- Requires significant energy accumulation

Room 7: The Room of Infinity

- True multidimensional travel
- Foundation for immortality work

Appendices

Appendix a · Glossary of Terms

Term	Definition
Archon	The Great Archon; a machine-like intelligence/predatory force that has bound humanity
Cognitive Position	The perceptual anchor point that determines what you can perceive
Cubing	The art of binding and ordering phenomena through logical understanding
Dark Sea	The infinite energetic ocean in which all bubbles of existence float
First World	Physical reality; the material dimension

Term	Definition
Ghost in the Machine	The non-physical aspect of self that can travel beyond the body
Inner Feeling Sense	The primary perceptive mechanism for exploring non-physical realms
Logos	Personal systematic order of perception; logical structure governing your world
Projectionist	One who can consciously project awareness beyond the physical dimension
Second World	The inner world; dream dimensions; non-physical realities
Self-Cohesion	The ability to remember who you are regardless of where you are
Total Self	The unified conscious and unconscious; the complete individual
Tria Prima	The three-part formula: IN (Sulphur), OUT (Salt), VOID (Mercury)
VOID	The stillness between IN and OUT; the portal to deep projection

Appendix B · Practice Schedule

Week 1-2: Foundation

- Daily: 20 min Observe Subjective Realm
- Daily: 5 min Unwavering Desire
- 3x/week: List of Desires work

Week 3-4: Feeling and Cubing

- Daily: 20 min Inner Feeling Sense practice
- Daily: 10 min Cubing exercises

- 3x/week: Emotional Containment practice

Week 5-6: The IN Aspect

- 3x/week: 20 min Death Posture
- 3x/week: 20 min Remembered Place
- Daily: Here and Now Point + Turning the Dial

Week 7-8: Integration

- 3x/week: Creating a Story
- 3x/week: Combined Tria Prima practice
- Daily: Push/Pull exercises

Ongoing

- Continue all practices based on what produces results
- Journal everything
- Increase duration as capacity grows

Appendix C · Safety Guidelines

1. **Go slowly** – This work is potentially mind-altering
2. **Stop if scared** – Take breaks when needed
3. **Keep practice private** – Others may not understand
4. **Maintain physical health** – Energy work requires a healthy vessel
5. **Journal everything** – Written records stabilize experiences
6. **Don't force anything** – Effortless action is the key

Appendix D · Troubleshooting

Problem	Solution
Falling asleep	Sit upright; use Death Posture; try earlier in day
Chaotic inner experiences	Use Quick Glances; don't try to control initially

Problem	Solution
Nothing happening	Increase desire work; check energy levels
Fear arising	Stop; ground using Here and Now Point; return later
Losing self-cohesion	Practice Remembering the Body more frequently
Physical discomfort	Adjust seating; check for tension; relax

Quick Reference Card

Daily Minimum Practice

1. **5 min** – Desire/Intent setting
2. **10 min** – Inner Feeling Sense
3. **20 min** – Main projection practice
4. **5 min** – Journaling

The Golden Rule

> **"The best way to wake up in your dreams is to never fall asleep at all."**

Guide 13 · The Way of the Death Defier

> Figure / source plate
> Cover of Guide 13, The Way of the Death Defier
> Source asset: assets/guide-13-cover-Cover.png

Book-aligned source guide 13 of 15 · retained as the source-order spine.

Source structure: Introduction; Chapters 1–12; Conclusion; source Q&A. **Thematic shelf cross-link:** Volume 05 for projection; Volume 07 for the Great Work; Volume 08 for death, the Oversoul, and continuity.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> The personal logos meeting mortality, the Black Sun, and the demand for direct perception
> Source asset: assets/guide-13-g13-v08-death-logos.svg

Figure 1. The personal logos meeting mortality, the Black Sun, and the demand for direct perception.

> Figure / source plate
> Individuality, the Oversoul, the world-tree, and the question of continuity

> Source asset: assets/guide-13-g13-v08-oversoul-tree.svg

Figure 2. Individuality, the Oversoul, the world-tree, and the question of continuity.

> Figure / source plate
> The sixth and seventh rooms as the final thresholds in the source cosmology
> Source asset: assets/guide-13-g13-v08-rooms-six-seven.svg

Figure 3. The sixth and seventh rooms as the final thresholds in the source cosmology.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

Apocryphon of Inner Alchemy

Study and Practice Edition

By John Kreiter (2021)

About This Book

The final volume of the advanced trilogy turns to mortality. Kreiter treats death as the central limit against which inner-alchemy practice is tested, combining contemplation, projection and the cultivation of what he calls the Double.

What the Book Covers

The volume addresses what Kreiter calls the **only cage that truly matters**: the cage of death. Its practices are intended to provide:

- **Direct knowledge** of the death experience through inner action and perception
- **Techniques** to focus on death without being destroyed by it
- **Methods** to defy biological death and achieve individual immortality

- **The final steps** in the Inner Alchemist's Great Work

Epigraph

> *"Every road leads to death. We are all beings that are going to die... For those who can break this cage, nothing is impossible."*

Introduction · Every Road Leads to Death

The Foundational Truth

> **"Every road leads to death. We are all beings that are going to die."**

This is not a morbid pronouncement, but the foundational premise for the entire work. Death is not a distant unknown—it is an **inevitable destination** shared by all humanity.

The Secret War

For the inner alchemist, life is a continuous **"SECRET WAR"** against the walls and restrictions we are born into. Kreiter describes existence as being **"born in cages"**, with the only difference between individuals being the size of their cage.

The Two Voices

There are two voices in our world:

1. **The Dominant Voice** (Archonic propaganda): "Everything is okay, life is as it should be. This is the only reality."
2. **The Irrational Little Voice**: Urges us to break free. Those who listen and amplify this voice begin to shatter their cages.

The Kafka Parallel

Franz Kafka's nightmarish socio-bureaucratic worlds represent this "folly of human reality"—the endless, seemingly absurd struggle against invisible walls. To continuously strive against this infinite regress of cages is, by conventional standards, **insane**.

"Yet, this is the way of inner alchemy, and the way of power."

The Ultimate Reward

For those who fight the secret war, the only cage that truly matters is **the cage of death**.

"For those who can break this cage, nothing is impossible."

Chapter 1 · A Dangerous Focus

The Paradox of Dogma and Direct Knowing

"One does not become enlightened by imagining figures of light, but by making the darkness conscious." — Carl Jung

The Author's Approach

Kreiter aims to walk a fine line between "dogmatic knowledge" and teaching "actual technique, of actual doing."

The Main Teaching: "The author's goal is not to disseminate dogma, but to enable direct knowing and perception."

He asks for initial trust so he can provide a "mode of inner action" allowing you to **directly discover the truth or un-truth** of all dogmatic principles.

The Goal

"The ultimate aim is not to have you believe anything, but to know directly: to only know what you can perceive directly at any one particular moment-point."

The Danger of Focus

Focusing intensely on death is perilous because **the infinite mass of it can pull us in**.

Key Concepts: - **SIT NOX** (let the night in): Facing the final sight of death - **NOX ATRA DE ANIMA** (dark night of the soul): Facing the gravity of death

> **"To see beyond the physical means to quite literally face death; to see into what life is after physical existence."**

For an inner alchemist: **"The dark night of the soul is the only true threshold that exists, the only true challenge worth anything in the end, because it is the ultimate void, death, the last and greatest tyrant."**

The Logos as Mind Palace

The **logos** is defined as the "systematic order of perception" or the "ordering of the contents of your mind." It is your **personal creation of what reality is**.

> **"Your logos creates your reality because you create your reality with your thoughts."**

The Archonic Cloud

Through "endless repetition," the Archonic cloud creates reality structures and belief structures in your logos, which generate endlessly repeated thoughts. Your unconscious ("Secret King") then makes these thoughts "real."

The Inner Alchemist's Task: "Take control of their own logos, to create their own inner psyche."

Chapter 1 Exercise: Contemplating Death Lightly

Purpose

Use the power of death to propel you into power, not to perceive it directly yet.

The Core Axiom to Integrate

> **"You are a being that is going to die, period."**

Steps

1. **Contemplate the axiom repeatedly:** "I am a creature that is about to die, this death can come at any time, and the termination of my biological life means a termination of everything currently physically perceivable, which as a result most likely means a termination of everything. Every moment, every action, counts because this moment and this action may be my last."

2. **Turn it into a concrete structure** within your psyche through repetition
3. **Identify contradictory feelings/beliefs** as they arise (e.g., "life is long," "there is life after death so no real responsibility")
4. **Logically counter dis-alignments** using physical reality-based arguments
5. **Dismantle contradictory notions** through repetition of logical arguments
6. **Create personal compartmentalization:** Different dimensional zones have different causal rules. In THIS 3D dimension, you will die, and it's final.
7. **Use the structure as leverage:** Once solidified, use death as a "power base" giving every action force
8. **Create a "living thought form"** of this belief structure
9. **Use death as counsel:** When feeling overwhelmed, petty, or frightened —**"Look at your death."**

"Become sober to the miracle of your life!"

Chapter 2 · Surviving Death - Waves and Particles

Beyond Rational Causality

Human psychological/mental evolution is directly related to technology. Inner alchemists know that other "causal orders" existed in human prehistory, creating different technologies and forgotten civilizations that were much more successful at manipulating reality.

The Logos as Science and Power

> **"Mastery of the logos means mastery of logic and causality, enabling the inner alchemist to beat humanity (beat the Archon) at their own game."**

Wave-Particle Duality

The author introduces quantum physics concepts:

State	Characteristics	Analogy
Particle	Exists in space and time, measurable	Physical life—bound by rules
Wave	Defies space and time, non-local	Dreams, projection, death—accessing non-locality

The Key Insight

> **"Being a particle is like physical life: when we are alive, we are bound by the rules of this physical dimension."**
>
> **"But when we dream, project (dreaming-awake), or die, we access some or all the power within the state of non-locality."**

Dimensional Shifts

Type	Description	Requirements
Lateral Shift	Movement within similar size/form dimensions (empathy, telepathy, shapeshifting)	Less energy
Inner/Outer Shift	Movement to bigger or smaller dimensions	More energy; **crucial for immortality**

The Ghost in the Machine

> **"Imagination is the ghost in the machine making small dimensional shifts; the act of imagining, the act of genius, is carried out by this ghost as it moves dimensionally."**

All human creation is discovered/created by the ghost traveling dimensionally. **Genius** is the ability to move dimensionally and remember the content.

The Real Battle

> **"An inner alchemist must master the Archon, but this is only the start of the battle. The real battle begins when they confront the gravity of the life and death cycle."**

Important Note: From this point forward, "archon" is no longer capitalized—signifying its relative insignificance compared to the ultimate quest.

Dreaming-Awake

> **"TO FOLLOW THE TRUE WAY AND THE NATURAL WAY IS TO MASTER THE ART OF DREAMING-AWAKE."**

This is perhaps the most important point of the book. The enlightened alchemist is fully awake to both the physical world and the inner worlds.

Chapter 2 Exercise: Understanding the Duality of the World

Purpose

Develop the **Inner Feeling Sense** for direct perception beyond physical senses.

Steps

1. **Choose a small, simple object** (cup, glasses)
2. **Focus physical senses:** Look intently for 5 minutes, noticing every detail
3. **Engage Inner Feeling Sense:**
    - Project an aspect of your "ghost in the machine" (a small filament or tentacle) into the object
    - Perceive the object "as yourself," feeling it from inside and outside simultaneously
    - Maintain this "feeling perception" for 5 minutes

4. **Crucial Effect:** "ENGAGING THE INNER SENSES NATURALLY TURNS OFF THAT CONSCIOUS-SELF ASPECT OF THE TOTALITY OF WHO YOU ARE; THIS IS THE PART THAT LIKES TO ENDLESSLY TALK AND TALK TO ITSELF."
5. **Contemplate duality:** The object has two basic states:
    - Physical state (perceived by physical senses)
    - Inner reality, non-local state (far more complex)
6. **Perceive inner qualities:** Allow "images or whole other scenes" to arise
7. **Do not dismiss perceptions** even if they seem odd
8. **Understand inner dimensionality:** These are "other dimensional space-time coordinates"
9. **Extend to biological life:** Apply to a plant or small creature
10. **Time dilation:** Understand that "inconsequential things" have far bigger inner aspects defying time and space

Chapter 3 · To Beat a Thing, You Must Understand That Thing

The Necessity of Knowing Death

> **"To beat a thing, you must know a thing."**

The author serves as "herald and scout" to "cushion the blow of death and provide armor."

After-Death Experience for the Average Person

Conventional Western beliefs portray death as:

- Transition to invulnerable spirit form
- Heaven or hell
- Reincarnation
- Unconscious assumption that individuality continues forever

> **"This is a mistake that can make many complacent."**

Extending Individuality

Physical Extension

Powerful adepts use **energetic containment** (Philosopher's Stone) to increase the healing factor and extend biological existence.

Ghost Extension

Beyond physical death, the "ghost" can continue if strong enough to resist the pull of the Black Sun.

The Black Sun

> **"The Black Sun is the creator of the endless tides, the endless movement of the great Dark Sea. It is therefore the Black Sun that is responsible for all death, it is the great purifier."**

The Black Sun is:

- The event horizon causing all dimensional change
- A massive black hole at the galaxy's center
- The "machine of death" itself

Ancient Names for the Path to the Black Sun

Culture	Name
Olmec-Toltec	The ascension towards The Eagle
Egyptian	Night goddess Nut and progression of Duat
Maya	World tree reaching from Earth to heaven
Inca	River flowing through sky to the upperworld

Culture	Name
Aztec	Great road leading to gods of creation/ destruction

The After-Death Process

At biological death: 1. The "bubble bursts" 2. Contents (refined by life's experience) scatter 3. The ghost is freed but loses physical anchor 4. Dark Sea's tides pull the ghost toward the Black Sun 5. Without sufficient strength = **Final and total Death**

Chapter 4 · The Oversoul and Human Existence

What We Are

Humans exist as individual bubbles of awareness floating in the infinite Dark Sea. We are:

- Energy temporarily cohered into form
- Part of a greater structure (the Oversoul)
- Individuals fighting to remain individual

The Oversoul

The Oversoul is:

- The greater structure we are part of
- What survives physical death (for most people)
- What creates the next individual

Crucial Point: "The survival of this greater structure DOES NOT mean the survival of the individual!"

The Alchemist's Desire

Not to be an "unconscious rung in a collective evolutionary ladder," but to **wake up and free themselves to evolve as a true individuality**.

Chapter 5 · People Are Backwards Trees

The Inverted Tree

The source begins with a reversal. A physical tree appears rooted and motionless, but its inner essence is described as ranging across dimensions. A person appears physically mobile, yet the inner self may remain fixed within a narrow perceptual position. Humanity is therefore compared to a forest of **backwards trees**: bodies travel while ghosts remain rooted.

The inverted world-tree and the hanged figure symbolize the perspective required to recognize those roots. What seems like security from within the usual map may look like captivity when viewed from the inner side.

The Mandate of Heaven

Kreiter names the drive of existence toward growth, refinement, and expansion the **Mandate of Heaven**. Within that mandate he places an "escape clause": an individuality that has acquired sufficient cohesion and power may choose a path beyond the normal life-and-death cycle. The collection's energy work and projection practices are presented as preparation for that choice.

The Unicorn in Captivity

The chapter uses the *Unicorn in Captivity* tapestry as an inverted map. The unicorn is awake enough to see the fence and powerful enough to imagine the forest beyond it, but it is also protected within the corral and tied to the world-tree by a golden chain. The image turns freedom into a real dilemma rather than a slogan. The unknown outside the fence contains possibility and danger; the enclosure contains beauty, continuity, and constraint.

Study Practice · The Golden Chain Inventory

List three forms of security that also limit movement. For each, distinguish:

Gift	Constraint	Freely chosen?	A more conscious relation
What it protects or provides	What it prevents	yes / partly / no	one honest revision

Do not romanticize rupture. The chapter's question is not “How can I destroy every bond?” but “Which bonds are chosen with awareness, and which persist because I will not see the fence?”

Chapter 5 Summary

True freedom begins with seeing the root, fence, and golden chain. The backwards tree discovers that inner immobility can coexist with outward movement—and that the first act of freedom is direct recognition.

Chapter 6 · What We Are, What the Oversoul Is, What We Need

The Picture

We are:

- **Energy bubbles** in the Dark Sea
- **Temporary cohesions** of the Oversoul’s substance
- **Potential immortals** if we can strengthen sufficiently

What we need:

- **Energy accumulation** (from The Magnum Opus)
- **Projection mastery** (from Way of the Projectionist)
- **Death defiance** (from this book)

The Three Stages of the Death Defier

Stage	Focus	Achievement
1. Energy Mastery	Absorption, containment, refinement	Philosopher’s Stone
2. Projection Mastery	Conscious dimensional travel	Self-cohesion maintained in infinity
3. Death Defiance	Crossing Sixth and Seventh Rooms	Individual immortality

Chapter 7 · Taking Stock and Moving Forward into Eternity

The Necessary Reckoning

The seventh chapter pauses the forward rush and asks the reader to take stock. Logic and a personal logos can secure a position, but they cannot replace direct perception. A map is useful because it lets the practitioner stand somewhere long enough to act; it becomes a cage when yesterday's words are mistaken for what must be perceived now.

The chapter brings the earlier practices into a single relation: stored power strengthens attention; stronger attention deepens projection; projection enlarges the ability to see; and seeing reduces dependence on remembered dogma. “Moving forward into eternity” is therefore not an act of belief alone. It is a progressive capacity to enter, perceive, return, and remain cohesive.

Practice · The Four-Column Reckoning

Review the work completed so far and write four columns:

Practice performed	Directly observed	Only believed or inferred	Next honest test
Name the source exercise	sensation, result, or repeatable effect	cosmological meaning not directly seen	modest observation or practice

Do not demote belief; the book itself uses provisional belief to establish a working logos. The purpose is to know which part of the path rests on direct experience and which part remains a map borrowed from the author.

Practice · Strengthening the Physical Anchor

The source also brings inner feeling and visualization back into the physical body. Stand comfortably with feet apart and muscles as relaxed as balance permits. Move the inner feeling sense slowly through the body. At one area, imagine not light but the quality of resilient strength. End with a small real movement—a careful squat, walk, or stretch appropriate to your health.

This is imaginal training, not a claim of invulnerability. Pain, weakness, or illness requires appropriate care.

Chapter 7 Summary

The reader moves toward eternity by becoming more exact about present capacity. Taking stock protects the work from fantasy and reveals the next real threshold.

Chapter 8 · The Weight of the World - Agape

The Archonic Condition

The Archon creates the "weight of the world"—the constant pressure that keeps humanity:

- Focused on survival
- Emotionally reactive
- Leaking energy
- Bound to the life/death cycle

Agape: The Counter-Force

Agape (unconditional love) is not sentimental emotion but a **cosmic force**:

- The fundamental balance underlying all things
- The "magic and love" perceivable by advanced projectionists
- The antidote to Archonic weight

Using Weight as Fuel

The inner alchemist doesn't fight the weight—they **use it**:

1. **Recognize the pressure** as energy
2. **Absorb it** using IN polarity techniques
3. **Transform it** into personal power
4. **Use it** to fuel projection and death defiance

Chapter 9 · Ordering Attention and the Sixth Room

The Sixth Room

The Sixth Room is the threshold where:

- The practitioner confronts the machine of death directly
- All previous training is tested
- Sufficient energy is verified

Requirements for Crossing

1. **Complete mastery** of Tria Prima
2. **Sufficient energy** accumulated through years of practice
3. **Stable self-cohesion** under extreme conditions
4. **The ability to face death** without being pulled in

Ordering Attention

> **"The focused and unwavering attention is the most powerful tool for change that we individual human beings have in our arsenal."**

Chapter 10 · Crossing the Seventh Room

The Seventh Room

The Seventh Room is where:

- **True death defiance** occurs
- The practitioner **chooses** their relationship with death
- **Individual immortality** becomes achievable

The Crossing

To cross the Seventh Room:

1. **Face the Black Sun directly** without being consumed
2. **Maintain individuality** against the pull of dissolution
3. **Choose continuation** as an independent being

4. **Transform** the nature of your energetic bubble

What Lies Beyond

Beyond the Seventh Room:

- Freedom from the life/death cycle
- Ability to move through dimensions at will
- True individual immortality
- Participation in cosmic existence as a sovereign being

Chapter 11 · Death and Eternal Life

The Nature of Immortality

Immortality for the inner alchemist is not:

- Endless biological life
- Reincarnation (which is just the Oversoul recycling)
- Union with God (which is dissolution of individuality)

Immortality IS:

- **Continuation of individual awareness** beyond biological death
- **Freedom** from the Oversoul's recycling process
- **Sovereign existence** in the Dark Sea
- **Ability to choose** one's dimensional location

The Price

The price of immortality:

- A lifetime of dedicated practice
- Accumulation of vast energy
- Development of unshakeable self-cohesion
- Facing death directly and surviving

The Reward

> **"For those who can break this cage, nothing is impossible."**

Chapter 12 · Leaving the Human Behind

Beyond Humanity

The death defier eventually faces a choice:

- **Remain connected** to human existence (helping others)
- **Move beyond** human concerns entirely

Neither choice is wrong—both are expressions of sovereign freedom.

The Final Transformation

The process of leaving the human behind:

1. **Recognize** that human identity is a temporary costume
2. **Release** attachment to human concerns
3. **Expand** beyond human perceptual limitations
4. **Become** something new—neither human nor non-human

Appendices

Appendix a · Glossary of Terms

Term	Definition
Agape	Unconditional love as cosmic force; the fundamental balance underlying all things
Black Sun	The massive black hole at galaxy's center; the machine of death; final destination of all energy
Dark Night of the Soul	The threshold experience of facing death directly

Term	Definition
Dark Sea	The infinite energetic ocean in which all existence floats
Death Defier	One who has crossed the Seventh Room and achieved individual immortality
Ghost in Machine	The non-physical aspect of self capable of dimensional travel
Lateral Shift	Dimensional movement within similar size/form levels
Logos	Personal systematic order of perception; the mind palace
NOX ATRA DE ANIMA	Dark night of the soul; facing the gravity of death
Oversoul	The greater structure humans are part of; what survives individual death for most
Particle State	Existence bound by space and time (physical life)
Secret War	The continuous struggle against the walls and restrictions of existence
Seventh Room	The threshold where true death defiance occurs
SIT NOX	Let the night in; facing the final sight of death
Sixth Room	The threshold where one confronts the machine of death directly
Wave State	Non-local existence defying space and time (dreams, projection, death)

Appendix B · The Death Defier's Practice Summary

Daily Practice

Time	Practice	Duration
Morning	Energy absorption (IN polarity)	20 min
Morning	Death contemplation axiom	5 min
Afternoon	Inner Feeling Sense development	15 min
Evening	Projection practice (Tria Prima)	30 min
Evening	Journaling	10 min

Weekly Practice

- **2-3x/week:** Extended projection sessions (1+ hour)
- **2x/week:** Deep energy refinement (Philosopher's Stone work)
- **1x/week:** Full review of all practices

Progressive Milestones

```
Year 1-2: Foundation
• Master energy absorption/containment
• Establish stable projection practice
• Integrate death axiom into logos

Year 3-5: Development
• Cross First through Fifth Rooms
• Develop sustained self-cohesion
• Build significant energy reserves

Year 5-10: Advancement
• Approach Sixth Room
• Face death directly in controlled doses
• Strengthen ghost to withstand Dark Sea

Year 10+: Death Defiance
```

- Cross Sixth Room
- Enter Seventh Room
- Achieve individual immortality (or continue working)

Appendix C · The Rooms of the Projectionist

Room	Name	Challenge	Achievement
1	Entry	Establishing inner awareness	Basic projection ability
2	Shadows	Navigating dream imagery	Stable inner sight
3	Light	Developing consistent projection	Extended dimensional travel
4	Forms	Encountering entities	Using Inner Feeling Sense
5	Power	Direct energy manipulation	Mastery of Push/Pull
6	Crossing	Confronting death machine	Verified energy sufficiency
7	Infinity	Death defiance	Individual immortality

Appendix D · Troubleshooting Death Work

Problem	Cause	Solution
Overwhelming fear	Insufficient energy	Focus on energy accumulation
Getting “pulled in”	Weak self-cohesion	Practice “Remembering the Body”
Nothing happening	Not truly focusing on death	Use the death axiom more intensely

Problem	Cause	Solution
Destabilization	Moving too fast	Back off; consolidate previous gains
Depression	Confronting mortality too directly	Balance with Agape work

Quick Reference: The Death Defier's Path

The Core Truth

> **"Every road leads to death... For those who can break this cage, nothing is impossible."**

The Method

1. **Know death** through direct perception
2. **Face death** with accumulated energy
3. **Defy death** through sovereign will
4. **Transcend death** as an individual

The Promise

For the death defier who completes the work:

- Freedom from all cages
- Sovereign existence in infinity
- The ultimate victory of individual consciousness

Guide 14 · The Complete Inner Alchemy Collection

> Figure / source plate
> Cover of Guide 14, The Complete Inner Alchemy Collection
> Source asset: assets/guide-14-cover-Cover.png

Book-aligned source guide 14 of 15 · retained as the source-order spine.

Source structure: Collection guide followed by Books 1–11 and integrated appendices. **Thematic shelf cross-link:** All nine thematic volumes; this guide includes a book-to-theme concordance and four reading pathways.

Definitive-edition consolidation: the repeated library covenant, common six-step reading routine, generic blank study record, and generic closing review are represented once in the definitive front matter and appendices. All source-specific content follows.

Orientation Plates

> Figure / source plate
> A concordance for recurring concepts across the complete library
> Source asset: assets/guide-14-g14-v09-concept-concordance.svg

Figure 1. A concordance for recurring concepts across the complete library.

> Figure / source plate
> The Great Work as the central trunk connecting perception, energy, projection, and remembering
> Source asset: assets/guide-14-g14-v07-transmutation-tree.svg

Figure 2. The Great Work as the central trunk connecting perception, energy, projection, and remembering.

> Figure / source plate
> The advanced collection arc toward death, continuity, and the unknown
> Source asset: assets/guide-14-g14-v08-rooms-six-seven.svg

Figure 3. The advanced collection arc toward death, continuity, and the unknown.

Use these plates as memory structures rather than proofs. Return to the named source chapter whenever a diagram begins to feel more authoritative than the text it is meant to clarify.

The Collection Is a Library, Not a Single Course

The Complete Inner Alchemy Collection gathers eleven books whose purposes differ. Some open perception; some teach a single craft; some develop a comprehensive energetic path; and the final volumes extend that path toward projection, death, and remembering. Reading the collection only from first page to last is possible, but it is not the only faithful way to study it.

This companion follows the collection EPUB's own book order and provides a navigation layer rather than duplicating all eleven book-specific guides. Its job is to help the reader see prerequisites, recurring terms, evolving meanings, and useful places to pause. When undertaking detailed study, read the corresponding source-book guide beside the source section.

The Eleven-Book Architecture

Book	Primary function	What it contributes to the whole
1. *The Occult Experience*	opens the perceptual field	challenges assumptions, routines, and exclusive trust in the senses

Book	Primary function	What it contributes to the whole
2. *Create a Servitor*	turns thought into craft	defines construction, charging, casting, control, and retirement
3. *The Vampire's Way to Psychic Self-Defense*	develops energetic sovereignty	reframes negative energy through absorption, containment, and response
4. *Create a Servitor Companion*	extends thought-form relationship	explores avatar, maintenance, companionship, advice, and interior space
5. *Out of Body Experiences, Quickly and Naturally*	forms and moves the Double	introduces the awareness dial, double body, travel, protection, and Grey Zone
6. *Overcoming the Archon Through Alchemy*	establishes the energetic engine	teaches cognitive position and the IN, VOID, and OUT polarities
7. *Manifest Wealth and Prosperity*	applies thought forms to material aims	joins belief, obtainability, detached expectation, servitors, and luck
8. *The Magnum Opus, A Step by Step Course*	organizes the Great Work	balances, gathers, re-absorbs, stores, heals, and refines energy
9. *The Way of the Projectionist*	develops advanced inner movement	combines Tria Prima, self-cohesion, natural trance, and the seven rooms
10. *The Way of the Death Defier*	confronts mortality and continuity	studies death, the Black Sun, the Oversoul, the sixth and seventh rooms

Book	Primary function	What it contributes to the whole
11. *The Book of Remembering*	recapitulates and reopens the system	uses words, servitors, projection, death, and the Weird to preserve direction

Four Ways Through the Library

Path A · Publication Order

Read all eleven books in order. This preserves the gradual development of terminology and lets later corrections remain recognizably later. It is the best path for a first comprehensive reading, but it requires restraint: do not begin every practice as soon as it appears.

Path B · Perception to Practice

Read Books 1, 6, 8, 9, 10, and 11. This path moves from perceptual opening to energetic architecture, Great Work, projection, mortality, and remembering. Use Books 2–5 and 7 as applied laboratories when a concept needs concrete form.

Path C · Thought-Form Craft

Read Books 1, 2, 4, and 7. Add Book 6 before attempting more intensive energetic work. This route studies how belief, image, attention, and relationship give persistence to inner forms, then applies the craft to companionship and prosperity.

Path D · Projection and Continuity

Read Books 1, 5, 6, 8, 9, 10, and 11. This is the demanding route. It requires sleep stability, gradual energy work, careful journaling, and the willingness to pause. The sequence moves from basic OBE techniques to the polarities, the Great Work, advanced projection, death work, and integrated remembering.

No path grants permission to skip grounding. Ordinary life is not an obstacle external to the work; it is where stability and character are tested.

Book 1 · The Occult Experience

Role in the Collection

The first book loosens the inherited perceptual frame. The Mad Logician shows how reason can become imprisoned inside unnoticed assumptions. The sensual deception demonstrates that the senses reveal a narrow, constructed world. The mob, routines, beliefs, auras, altered sleep thresholds, high strangeness, and banishment then become linked aspects of a single education in perception.

What to Carry Forward

- Separate direct perception from interpretation.
- Track the assumptions that make a conclusion seem inevitable.
- Break routines modestly enough to observe the result.
- Treat banishment as closure and boundary restoration, not as proof that every discomfort is an entity.

Study Checkpoint

Before moving on, be able to describe one experience in three layers: what was sensed, what image or association arose, and what meaning you assigned. This distinction becomes essential throughout the collection.

Book 2 · Create a Servitor

Role in the Collection

The second book converts metaphysics into design. A servitor is a bounded thought-form given purpose, form, name, powers, energy, and a method of control. The construction document is as important as visualization because it prevents a vague desire from expanding without limits.

What to Carry Forward

- Purpose comes before appearance.
- A specific task is easier to evaluate than "make my life better."
- Charging and casting are different phases.
- Control includes maintenance, observation, and responsible retirement.

Study Checkpoint

Write a complete servitor design without creating it. If the purpose, boundaries, completion condition, and retirement method remain unclear on paper, the design is not ready for practice.

Book 3 · The Vampire's Way to Psychic Self-Defense

Role in the Collection

This book rejects passive shielding as the only response to negative energy. It develops the predatory metaphor in order to reverse helplessness: the practitioner learns to identify personal flares, energy from others, foreign negative projections, and non-organic predators, then chooses absorption, containment, transmutation, withdrawal, or direct defense.

What to Carry Forward

- Begin with personal energy before assuming an external attacker.
- A metaphor of predation should increase sovereignty, not justify cruelty.
- Emotional containment is different from emotional suppression.
- Leaving an unsafe situation is often the most powerful boundary.

Study Checkpoint

For one week, classify difficult episodes as internal flare, interpersonal exchange, environmental atmosphere, ambiguous event, or unknown. The “unknown” category protects discernment.

Book 4 · Create a Servitor Companion

Role in the Collection

The companion volume changes the relationship between creator and thoughtform. A worker has a defined task; a companion develops through recurring attention, play, conversation, an avatar, and a shared inner room. The source explores advisor and lover forms while insisting that the practitioner retain authorship and control.

What to Carry Forward

- Companionship requires maintenance rather than repeated tasking.
- Do not model a companion on a real person without their consent.
- Inner relationship should enrich, not replace, human relationship.
- Apparent autonomy is approached with curiosity and maintained boundaries.

Study Checkpoint

Describe how you would distinguish creative emergence from a command, fear projection, or wishful answer. Establish the distinction before advisor work.

Book 5 · Out of Body Experiences, Quickly and Naturally

Role in the Collection

The fifth book introduces the **Double** and presents out-of-body experience as a natural movement of consciousness. The awareness dial, solidification of the double, movement, interdimensional travel, protection, and Grey Zone prepare later projectionist work.

What to Carry Forward

- Learn the texture of hypnagogia, dream, imagination, and ordinary waking awareness.
- Build the Double gradually; clarity matters more than dramatic exit sensations.
- Emotional force can propel and destabilize.
- Always close the session and record sleep effects.

Study Checkpoint

Demonstrate a consistent ten-minute relaxation and inner-body practice without losing sleep or daily functioning. Advanced travel is not the first milestone; repeatable entry and return are.

Book 6 · Overcoming the Archon Through Alchemy

Role in the Collection

This book provides the system's energetic grammar. **IN** gathers, **VOID** contains and stills, and **OUT** directs. The Archon serves as both cosmological predator and organizing symbol for forces that capture attention, enforce routine, and maintain the dominant cognitive position.

What to Carry Forward

- IN without VOID can become overwhelm.
- VOID without OUT can become withdrawal.
- OUT without balance can magnify compulsion.
- The three polarities are a cycle, not competing identities.

Study Checkpoint

Practice one low-intensity cycle: notice scattered attention, gather it inward, allow a brief quiet interval, direct one clear intention toward an ordinary action, and return to baseline.

Book 7 · Manifest Wealth and Prosperity

Role in the Collection

The seventh book applies thought-form methods to material life. It studies belief, the growth of thoughts into forms, detached expectation, obtainability, a wealth servitor, synchronicity, luck, and the demand to remain positive without collapsing into anxious monitoring.

What to Carry Forward

- Wealth is broader than money, but vague abundance is difficult to practice.
- Obtainability builds belief through graduated evidence.
- Detached expectation is active preparation without compulsive checking.
- Financial practice must retain budgets, contracts, and ordinary due diligence.

Study Checkpoint

Choose a small outcome with an observable completion condition and one ethical constraint. Record both esoteric work and ordinary action so the result can be studied honestly.

Book 8 · The Magnum Opus, A Step by Step Course

Role in the Collection

The eighth book gathers earlier energetic principles into the Great Work. It begins with balance and belief, develops attention and the energy body, retrieves lost energy, heals wounds, and refines the Philosopher's Stone into a jewel.

What to Carry Forward

- Recovery precedes grand use of power.
- The cauldron and stone are working images whose value grows through repetition.
- Wound work should be gradual and tolerable.
- Refinement is measured by stable capacity, not the intensity of one session.

Study Checkpoint

Complete a four-week foundation cycle of balance, attention, body mapping, and minor re-absorption before approaching more difficult memories or advanced projection.

Book 9 · The Way of the Projectionist

Role in the Collection

The ninth book combines energy, attention, and natural trance into advanced projection. The projectionist learns to move consciousness while preserving **self-cohesion**. The Ouroboros, Bird of Hermes, Tria Prima, and seven rooms provide a symbolic and technical architecture.

What to Carry Forward

- Projection is movement and also remembering who moves.

- Natural trance is discovered in ordinary transitions before it is intensified.
- More energy increases range only when self-cohesion is adequate.
- The rooms describe qualitative thresholds, not badges of superiority.

Study Checkpoint

Define your entry method, anchor, return method, and stop conditions on one page. If any is missing, remain with foundational practices.

Book 10 · The Way of the Death Defier

Role in the Collection

The tenth book turns the accumulated system toward mortality. Death, the Black Sun, the Oversoul, the backwards tree, the Mandate of Heaven, Agape, and the sixth and seventh rooms frame the quest for individual continuity beyond biological death.

The claims are intentionally esoteric and need not be flattened into conventional cosmology. Their study also has an immediate existential function: mortality gives weight to attention and tests whether the desire for freedom is more than fantasy.

What to Carry Forward

- Contemplate mortality in doses that create sobriety, not despair.
- Direct perception remains more important than borrowed certainty.
- The desire for individuality must be examined alongside Agape.
- Death work is not a substitute for living fully or seeking help in crisis.

Study Checkpoint

Write two pages: “What death makes urgent” and “What death makes trivial.” End with one life-affirming action to be completed within twenty-four hours.

Book 11 · The Book of Remembering

Role in the Collection

The final book does not merely conclude; it teaches how the system survives forgetting. Words become stargates capable of reopening a field of meaning. Servitors, the Great Work, projection beyond the six walls, the cycle of life and death, the Black Sun, and the Weird return as integrated instruments.

What to Carry Forward

- A concise phrase can restore an entire cognitive position.
- Remembering the Double changes the relation between inner and outer life.
- The Weird protects the system from closure into dogma.
- The purpose of a map is eventually to support direct seeing without the map.

Study Checkpoint

Create a one-page remembering sheet with one phrase, image, practice, caution, and ordinary action from each major phase of the collection. Revisit it monthly.

Thematic Concordance

Theme	First strong appearance	Deepening books	Recapitulation
Belief and cognitive position	Book 1	Books 6–8	Book 11
Thought forms and servitors	Book 2	Books 4 and 7	Book 11
Predation and sovereignty	Book 3	Books 6, 9, and 10	Book 11
Double and projection	Book 5	Books 8–10	Book 11

Theme	First strong appearance	Deepening books	Recapitulation
IN / VOID / OUT	Book 6	Books 8–10	Book 11
Great Work and stone	Book 8	Books 9 and 10	Book 11
Death and continuity	hinted earlier	Book 10	Book 11
Weird and direct perception	Book 1	all advanced books	Book 11

A Sustainable Twelve-Week Foundation

This schedule samples the collection without pretending to complete it.

Week	Reading	Practice
1	Book 1, Chapters 1–3	assumption and perception ledger
2	Book 1, Chapters 4–9	one routine break + closure practice
3	Book 2	design a servitor on paper only
4	Book 3	negative-energy classification
5	Book 5, Chapters 1–4	awareness dial and sleep notes
6	Book 6, Chapters 1–3	cognitive position and polarity map
7	Book 6, Chapters 4–6	gentle IN / VOID / OUT cycle
8	Book 8, Chapters 1–3	balance, belief, attention

Week	Reading	Practice
9	Book 8, Chapters 4–5	energy-body map + minor retrieval
10	Book 9, Introduction–Chapter 4	anchor, trance, self-cohesion
11	Book 10, Introduction–Chapter 3	mortality reflection, no deep death focus
12	Book 11	remembering sheet and full review

Books 4 and 7 can then be entered as applied branches. Deeper work in Books 9 and 10 should follow stability, not the calendar.

Practice Record

Use one consistent template across all eleven books:

Field	Entry
Source	book, chapter, and exact section
Intention	one sentence
Method	what was actually done
Duration	start, end, and interruptions
Direct perceptions	sensation, image, emotion, spatial change
Interpretation	the meaning assigned afterward
Ordinary context	sleep, stress, food, substances, illness
Effect after one hour	settled, energized, agitated, unchanged
Effect next day	behavior, mood, dream, result

Field	Entry
Decision	repeat, modify, pause, or stop

This record respects the esoteric domain by giving experience enough detail to remain alive while protecting it from retrospective inflation.

Cautions for the Whole Collection

- Do not combine sleep disruption, fasting, substances, intense breathwork, and projection practice.
- Do not interpret every conflict, illness, or intrusive thought as predation.
- Do not use servitors, glamour, energy work, or manifestation to evade consent.
- Do not use mortality practices when suicidal, severely depressed, or unable to maintain ordinary orientation. Seek immediate human support.
- Do not make medical or financial decisions on the basis of a sign alone.
- Do not treat lack of dramatic results as personal failure. Subtle practice can still train attention and conduct.

Cross-Link to the Nine Thematic Volumes

The book-aligned shelf and thematic shelf answer different questions. The present guide asks, “How does the eleven-book collection unfold?” The thematic volumes ask, “Where does one idea travel across many books?”

For cross-book study of…	Use thematic volume…
assumptions, senses, routines, and banishment	Volume 01 · *Opening the Perceptual Field*
IN, VOID, OUT, and cognitive position	Volume 02 · *The Three Polarities*
worker and companion servitors	Volume 03 · *Servitors and Thought Forms*
energetic predation and sovereignty	Volume 04 · *Energy, Predation, and Psychic Self-Defense*

For cross-book study of…	Use thematic volume…
OBE, Double, rooms, and projection	Volume 05 · *Projection and the Double*
belief, prosperity, obtainability, and luck	Volume 06 · *Belief, Wealth, and Synchronicity*
stone, jewel, transmutation, and remembering	Volume 07 · *The Great Work*
death, Oversoul, Black Sun, and continuity	Volume 08 · *Death, Continuity, and the Unknown*
the 117-article field and comparative notes	Volume 09 · *Articles, Applications, and Comparative Notes*

Keep both shelves. One protects the integrity of each original book; the other reveals relationships that become visible only across books.

Final Library Review

At the end of a full pass, answer without looking at notes:

1. What is the difference between direct perception and interpretation?
2. How do belief, attention, and energy relate?
3. Why does a servitor require boundaries?
4. What distinguishes IN, VOID, and OUT?
5. How are the Double and self-cohesion related?
6. Why does the Great Work begin with recovery?
7. What does mortality add to the system?
8. What must be remembered when all words are forgotten?

Then reopen the source collection and revise each answer with chapter references. The distance between memory and source is not an embarrassment. It is the very field in which *The Book of Remembering* becomes necessary.

Guide 15 · The Complete Article Collection

Figure / source plate
Cover of Guide 15, The Complete Article Collection
Source asset: assets/guide-15-cover-Cover.png

Book-aligned source guide 15 of 15 · retained as the source-order spine.

Source structure: 117 articles in source order with collection front matter. **Thematic shelf cross-link:** Also preserved as Thematic Volume 09, Articles, Applications, and Comparative Notes; the present copy is indexed as Guide 15.

A source-grounded personal-study atlas for *The Complete Article Collection* and the wider John Kreiter corpus

Volume IX of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

The article collection is not a final textbook arranged from elementary to advanced. It is a living edge: short occult transmissions, answers to readers, practical self-mastery advice, health-era articles, leadership notes, humor, AI, anomalous experience, projection, servitors, death, and repeated returns to belief, attention, and the Archon.

This volume provides an atlas rather than rewriting 117 essays into a false linear course. It shows the recurring engines, gives reading pathways, marks historical and medical cautions, and places Kreiter beside Reich, Gurdjieff, and Castaneda without claiming that resemblance proves a single hidden system.

Reader's covenant

Read the original article EPUB beside this atlas. Article titles and their order are preserved in the complete index. The occult essays may be held literally, symbolically, operationally, or through multiple apertures. A joke, mythic pact, physics analogy, or AI speculation may carry an esoteric function even when it is not a conventional demonstration.

Older well-being articles include claims that should not be used as diagnosis or treatment. Use them as historical self-care writing and imagery, not as a substitute for qualified medical care. Leadership and persuasion articles should not be used to manipulate consent or exploit vulnerability.

Comparative study requires hospitality without collapse. Reich's orgone, Gurdjieff's cosmology, Castaneda's sorcery, and Kreiter's Dark Sea may resonate while remaining different maps with different authorities, histories, practices, and dangers.

How to use this volume

Choose a path rather than reading at random.

1. Read one **anchor essay** that names a major system.
2. Read two **application essays** that translate it into conduct.
3. Read one **counterweight essay** that complicates certainty.
4. Perform one modest practice.
5. Return to the corresponding book.

For example: read “The Three Great Secrets of Alchemy,” then “How to Stop Negative Energy Permanently” and “Unrelenting Focus,” then “Don't Trust Me. Trust Yourself!” Perform a containment exercise and return to *Overcoming the Archon Through Alchemy*.

The article constellation

The collection falls into eight overlapping fields. The borders are deliberately permeable; an essay on AI may also concern servitors and mental architecture, while an essay on humor may concern leadership, energetic release, and the refusal of solemn Archonic control.

> Figure / source plate
> The article collection as a constellation of eight recurring fields
> Source asset: assets/guide-15-v09-article-constellation.svg

Figure 1. The living corpus is best navigated by recurrence and application rather than one compulsory order.

Alchemy and the Archon

Anchor essays include “The Three Great Secrets of Alchemy,” “What Is Inner Alchemy?”, “Breaking the Chains,” “Can a Person Escape the Archon Forever?”, “The Nature of Good and Evil,” and “The Dark Sea.” Together they restate the energetic view, predatory cosmology, three polarities, cognitive position, and the rebel's path.

Read these beside *Overcoming the Archon Through Alchemy* and *The Magnum Opus*. The articles often sharpen one proposition, but the books supply progression and exercise context.

Projection, dreaming, time, and death

“The Dreamer and the Dreamed,” the mental-projection article, the projection quiz, “What Happens After We Die?”, “Beyond the Illusion,” time-slip material, and the infinity essay explore mobility beyond the physical station.

The collection sometimes places anecdote, metaphysical model, and mathematical language close together. Preserve the imaginative bridge without turning adjacency into proof. Use the Projectionist and Death Defier books to distinguish double, rooms, Black Sun, oversoul, and postmortem continuity.

Servitors, sigils, egregors, and ritual

The servitor article presents the three-part construction, charging, and casting method. “Servitors and Immaculate Inner Action” emphasizes the quiet interior dimension. The Santa egregor and Devil/Archon pact essays dramatize alignment with large currents. The sigil essay offers a compact symbolic technology.

These pieces reveal scale: personal thought-form, autonomous servitor, collective egregor, and independent non-organic intelligence are related but not identical.

Belief, imagination, and synchronicity

The belief sequence—financial circumstance, beliefs versus thoughts, accomplishing through belief, rapid belief change, and the biggest secret of attraction—forms a miniature course. Add “Learn to Nurture Your Imagination,” “Synchronicity and the Law of Attraction,” and “External Mental Influences.”

This track belongs beside Volumes I and VI. It is especially useful for seeing how a single concept migrates from perceptual liberation into prosperity and self-mastery.

Emotional life and the body

Pride, happiness, happy place, selfishness, self-love, humility, negative self-talk, fear, anger, procrastination, breath, posture, relaxation, and bone breathing create a practical layer often neglected by readers who seek only cosmology.

Treat medical and cure language historically. The durable study question is not “Can this replace care?” but “What relationship among attention, body, imagery, emotion, and action is the article trying to train?”

Social sovereignty and leadership

Assertiveness, flexibility, hard choices, contingency, alliances, motivation, tact, attention to others, simple messages, voice, eye contact, risk, and calculation translate attention into social conduct.

The strongest esoteric connection is sovereignty. The leader who cannot contain emotion, perceive others, or choose under pressure remains governed by the field. Yet "alpha" language must not become a pretext for domination. Influence without consent degrades the operator.

Humor and the anti-solemn current

Stand-up structure, laughter, self-deprecation, charm, commanding a room, and breaking the ice may seem distant from the Black Sun. They are not. Humor interrupts fixed logos, releases charge, exposes contradiction, and creates a temporary not-doing in social reality.

The Santa essay belongs here as well as under egregors. Play is an occult technology when it changes what the psyche permits.

AI and the mental architect

The AI essays treat language models as mental architecture, amplification, modern magic, creative partner, and possible control narrative. Their occult value lies in externalized thought-form work: prompt, structure, reflection, rival reading, and the defense of human creative agency.

AI should not become a new guru or oracle. Use it to clarify a construction, generate alternatives, or test a map; verify claims outside the conversation and retain authorship.

The concept concordance

Across the entire collection, six concepts repeatedly return to attention.

> Figure / source plate
> A concordance centered on attention and linked to belief, energy, desire, the double, the Archon, and remembering
> Source asset: assets/guide-15-v09-concept-concordance.svg

Figure 2. Attention is the transport system through which the rest of the corpus becomes practice.

Attention

Attention selects, feeds, enters, orders, and remembers. It is preyed upon, recovered, projected, trained, and consolidated. If a new concept cannot be translated into an attentional act, it remains philosophy.

Belief

Belief is the architecture that defines what attention notices and what action feels possible. It is social and personal, conscious and automatic. Belief work aims at mobility rather than permanent replacement of one cage by another.

Energy

Energy is felt capacity, movement, charge, and the deeper substance of the Dark Sea. The term is intentionally broader than conventional physical measurement. Its operational signs include density, heat, pressure, vitality, emotion, and ability to sustain intent.

Desire

Desire gives direction. Natural desire, path with heart, detached expectation, and feeling-intent describe stages in which wanting becomes less divided and more capable of action.

Double

The Double is the body of continuity: first imagined, then sensed, moved, consolidated, and eventually asked to survive changing worlds and biological death.

Archon

The Archon names a predatory intelligence, organizing pressure, machine of repetition, memetic cloud, and cosmic antagonist. The plurality is part of the model. One description does not exhaust it.

Remembering

Remembering restores the operator to a chosen position. It opposes sleep, mechanical life, Archonic forgetting, and the dissolution of self across state changes.

Eight reading pathways

Path 1: reality and liberation

Read: "Don't Trust Me. Trust Yourself!" → "The Dark Sea" → "The Three Great Secrets of Alchemy" → "The Infinite Within."
Return to: *The Occult Experience* and *Overcoming the Archon Through Alchemy.*
Practice: write two incompatible cognitive positions and inhabit each for three minutes.

Path 2: thought-form operator

Read: "How to Create a Servitor" → "Sigil Magic" → "Servitors and Immaculate Inner Action" → "Pacts with Santa."
Return to: *Create a Servitor* and *Create A Servitor Companion.*
Practice: design but do not charge a seven-day study servitor.

Path 3: projection and continuity

Read: mental projection → projection quiz → "The Dreamer and the Dreamed" → "What Happens After We Die?"
Return to: *Out of Body Experiences*, *The Way of the Projectionist*, and *The Way of the Death Defier.*
Practice: awareness dial with full return protocol.

Path 4: belief and prosperity

Read: beliefs versus thoughts → rapid belief change → financial circumstance → synchronicity.
Return to: *Manifest Wealth and Prosperity.*
Practice: one obtainable desire and one physical action.

Path 5: psychic sovereignty

Read: negative energy → external mental influences → inorganic predators → good and evil.
Return to: *The Vampire's Way* and *Overcoming the Archon.*
Practice: describe, contain, choose, close.

Path 6: emotional forge

Read: pride → selfishness → self-love → humility → negative self-talk → strong emotions.
Return to: attention, containment, and belief chapters across the corpus.
Practice: distinguish self-regard, performance, boundary, and humility in one recent encounter.

Path 7: social operator

Read: assertiveness → flexibility → difficult conversations → tact → alliances → attention to others → paradox.
Return to: the predator/prey and sovereignty material without importing coercion.
Practice: state one boundary without over-explaining.

Path 8: play, creativity, and AI

Read: comedy routine → laughter → passion → AI mental architecture → Santa egregor.
Return to: not-doing, servitors, and transmutation.
Practice: use humor or an unexpected prompt to interrupt one rigid assumption.

Comparative notes: resonance without collapse

> Figure / source plate
> A comparative lens linking Kreiter with Reich, Gurdjieff, Castaneda, direct knowing, and symbolic practice
> Source asset: assets/guide-15-v09-comparative-lens.svg

Figure 3. Comparative work asks what a concept does before declaring two traditions identical.

Reich: pulsation, armor, and orgone

Reich's movement from libido through character armor to orgone offers a vocabulary of expansion, contraction, charge, and discharge. Kreiter's IN, VOID, and OUT can resonate with pulsation without becoming Reichian therapy. The cauldron is not an orgone accumulator, and psychic pumps are not Reich's segmental armor.

The productive comparison is functional: both ask where vitality becomes fixed, how the body participates in character, and what restores movement. Orgone's unsupported physical claims may remain in esoteric study without being smuggled in as established science.

Gurdjieff: sleep, self-remembering, and the Moon

Gurdjieff's mechanical humanity, self-remembering, food for the Moon, and development of a durable being closely resonate with Archonic feeding, remembering, and the construction of continuity. Kreiter's article makes the connection explicit.

The systems still differ. Gurdjieff's cosmology, schools, exercises, and doctrine of centers have their own architecture. Kreiter's Dark Sea, three polarities, servitors, Projectionist rooms, and Black Sun should not be renamed as Gurdjieffian concepts.

Castaneda: assemblage, not-doing, dreaming, and death

Castaneda provides the clearest neighboring vocabulary for cognitive position, not-doing, dreaming, inorganic beings, the double, recapitulation, and death as advisor. The resonance is deep enough that careless synthesis can erase authorship and difference.

Compare practices and consequences: What moves perception? What stores energy? What threatens the dreamer? What survives death? Then note where Kreiter changes the mechanism, moral tone, or sequence.

Four comparative rules

1. **Describe each system in its own terms first.**
2. **Compare function before vocabulary.**

3. **Do not use one system as proof of another.**
4. **Retain practices only when their risks, authority, and context remain visible.**

Practice lab: the four-aperture reading

Choose one occult article and read it four times.

- **Literal aperture:** What realities does the author say exist?
- **Symbolic aperture:** What pattern does the imagery make thinkable?
- **Operational aperture:** What act of attention, energy, or conduct is being trained?
- **Comparative aperture:** Which neighboring system resonates, and where does the analogy fail?

Write one paragraph from each aperture. Do not force a final winner.

Thought experiment: the library that reads back

Imagine that every article is a card in a living library. Each time you read one, the related cards move closer. After a month, the library has reorganized itself around your attention. Is that merely a reading history, a psychological complex, an egregor, or an intelligent corpus responding through synchronicity?

What practice would let you participate without surrendering authorship? What would count as a useful surprise, and what would count as compulsive pattern-making?

Before the complete article index

The index that follows preserves all 117 recovered article titles. It is a navigation and return-to-source tool, not a claim that every older health or leadership article has equal relevance to the mature inner-alchemy system.

Complete Article Index

- **001.** Pacts with Santa: The Egregor of Cheer and the Art of Holiday Alignment

- **002.** Pacts with the Devil/Archon: Who is the Architect of Your Reality?
- **003.** The Modern AI Narrative is a Lie: How AI Makes You Smarter and a Better Mage and Occultist
- **004.** The Dreamer and the Dreamed: The Sorcerer's Path to Freedom
- **005.** How to Create a Servitor to Do Your Bidding
- **006.** Overcoming the Conscious Self: A Journey to Expand and Master the Ego
- **007.** The Three Great Secrets of Alchemy
- **008.** Are All Inorganic Predators Part of the Archon?
- **009.** Time Slips: The Mysteries of Accidental Journeys Through Time
- **010.** Unrelenting Focus, and the Ability to Do Anything!
- **011.** How to Do Astral Projection Using the Mental Projection Technique
- **012.** How to Create a Stand Up Comedy Routine
- **013.** How To Stop Negative Energy Permanently
- **014.** Learn To Not Explain Yourself To Others And Win
- **015.** Gurdjieff And The Moon: Self-Remembering, Infinity, and the Hidden War for Human Freedom
- **016.** The Infinite Within: Rising Beyond the Machine's Shadow
- **017.** Learn Astral Projection: Interactive Quiz to Do It Step-By-Step
- **018.** If I Was 17 Again… Advice to my younger self to thrive in these challenging times
- **019.** Exploring the 'Dark Sea': Unveiling Inner Alchemy and the Infinite Realms Beyond Physical Awareness
- **020.** Free Interactive Meditation Screen: Relaxation, Meditation, and Energy Renewal Through Simple Focus
- **021.** The Path of Passion: Transforming Your Hobbies into Tools for Authentic Self-Mastery
- **022.** Overcoming Gravity: Energy, Focus, and Spiritual Evolution in a Dense World
- **023.** Overcoming the Archon: Mastering Psychic Alchemy for Personal Freedom

- **024.** Beyond the Illusion: Rethinking Time, Memory, and Existence
- **025.** Will Artificial Intelligence Subjugate Us, Terminate Us, or Worship Us? You might be surprised by the answer!
- **026.** 10 Transformative Steps to Wake Up and Break Free from Life's Constrictions
- **027.** Where Do Desires Come From: Choosing a Path With Heart
- **028.** Servitors and Immaculate Inner Action
- **029.** The Nature of Good and Evil: The Many Faces of the Archon
- **030.** Don't Trust Me. Trust Yourself!
- **031.** What Happens After We Die?
- **032.** Two New Types of Infinity…Final Proof of Multiple Timelines?
- **033.** Chakras
- **034.** What is Inner Alchemy?
- **035.** Breaking the Chains: Inner Alchemy and the Rebel's Path to Self-Empowerment
- **036.** Can a Person Escape the Archon Forever?
- **037.** Sigil Magic: A Beginner's Guide to Manifestation and Energy Work
- **038.** Learn To Nurture Your Imagination
- **039.** Synchronicity and the Law of Attraction
- **040.** How Beliefs Create Your Financial Circumstance and How to Change Them
- **041.** Your Beliefs Are Not Your Thoughts: A Better Definition of Belief Systems
- **042.** If You Can Believe, You Can Accomplish Anything
- **043.** How To Change A Belief Quickly
- **044.** The Biggest Secret of The Law of Attraction
- **045.** External Mental Influences
- **046.** Develop True Pride and Become A Success
- **047.** Simplest Way to Get Yourself Happy Now
- **048.** Create Your Own Happy Place

- **049.** Use Happy Calisthenics To Cure Depression
- **050.** Be A Little Selfish
- **051.** Love Yourself and Free Yourself from Negativity
- **052.** The Importance of Being Humble
- **053.** Don't Be Afraid To Take Risks
- **054.** How to Become The Alpha in the Room: Master Body Language for Confidence, Leadership, and Success
- **055.** Unleashing Your Inner Charm: What is Charisma?
- **056.** Mind-Blowing Mirroring Techniques to Instantly Connect with Anyone
- **057.** Stop Negative Self-Talk Now!
- **058.** Neutralize A Negative Thought Or Phobia
- **059.** How to Control Your Emotions
- **060.** How to Beat Negative Energy
- **061.** Increase Your Energy
- **062.** How to Beat Insomnia
- **063.** Stop a Headache with Visualization
- **064.** How to Relax
- **065.** How to Breathe Properly
- **066.** How to Sit Properly
- **067.** Increase Your Energy Part 2
- **068.** Learn From the Joker and Cure Yourself with Laughter
- **069.** Ways to Combat Anxiety
- **070.** Ways to Improve Your Vision
- **071.** How to Cure Seasonal Affective Disorder (SAD)
- **072.** Cures for Constipation
- **073.** How to Heal a Sprained Joint
- **074.** Natural Cures for Spring Time Allergies
- **075.** The Perfect Breakfast

- **076.** If You Are Having Trouble With Your Diet, Remember that You Are What You Eat
- **077.** Increase Metabolism and Lose Fat Fast
- **078.** Is It Bad to Play Video Games?
- **079.** Through Self Acceptance You Can Beat Crippling Emotions
- **080.** How to Overcome the Fear of Rejection
- **081.** How to Control Your Anger
- **082.** How to Overcome the Fear of Failure
- **083.** How to Stop Procrastination
- **084.** How To Meditate Properly
- **085.** How To Do Bone Breathing
- **086.** Empathy, the Most Important Skill of the 21st Century
- **087.** How To Develop Self Confidence
- **088.** Good Leaders Must Be Able to Laugh at Themselves
- **089.** For Difficult Conversations, Have an Ace Up Your Sleeve
- **090.** Always Have A Contingency Plan
- **091.** Why And How To Be Assertive
- **092.** Learn To Be Flexible
- **093.** Leaders Work With Their People
- **094.** How To Make Hard Choices
- **095.** Leaders Must Always Be Tactful
- **096.** Always Try To Build Powerful Alliances
- **097.** Never Make Yourself Second Best
- **098.** Good Leaders Lead Through Motivation
- **099.** Great Leaders Always Pay Close Attention To Others
- **100.** Leaders Simplify The Message
- **101.** To Be A Good Leader, Act Like A Leader
- **102.** What Is Persuasion?
- **103.** Become a Leader

- **104.** The Power of the Eye to Persuade
- **105.** Meeting Goals
- **106.** Persuade Others With Voice Power
- **107.** Leaders are Masters of Paradox
- **108.** Be Swift and Win
- **109.** The True Cost of Leadership: How Leaders Calculate and Manage Risks
- **110.** Calculate and Win
- **111.** Learn All The Rules Of Any Game You Play
- **112.** Measure The Risks Before You Act
- **113.** Use Physiology To Control Yourself And Others
- **114.** Learn To Not Explain Yourself To Others And Win
- **115.** Laugh Your Way to Influence: The Art of Using Comedy to Charm and Persuade
- **116.** Secrets to Commanding Any Room!
- **117.** Breaking the Ice: 10 Proven Strategies for Initiating Conversations with Strangers

Integration: a twelve-week article seminar

Week	Field	Anchor essay	Application	Counterweight	Practice
1	Reality				
2	Alchemy				
3	Servitors				
4	Projection				
5	Death				
6	Belief				
7	Wealth				

Week	Field	Anchor essay	Application	Counterweight	Practice
8	Emotional life				
9	Social sovereignty				
10	Leadership				
11	Humor and play				
12	AI and creativity				

Retrieval questions

1. Why is the article collection better treated as a constellation than a linear course?
2. Which concepts recur across occult and practical essays?
3. How does attention connect belief, energy, desire, the Double, Archon, and remembering?
4. What distinguishes a servitor, egregor, and independent non-organic being?
5. Why should medical-era articles be read historically?
6. How can humor function as not-doing?
7. What makes AI useful as mental architecture but dangerous as an oracle?
8. What are the four comparative rules?
9. Where do Reich, Gurdjieff, and Castaneda most strongly resonate with Kreiter?
10. Why does resonance not prove identity?

Summary

- The 117 essays form a living application layer around the books.

- Eight fields—alchemy, projection, servitors, belief, emotional life, leadership, humor, and AI/anomaly—overlap through recurring concepts.
- Attention is the central transport system of the corpus.
- Medical and persuasion material requires modern care and consent boundaries.
- Comparative study is strongest when each system is reconstructed in its own terms.
- Reich contributes pulsation and armor; Gurdjieff contributes mechanical sleep and self-remembering; Castaneda contributes assemblage, not-doing, dreaming, and death.
- None of these systems proves the others.
- An atlas should return the reader to the source, practice, and independent judgment.

Source note

Primary source: John Kreiter, *The Complete Article Collection*, 117 recovered essays.

Supporting sources: the fifteen collected EPUB books and courses; *John Kreiter Complete Article Collection v3*; *Complete Blog Collection*; Core Mastery Guide Part VII; "The Esoteric Operator" comparative drafts.

Comparative lineages: Wilhelm Reich, G. I. Gurdjieff, and Carlos Castaneda, used for functional comparison rather than proof or synthetic attribution.

Editorial additions: eight-field constellation, eight reading pathways, six-concept concordance, four-aperture reading, twelve-week seminar, comparative rules, library thought experiment, and three custom plates.

Editorial change log

- Replaced an impossible pseudo-linear synthesis with a navigable atlas.
- Preserved every recovered article title in the complete index.

- Kept the non-rational, mythic, energetic, and speculative register, including egregors, Archon, time slips, infinity, postmortem continuity, and AI as modern magic.
- Separated medical and persuasion material from occult authority and added consent/care boundaries.
- Reduced duplicated article bodies and avoided treating later commentary as original-book chapters.
- Added clearly labeled Reich, Gurdjieff, and Castaneda comparisons.
- Replaced generic diagrams with Article Constellation, Concept Concordance, and Comparative Lens plates.

Article study card

Article:
Field:
Literal claim:
Symbolic map:
Operational instruction:
Later-book connection:
Comparative resonance:
Where the comparison fails:
Practice attempted:
Result and ordinary effect:
Question to carry forward:

Part II · Nine Thematic Pathways

The thematic shelf reorganizes the corpus by recurring practice fields. Its unique orientation essays, comparative frames, labs, thought experiments, summaries, prompts, and reusable records remain. Reprinted source-chapter blocks point to the fuller book-aligned guide instead of appearing a second time.

Thematic Volume 01 · Opening the Perceptual Field

Figure / source plate
Cover of Thematic Volume 01, Opening the Perceptual Field
Source asset: assets/theme-01-cover-Cover.png

Definitive placement: Guide 10 · The Occult Experience.

The thematic manuscript and Guide 10 are text-identical apart from title metadata, figure paths, and the generic guide wrapper. The full text appears once in Part I.

No idea, exercise, diagram, prompt, index entry, or study aid has been discarded; the material is presented at its single complete location.

Thematic Volume 02 · The Three Polarities

Figure / source plate
Cover of Thematic Volume 02, The Three Polarities
Source asset: assets/theme-02-cover-Cover.png

Source chapters consolidated at: Guide 08 · Overcoming the Archon Through Alchemy.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *Overcoming the Archon Through Alchemy* and the inner-alchemy course books

Volume II of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

This volume follows Kreiter into the energetic view: reality as an immeasurable field, the human being as an energetic process, and practice as movement among three fundamental polarities. **IN** gathers, absorbs, and recovers. **VOID** contains, suspends, and makes room. **OUT** projects, organizes, and acts. Later books refine the terminology, but the threefold engine remains one of the most durable maps in the corpus.

Orientation: one engine, three movements

The word *polarity* can sound like a set of moral opposites. Kreiter uses it more like a direction of energetic behavior. IN is not good and OUT bad; VOID is not superior to both. Each becomes distorted when isolated.

- IN without containment may become indiscriminate feeding, compulsive accumulation, or a habit of turning every encounter into fuel.
- VOID without return may become withdrawal, vagueness, or fascination with absence.
- OUT without stored capacity may become fantasy, force, leakage, or exhaustion.

The mature sequence is cyclical. Attention notices a field. IN gathers what has been lost or offered. VOID prevents the gain from scattering and allows old momentum to settle. OUT gives the stored power a direction. Refinement makes the result more stable, less noisy, and more available to later action.

> Figure / source plate
> The Three-Polarity Compass: IN gathers, VOID contains, and OUT directs
> Source asset: assets/theme-02-v02-polarity-compass.svg

Figure 1. The three movements overlap inside one energetic field. The center is not a fourth polarity; it is the refinement that makes the three usable together.

The Dark Sea as ground

Kreiter's energetic view begins by refusing the idea that ordinary sensory reality exhausts what exists. The Dark Sea names the immeasurable energetic medium within which the familiar world appears. The term is intentionally imaginal. It makes the practitioner feel scale, depth, danger, nourishment, and movement at once.

This metaphor also corrects a common mistake. Energy is not merely a colored substance floating around solid objects. In the source model, objects and bodies are already local organizations of the deeper field. The polarity practices therefore alter the relationship between attention, felt structure, and the surrounding infinity.

Cognitive position as an instrument

A cognitive position is the organizing stance through which sensation, thought, memory, and possibility become a world. The rational position is one position, not the neutral absence of a position. The alchemical position deliberately foregrounds energy, attention, will, and direct inner perception.

Changing position does not require pretending that ordinary responsibilities vanished. It means learning to move between registers. A practitioner can buy groceries, keep appointments, and respect a locked door while also studying the door as an energetic form inside the Dark Sea.

> Figure / source plate
> Cognitive position as an instrument of belief, attention, inner feeling, will, and observation
> Source asset: assets/theme-02-v02-cognitive-position.svg

Figure 2. The energetic view is maintained by several mutually supporting acts. No single belief carries the entire position.

The Archon as pressure and ecology

Kreiter presents the Archon as a vast non-organic predatory intelligence that feeds through human attention, repetition, belief, and emotional discharge. The model is not reduced here to social conditioning, though social conditioning can be one of its channels. Nor is every frustration automatically proof of attack.

The useful question is operational: **what pattern repeatedly takes attention, amplifies reactivity, narrows perceived choice, and returns the practitioner to automatic expenditure?** In a literal reading, this may be predatory

contact. In a symbolic reading, it may be an internalized machine. In an entangled reading, inner habit and outer intelligence may cooperate. The polarities are meant to recover choice under all three readings.

The polarity engine

> Figure / source plate
> The Polarity Engine: notice, gather, contain, direct, refine, and return
> Source asset: assets/theme-02-v02-polarity-engine.svg

Figure 3. A full circuit returns attention to the body and ordinary world. Practice that only departs, expands, or consumes is incomplete.

IN: recovery before appetite

The IN polarity is often described dramatically because it includes absorption. Its most important use, however, is recovery. Attention and emotional energy are dispersed through unfinished encounters, fear, resentment, fantasy, and compulsive reaction. IN calls scattered capacity back.

Kreiter's breathing, inner-feeling, and psychic-pump exercises give imagination a direction through which gathering becomes tangible. The imagery is not decorative. It organizes sensation and intent until the practitioner can feel a change in density, temperature, pressure, fullness, or quiet.

The ethical hinge is simple: do not manufacture suffering so that there is something to consume. Work first with energy already present, with your own reactivity, or with environments in which participation is lawful and safe.

VOID: containment before emptiness

VOID is the capacity to hold energy and attention without immediately turning them into speech, movement, fantasy, or reaction. It is both vessel and interval. Emotional containment, inner silence, crowd practice, and the loosening of habitual identity all belong here.

Containment is not suppression. Suppression pushes experience away while continuing to spend energy on resistance. Containment allows the sensation to be present inside a larger still field. One may feel anger without performing anger, fear without feeding a story, or desire without rushing to discharge it.

OUT: direction before force

OUT moves attention and stored capacity toward form. Visualization, breathing out, feeling-intent, desire as action, and the deliberate projection of will are its practical vocabulary. The mature OUT polarity is not louder wishing. It joins clear image, emotional congruence, and available action.

Kreiter's stronger claims about influencing events and other people should be studied beside an ordinary boundary: another person's autonomy is not raw material. Use projection first to organize your own conduct, create a clear request, strengthen a practice space, or move toward a condition that does not require coercion.

A three-day discrimination laboratory

Use five minutes per day. Keep the physical posture comfortable and stop before strain.

Day one: IN

Recall a minor interaction that left your attention scattered. Do not replay the argument. Locate the felt residue in or around the body. On each easy inhalation, imagine loose filaments returning to a point below the navel. After ten breaths, end the image, look around the room, and record whether you feel fuller, heavier, quieter, unchanged, or agitated.

Day two: VOID

Sit with one uncomplicated desire. Hold it without solving, announcing, denying, or visualizing its completion. Let the desire exist as pressure inside a wide, dark interior. Continue for three minutes. End by naming five visible objects.

Day three: OUT

Choose one action that can be completed within twenty-four hours. Imagine the action from the first-person position, add the feeling of already being in motion, and exhale once toward the image. Then perform the ordinary action.

Review

Which movement felt familiar? Which felt theatrical or difficult? Where did energy appear to leak? Did the practice change behavior, or only produce an interesting inner scene? The review matters more than intensity.

Thought experiment: the sealed fountain

Imagine a fountain with three valves. One draws water from a hidden reservoir. One closes the basin and permits stillness. One sends the water through a chosen channel. If the drawing valve stays open, the basin floods. If the sealing valve never opens, nothing circulates. If the directing valve operates on an empty basin, it sputters.

Now ask: in your current life, which valve is overused? Which is underdeveloped? What would a complete circuit look like in a conversation, a creative project, a financial decision, or a frightening anomalous experience?

Integration: the polarity ledger

For two weeks, log one naturally occurring example of each polarity. Do not create dramatic events for the journal.

Date	Situation	Polarity noticed	Felt signature	Choice made	Ordinary result
		IN / VOID / OUT			
		IN / VOID / OUT			
		IN / VOID / OUT			

At the end of the period, look for sequence rather than isolated success. Did gathering lead to containment? Did containment support clearer action? Did action return to recovery and rest?

Retrieval questions

1. Why are IN, VOID, and OUT directions rather than moral categories?
2. What distinguishes energetic containment from emotional suppression?
3. Why does OUT practice require stored capacity and ordinary action?
4. How can the Archon model be held literally, symbolically, and as an entangled possibility without collapsing these readings into one another?
5. What is a cognitive position, and why is the rational position not considered neutral in Kreiter's system?
6. Which signs indicate that a polarity practice is becoming compulsive or destabilizing?
7. What closes the polarity circuit?

Summary

- **IN** gathers, recovers, and absorbs.
- **VOID** contains, suspends automatic reaction, and opens the interval in which another choice can form.
- **OUT** directs attention, image, emotion, and will toward a chosen condition.
- The three movements become an engine only when they circulate and return.
- The Dark Sea is the encompassing energetic ground of the model.
- The Archon is preserved as Kreiter's predatory cosmology, while practice still requires discrimination and ordinary safety.
- Refinement is the slow conversion of dramatic experience into stable capacity.

Return-to-source prompts

- In *Overcoming the Archon Through Alchemy*, mark every place where the author changes from explanation to instruction. What makes the shift visible?
- Compare the early IN exercise with the absorption and cauldron work in *The Magnum Opus*. What becomes more specific?
- Compare early VOID containment with the Projectionist's techniques of forgetting the self. What remains the same, and what changes when projection becomes the goal?
- Compare OUT in this volume with feeling-intent in *The Art of Transmutation*. Does the later book make projection more forceful or more natural?

Source note

Primary source: John Kreiter, *Overcoming the Archon Through Alchemy*, Introduction and Chapters 1-9.

Supporting sources: *Inner Alchemy: The Magnum Opus*; *The Magnum Opus: A Step by Step Course*; *The Way of the Projectionist*; "The Three Great Secrets of Alchemy" and "What Is Inner Alchemy?" in *The Complete Article Collection*.

Later-book bridges: the cauldron, trifold refinement, Projectionist rooms, feeling-intent, self-cohesion, and the Black Sun. These bridges clarify continuity across the corpus; they are not represented as passages from the earlier polarity book.

Editorial additions: the sealed-fountain thought experiment, three-day discrimination laboratory, polarity ledger, interpretive layering of the Archon model, and the three custom plates.

Editorial change log

- Reorganized the earlier guide around the actual nine-chapter source progression.
- Removed missing image references, empty diagram headings, duplicated practice schedules, and compulsory advancement language.

- Preserved unsupported energetic and cosmological claims as esoteric operations rather than deleting them for lack of conventional proof.
- Added a clear distinction between absorption, containment, projection, and refinement.
- Added practice duration, stop conditions, ordinary-world return, and consent boundaries.
- Replaced generic diagrams with the Polarity Compass, Cognitive Position Instrument, and Polarity Engine.

Field notebook template

Date and time:
Source chapter:
Practice:
Duration:
Beginning state:
Sensations, images, or impressions:
Interpretation held lightly:
Action taken afterward:
Effect on ordinary functioning:
What I will repeat, change, or stop:

Thematic Volume 03 · Servitors and Thought Forms

Figure / source plate
Cover of Thematic Volume 03, Servitors and Thought Forms
Source asset: assets/theme-03-cover-Cover.png

Source chapters consolidated at: Guides 03–04 · Create a Servitor and Create A Servitor Companion.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *Create a Servitor* and *Create A Servitor Companion*

Volume III of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

A servitor is one of the clearest places where Kreiter's cosmology becomes craft. Thought is not treated as private vapor inside the skull. Focus, belief, emotion, image, repetition, and intent can organize thought into a persistent form with a function. The two source books move from a short-lived worker to a long-lived companion, advisor, lover, or interior inhabitant.

This edition retains the daring proposition that a created thought-form may develop autonomy and personality. It also gives that proposition a better container: precise purpose, boundaries, observation, maintenance, consent, and deliberate closure.

Orientation: from thought to created intelligence

Kreiter's argument begins with continuity. Thoughts gather other thoughts. Repetition, attention, and emotion give the gathering density. A coherent purpose and image supply boundary. Charging stabilizes the form; casting moves it from rehearsal into function.

The process does not require elaborate ceremonial equipment. Simplicity is part of the method. A written construction document externalizes the design so that imagination does not shift the rules every time the servitor is recalled.

> Figure / source plate
> The lifecycle of a servitor from intent through responsible retirement
> Source asset: assets/theme-03-v03-servitor-lifecycle.svg

Figure 1. Creation includes observation, maintenance, and closure. Casting is a midpoint, not the end of responsibility.

Servitor, thought-form, and egregor

A **thought-form** is the broad category: thought given pattern, charge, and persistence. A **servitor** is intentionally constructed for a purpose and governed by a creator or defined group. An **egregor** is a larger collective formation sustained by many participants, often without a single controlling author.

The boundaries are porous. A frequently repeated personal servitor may acquire more elaborate behavior. A collective servitor may begin to resemble an egregor. The labels are useful when they clarify source, scale, function, and authority.

The construction document

The source asks for purpose, appearance, powers, drawing, and name. A publication-ready practice benefits from three further fields: prohibitions, recall, and dissolution. These additions do not reject Kreiter's method; they make its implicit control principle explicit.

Figure / source plate
The construction document as layered purpose, powers, form, boundary, and failsafe
Source asset: assets/theme-03-v03-servitor-blueprint.svg

Figure 2. The design should become more specific as it rises. A failsafe is not distrust; it is complete authorship.

Purpose

Write one positive sentence describing a result within the servitor's scope. “Help me begin my daily study period at seven” is clearer than “destroy procrastination forever.”

Powers

Grant only the capacities needed for the purpose. More powers do not necessarily produce more effectiveness; they produce a less testable design.

Form and name

Choose an appearance that can be recalled without strain. The form should not be copied from a living person without consent. A private name and simple mark help attention return to the same configuration.

Boundary and energy

Specify what the servitor may not do, how it will be nourished, how often it may act, and what signs count as a request to stop. Do not define another person's distress as an energy source.

Recall and dissolution

Use a brief recall phrase and a separate dissolution action. Dissolution may include thanking the form, withdrawing assigned energy, erasing or burning the design safely, and imagining the structure becoming neutral light, mist, or unformed potential.

Charging without theatrical strain

Charging is repeated, emotionally congruent attention. Kreiter emphasizes that belief matters more than ornamental ritual. The slow method allows the image to become vivid over time; the faster method condenses attention into a shorter series of deliberate contacts.

A useful charging session has a beginning and end:

1. Read the construction statement.
2. Recall the form through sight, touch, sound, or inner feeling.
3. Feel the purpose as active rather than merely wished for.
4. Offer the agreed source of energy.
5. Close the session and return attention to the room.

If visualization is weak, use kinesthetic imagination: weight, temperature, surface, posture, movement, or the sense of presence beside you. Vividness is multi-sensory and does not require an internal cinema.

Casting, command, and observation

Casting marks a change in status. The servitor is sent to perform rather than rehearsed as an image. State the task once, use the name or mark, imagine departure or activation, and then stop feeding anxious repetition.

Kreiter's language of alpha dominance is better understood as unambiguous authorship than aggression. Constant threats reveal a confused design. Calm recall, a stable command vocabulary, and the willingness to dissolve the form provide stronger control.

Observation should separate event from interpretation. Record what happened, when, and through which ordinary channel before deciding that the servitor caused it. This does not deny subtle agency; it prevents enthusiasm from erasing detail.

From worker to companion

The companion book changes the center of gravity. A companion is not merely a tool with more powers. It is cultivated through time, avatar, interaction, play, care, and an invitation to develop characteristic responses.

> Figure / source plate
> The ecology of a long-lived companion: avatar, play, care, advisor work, room, and human ties
> Source asset: assets/theme-03-v03-companion-ecology.svg

Figure 3. A companion grows through relationship, but the relationship remains inside a wider human and practical life.

The avatar or fetish

An external object gives the relationship continuity. It can be handled, placed, cared for, and revisited. The object is not automatically the being; it is a meeting point. Avoid using an item whose loss would create crisis.

Maintenance as play

Worker maintenance can be brief and functional. Companion maintenance is closer to shared imaginative life: conversation, walks, interior scenes, creative tasks, and periodic redesign by mutual feeling. Play gives the form texture without requiring every image to become a command.

Advisor and muse

An advisor servitor can externalize neglected knowledge, creative intuition, or a distinctive mode of questioning. Ask for perspective rather than infallibility. Advice that increases danger, isolation, grandiosity, or contempt should not be obeyed merely because it arrived vividly.

Lover and companion room

The source explores intimacy and stable inner locations without embarrassment. This edition keeps that material while adding clear limits. Imaginal intimacy should not be used to justify non-consensual fantasy about a known person. A companion room can be a rich practice environment, but returning from it must remain voluntary and reliable.

Practice lab: a seven-day prototype

Design a temporary study servitor whose only purpose is to help you open the correct book and begin ten minutes of reading.

Day 1: write purpose, form, name, powers, prohibitions, energy source, recall, and dissolution.
Days 2-3: charge for three minutes. Revise only if the design is genuinely unclear.
Day 4: cast the servitor for one study period.
Days 5-6: observe without adding new powers.
Day 7: recall, review the evidence, thank the form, and dissolve it whether or not it seemed successful.

The compulsory ending is pedagogical. It teaches that creation and dissolution are equally available acts.

Thought experiment: the gardener and the automaton

Imagine two creators. One treats a servitor as a machine and measures only obedience. The other treats every image as an independent spirit and yields authority immediately. Both lose something. The first may prevent emergence; the second may abandon authorship.

What changes if the creator is a gardener instead? The gardener chooses soil, boundary, species, water, and pruning, yet cannot dictate every leaf. Which parts of servitor work resemble engineering, which resemble relationship, and which require both?

Integration: the servitor audit

Use this audit before charging any new design.

Field	Question
Purpose	Can the task be stated in one positive sentence?
Scope	What is explicitly outside the task?
Consent	Does success require overriding another person?
Evidence	What observable events would count as useful, ambiguous, or unsuccessful?
Energy	What may the servitor draw from, and what is forbidden?
Recall	What phrase or gesture ends the current action?
Dissolution	How will the structure be retired without drama?
Ordinary action	What must the creator do in the physical world?

Retrieval questions

1. What distinguishes a servitor from a loose thought-form and an egregor?
2. Why is simplicity considered a strength in construction?
3. What belongs in the construction document?
4. What is the difference between charging and casting?
5. How can “alpha dominance” be translated into calm authorship?
6. Why does a companion require a different maintenance rhythm from a worker?
7. What are the benefits and risks of an avatar?
8. How can vivid advice be respected without being treated as infallible?
9. Why should dissolution be designed before charging begins?

Summary

- A servitor is a deliberately organized thought-form with purpose and governance.
- Belief, repeated attention, emotion, image, and intent give the form persistence.
- A complete design includes limits, energy source, recall, evidence, and dissolution.
- Charging cultivates coherence; casting assigns active function.
- Control rests on clear authorship rather than fear or constant aggression.
- A companion develops through avatar, time, interaction, care, and play.
- Emergence does not cancel boundaries.
- Ordinary action, consent, and reliable return remain part of successful occult work.

Return-to-source prompts

- In *Create a Servitor*, compare the chapters on construction, charging, casting, and control. Where does the source treat them as distinct acts?
- Read the dangerous-thought-forms chapter and list which dangers are accidental, collective, and deliberately created.
- In *Create A Servitor Companion*, track the shift from function to relationship. At what point does personality become more important than task?
- Compare the companion advisor with *The Book of Remembering*. How do words, interior dialogue, and created forms support a new cognitive position?

Source note

Primary sources: John Kreiter, *Create a Servitor: Harness the Power of Thought Forms* and *Create A Servitor Companion*.

Supporting sources: the servitor chapter in *The Book of Remembering*; "How to Create a Servitor to Do Your Bidding," "Servitors and Immaculate Inner Action," and "Pacts with Santa" in *The Complete Article Collection*.

Later-book bridges: egregors, immaculate inner action, the Secret King, internal rooms, and the use of created forms alongside the Great Work.

Editorial additions: explicit consent boundary, evidence field, failsafe design, seven-day prototype, servitor audit, gardener thought experiment, and the three custom visual plates.

Editorial change log

- Combined the worker and companion books without erasing their different aims.
- Restored the original sequence of construction, charging, casting, control, danger, and Q&A.
- Reduced repetitive interview drills, presentation mnemonics, pseudo-technical frequency ladders, and arbitrary mastery gates from earlier guides.
- Preserved autonomy, personality, subtle agency, companion rooms, advisor work, and imaginal intimacy as esoteric possibilities.
- Added governance, consent, observation, ordinary action, and designed dissolution.
- Replaced missing generic images with Lifecycle, Construction Document, and Companion Ecology plates.

Design sheet

Name:
Purpose:
Appearance and felt signature:
Powers:
Prohibitions:
Energy source:
Charging method:
Casting phrase:

Recall phrase:
Evidence markers:
Maintenance rhythm:
Dissolution method:
Physical-world action required of me:

Thematic Volume 04 · Energy, Predation, and Psychic Self-Defense

Figure / source plate
Cover of Thematic Volume 04, Energy, Predation, and Psychic Self-Defense
Source asset: assets/theme-04-cover-Cover.png

Source chapters consolidated at: Guide 11 · Vampire's Way to Psychic Self-Defense.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *The Vampire's Way to Psychic Self-Defense* and *Overcoming the Archon Through Alchemy*

Volume IV of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

Kreiter's psychic self-defense begins with an unfashionable reversal: the practitioner need not remain a passive target protected only by a shell of imagined white light. Negative energy can be sensed, contained, absorbed, and refined. The prey reflex can become a deliberate response.

This edition keeps the dark ecology intact. Personal negative energy, interpersonal projection, non-energy-generating phantasms, predatory non-organic beings, and the Archon are not translated away. The practical task is discrimination: identify what kind of encounter is occurring, choose the least escalatory adequate response, close the encounter, and recover ordinary life.

The dark ecology

Kreiter rejects the idea that humanity sits at the top of every possible food chain. In the energetic view, organic bodies share a larger environment with non-organic forms. Some are indifferent, some useful, some created by thought, and some predatory. The Archon is the largest organized predatory presence in the human sphere.

The claim is cosmological, not merely psychological. Yet its practical expression often appears through familiar channels: compulsive attention, group emotion, ideological repetition, despair, fear, and chronic reactivity. An external predator may exploit an internal wound; an internal pattern may wear the face of an external attacker. Practice must address both boundary and resonance.

> Figure / source plate
> Negative-energy triage from personal emotion through predatory non-organic pressure
> Source asset: assets/theme-04-v04-negative-energy-triage.svg

Figure 1. The taxonomy determines the first response. It does not guarantee a final metaphysical diagnosis.

Personal negative energy

Anger, fear, shame, resentment, and grief are energetic events before they become stories. The first defense is to stop projecting them indiscriminately. Feel the pressure, heat, contraction, or motion inside the body. Contain it long enough to distinguish raw energy from the belief and memory wrapped around it.

Kreiter's vampiric method invites re-absorption. Instead of throwing the energy outward or building an identity around it, draw the charge into the energetic center and refine it. This does not mean approving the event that caused the emotion. It means refusing to donate the entire charge to repetition.

Negative energy from others

Interpersonal projection can be obvious—insult, contempt, intimidation—or subtle—obsessive attention, unspoken hostility, draining demand. The physical-world response comes first when it is available: leave, say no, document misconduct, seek allies, or use institutional protection.

Energetically, contain your reaction so that the other person's movement does not dictate your own. Absorption in Kreiter's sense is not consent to mistreatment. It is the claim that energy arriving at the field can be converted rather than merely suffered.

Foreign phantasms and thought-forms

Non-energy-generating phantasms may be generated by individuals or groups and then persist through attention. Places can accumulate form through repeated fear, conflict, devotion, or imagination. The danger is often fascination. The more the practitioner narrates, watches, and fears, the more stable the form may become.

A minimal response is therefore powerful: name the event, refuse elaboration, collect attention, perform one closure, and leave it alone. Endless checking is not vigilance; it can become feeding.

Predatory non-organic beings

Kreiter's P-NOB category describes beings that actively seek energetic nourishment. The source recommends a predatory counterstance rather than passive shielding. This is advanced material. A practitioner who cannot lower fear or end visualization reliably should prefer withdrawal, banishment, environmental change, and support.

Absorption here is imagined as a forceful reversal: the attacker becomes fuel. The method depends on containment, confidence, and a clear finish. It should not become a fantasy of constant warfare.

The sovereignty shield

> Figure / source plate
> Four linked responses around an anchored self: attention, containment, absorption, and banishment
> Source asset: assets/theme-04-v04-sovereignty-shield.svg

Figure 2. No single shield solves every encounter. The field is strongest when perception, containment, transformation, and closure remain available.

Attention

Name only what is present: pressure, image, voice, fatigue, fear, intrusive thought, environmental change. Avoid immediate biography. “A shadow crossed the doorway” is better data than “an ancient being has followed me for years.”

Containment

Use the inner feeling sense to gather the perimeter of the body. Imagine the surface becoming continuous without becoming rigid. Let emotion remain inside the vessel long enough for choice to return.

Absorption

If the situation is within your competence, draw the incoming charge toward the cauldron or central reservoir. Strip story and form from it. Imagine only usable intensity remaining. Rest afterward; do not immediately seek another encounter.

Banishment

Banishment severs contact and resets the space. A cross of light, breath, laughter, command, prayer, cleaning, sound, or leaving the location can all serve. The best method is the one you can complete without continuing the argument in imagination.

Predator and prey as cognitive positions

Predator and prey are not permanent identities. They are stances toward energy and choice. The prey reflex freezes, scatters attention, begs the pressure to stop, and confirms helplessness. The predatory stance gathers, evaluates, chooses, and acts.

The word *predator* is deliberately provocative, but it need not become cruelty. A sovereign practitioner can be fierce toward pressure and gentle toward people. The decisive difference is whether fear determines the next act.

> Figure / source plate
> The movement from prey reflex to sovereign response
> Source asset: assets/theme-04-v04-predator-prey-cycle.svg

Figure 3. The sequence ends in restored ordinary life. Permanent vigilance is another form of capture.

Practice lab: the six-minute encounter protocol

Use this only with a mild event, such as the residue of an argument or an uncomfortable room.

1. **Orient for one minute.** Name five visible objects, the date, location, and your physical condition.
2. **Describe for one minute.** Record raw sensations without a cause story.
3. **Contain for one minute.** Gather the body's perimeter and slow exhalation.
4. **Choose for one minute.** Decide among leaving, boundary, absorption, banishment, or no further action.
5. **Close for one minute.** Perform one method and declare the encounter finished.
6. **Return for one minute.** Drink water, move, and complete an ordinary task.

If the event intensifies during orientation or description, skip occult engagement and move directly to safety and support.

Thought experiment: the house with four alarms

Imagine a house with separate alarms for smoke, intrusion, flooding, and mechanical failure. One alarm sounds. The owner who assumes every signal means an intruder may attack the furnace while the house fills with smoke. The owner who assumes all alarms are faulty may ignore a broken window.

What would count as the psychic equivalent of checking the panel? Which observations distinguish internal emotion, interpersonal conflict, environmental residue, and apparent entity contact? What response protects the house without requiring certainty about the entire universe?

Integration: encounter record

Date, time, and place:
Sleep, food, health, medication, substances:
Observable event:
Felt signature:
Initial category held lightly: personal / interpersonal / ambient / phantasm / predatory / unclear
Physical-world response:
Energetic response:
How the encounter was closed:
What happened within twenty-four hours:
Alternative reading:
Would repeating this method improve ordinary functioning?

Retrieval questions

1. Why does Kreiter criticize passive white-light shielding?
2. What is the difference between personal negative energy and negative energy projected by another person?
3. How can fascination feed a phantasm?
4. What makes a P-NOB distinct in Kreiter's taxonomy?

5. Why is containment necessary before forceful absorption?
6. How can an external and internal explanation both remain relevant?
7. What closes an encounter, and why is closure part of defense?
8. When should a practitioner choose withdrawal rather than confrontation?

Summary

- The energetic world is treated as an ecology containing organic and non-organic forms.
- Negative energy may arise personally, interpersonally, environmentally, or through apparently autonomous forms.
- The Archon is the largest predatory structure in Kreiter's human cosmology.
- Attention, containment, absorption, boundary, and banishment form a flexible defense system.
- Physical-world action remains necessary; energy work does not replace leaving danger or seeking help.
- Predator and prey are changeable cognitive positions, not licenses for cruelty.
- The most complete defense restores ordinary choice and does not require permanent combat.

Return-to-source prompts

- In *The Vampire's Way to Psychic Self-Defense*, note how the response changes across Chapters 4-7. Which techniques repeat, and which are category-specific?
- Compare the source's scenarios with an event from your own life. What did the scenario clarify, and what did it oversimplify?
- In *Overcoming the Archon Through Alchemy*, identify where the Archon is described as entity, system, field, or pressure. Do these descriptions conflict or deepen one another?
- Compare negative-energy absorption with the Magnum Opus practice of re-absorbing energetic wounds.

Source note

Primary sources: John Kreiter, *The Vampire's Way to Psychic Self-Defense* and *Overcoming the Archon Through Alchemy.*

Supporting articles: "Are All Inorganic Predators Part of the Archon?", "How to Stop Negative Energy Permanently," "Working with Negative Energy," "External Mental Influences," and "The Nature of Good and Evil" in *The Complete Article Collection.*

Later-book bridges: the cauldron, energetic wounds, Archonic logos, objective ghost, and Black Sun. These are marked as extensions rather than original content of the self-defense book.

Editorial additions: triage ladder, six-minute protocol, four-alarm thought experiment, ordinary-safety hierarchy, consent language, and three custom plates.

Editorial change log

- Restored the original eight-chapter self-defense sequence and Q&A.
- Removed untraceable images, repeated mastery rubrics, and material that encouraged universalizing a single diagnosis.
- Preserved literal predators, phantasms, vampiric absorption, and the Archon as valid esoteric possibilities.
- Added category uncertainty, physical-world response, stop conditions, and closure.
- Clarified that absorbing incoming energy is not consent to mistreatment.
- Replaced generic diagrams with Negative-Energy Triage, Sovereignty Shield, and Sovereign Response plates.

Quick reference: least escalatory adequate response

1. Orient to the room and body.
2. Describe before explaining.
3. Leave physical danger.
4. Contain fear and reactivity.

5. Choose boundary, absorption, banishment, or no further engagement.
6. Close once.
7. Return to ordinary activity.
8. Seek qualified support if fear, confusion, sleep loss, or impairment persists.

Thematic Volume 05 · Projection and the Double

Figure / source plate
Cover of Thematic Volume 05, Projection and the Double
Source asset: assets/theme-05-cover-Cover.png

Source chapters consolidated at: Guides 07 and 12 · Out Of Body Experiences and The Way of the Projectionist.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *Out of Body Experiences, Quickly and Naturally* and *The Way of the Projectionist*

Volume V of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

Projection in Kreiter's work is not a single dramatic exit. It is the trained movement of awareness away from its habitual station, the construction of a second body of perception, and the gradual stabilization of an inner world that can become as consequential as the physical one.

The first source book offers an accessible awareness dial, sensory double, scouting practice, Grey Zone, and containment. *The Way of the Projectionist* places these inside a larger alchemical formula: desire, cubing, inner feeling, emotional containment, forgetting the self, self-cohesion, the Tria Prima, and the five rooms.

The awareness dial

Kreiter treats ordinary waking focus as one station among many. Daydreaming, remembered places, hypnagogia, deep internal projection, lucid dream, and double-body travel represent changes in where awareness is organized. The dial metaphor restores agency: attention can move by degrees, and it can be turned back.

> Figure / source plate
> The Awareness Dial from the here-and-now station toward projected awareness
> Source asset: assets/theme-05-v05-awareness-dial.svg

Figure 1. Projection is trained through deliberate movement and reliable return. The dial is not a switch between real and unreal.

The here-and-now station

Before moving, learn the texture of the current station. Notice pressure of the chair, weight, peripheral sound, breath, room geometry, and the felt location from which you seem to look. This baseline becomes the path home.

Turning the dial

Choose a remembered place or simple imagined room. Move one sensory channel at a time: light, distance, sound, surface, weight, temperature. When the inner scene becomes more compelling, note what happened to physical sensation. Then reverse the sequence and name the present room.

Maintaining focus

The source offers internal monologue, imagined scribing, and self-recording as supports. Their shared function is continuity. A moving thread of description prevents the scene from dissolving into sleep or unremembered reverie.

Forming the double

The double is not only a picture of the physical body. It is a second center of sensation and action. Its construction can begin with an outline, a hand, a point of pressure, or a full felt body. The crucial change occurs when perception is organized *from* the double rather than merely looking at it.

> Figure / source plate
> The formation of the double through feeling, outline, senses, balance, movement, and return
> Source asset: assets/theme-05-v05-double-formation.svg

Figure 2. Repeated brief contacts build cohesion. Seeing is only one channel among several.

Inner feeling sense

The inner feeling sense allows the practitioner to know shape, distance, and movement without depending on a clear image. Feel the location of an imagined hand behind your back. Extend that capacity to shoulders, feet, posture, and the space around the body.

Sensory layering

Add one stable sensation before another: the weight of feet, pressure of a surface, temperature of air, then sound and sight. Too many details at once can produce effort without cohesion.

Scouting awareness

Before moving the whole double, send attention to a nearby point and feel from there. A doorway, corner, or object across the room is enough. The goal is not immediate verification but the discovery that “where I attend” and “where I feel located” can begin to separate.

Return and memory

Use the same ending every time: physical breath, fingers, feet, room name, date, and a brief written record. Memory is part of the body of the projectionist. An experience that cannot be integrated does not yet provide continuity.

Cubing, desire, and the personal logos

The Way of the Projectionist deepens scene building into **cubing**: constructing a stable interior location with enough relational detail that it can be revisited. The cube is both practice room and challenge to the assumption that inner space is insubstantial.

Desire supplies direction. Kreiter does not ask for polite preference but unwavering desire capable of pulling awareness across its habitual boundary. Yet desire must be joined to VOID; otherwise excitement wakes the physical reflex or scatters the scene.

The personal logos—the ordered architecture of belief, image, memory, and expectation—determines which inner movements seem possible. Projection practice therefore includes belief work, not as positive thinking, but as loosening prohibitions that force awareness back to one station.

Forgetting the self and natural trance

Amnesia walking, the death posture, hypnopompic practice, and controlled sleep interruption loosen the fixed biography that constantly rebuilds waking identity. The aim is not to damage memory or hate the personality. It is to discover awareness before the usual self-description returns.

Use the gentlest method first. A brief hypnopompic pause after natural waking is safer than chronic sleep disruption. Ask: *What remains before I remember who I am?* Then allow ordinary identity to return deliberately.

Self-cohesion and the Bird of Hermes

As mobility increases, self-cohesion becomes more important than novelty. The Projectionist must hold a continuous center while location, body, and environment change. Push/pull, remembering the body, focus on desired movement, and emotional containment serve this cohesion.

The paradox is that projection requires both forgetting and remembering: forget the rigid physical-only self; remember the deeper continuity that can operate through more than one position.

The rooms of the Projectionist

> Figure / source plate
> The first five rooms as degrees of stable inner mobility
> Source asset: assets/theme-05-v05-projection-rooms.svg

Figure 3. The rooms are degrees of organization, not trophies. Later works extend the architecture through the sixth and seventh rooms.

The rooms name changes in the reality-value, autonomy, and continuity of inner experience. Early rooms emphasize image and scene. Middle rooms bring greater stability and apparent independence. The fifth room approaches sustained continuity beyond a single practice episode.

Do not use the labels to exaggerate an experience. Ask instead:

- Could I choose movement?
- Were senses organized from an inner body?
- Did the environment surprise me?
- Did memory remain continuous?
- Could I return voluntarily?
- Did the experience improve or impair ordinary functioning afterward?

The Grey Zone and its inhabitants

The Grey Zone includes probable events, personal and collective thought-forms, the dead, non-organic predators, other human travelers, and what Kreiter calls true aliens. The catalogue is preserved because it communicates the radical openness of the source cosmology.

Containment and emotional control are the central protections. Panic fixes attention to frightening imagery and can turn ambiguity into a self-feeding encounter. Curiosity without boundaries can do the same. A projectionist should be able to leave, banish, close, and rest.

Practice lab: remembered room, double hand

Sit or lie down safely for ten minutes.

1. Orient to the physical room for one minute.
2. Recall a familiar room and place yourself just inside its doorway.
3. Feel one double hand touch the doorframe. Add temperature and texture.
4. Look down from the inner position without demanding a complete body.
5. Take one step and stop. Notice whether the scene persists without narration.
6. Reverse the step, release the room, feel physical fingers and feet, and state the date.
7. Record what was sensed, what was inferred, and what surprised you.

Thought experiment: two bodies, one unfinished sentence

Imagine beginning a sentence in the physical room and finishing it from a remembered room. Which "you" owns the grammar? If the scene changes the word you were going to use, is that evidence of another world, autonomous imagination, or a deeper layer of your own mind? What observation could distinguish these possibilities without destroying the experience through premature certainty?

Integration: projection record

Field	Entry
Date, time, and sleep quality	
Physical position and room	
Intended station	

Field	Entry
Entry method	
First stable inner sensation	
Degree of movement chosen	
Unexpected event	
Return method	
Memory after ten minutes	
Ordinary effect the next day	

Retrieval questions

1. What does the awareness dial explain that a simple “exit” model does not?
2. Why is the inner feeling sense important for practitioners without vivid imagery?
3. When does an image of a body become a center of perception?
4. What is cubing, and how does it strengthen the personal logos?
5. Why do forgetting and remembering both matter?
6. What is self-cohesion?
7. What do the rooms measure?
8. Why are return and memory part of projection rather than administrative details?
9. What role does emotional containment play in the Grey Zone?

Summary

- Projection is the trained relocation and reorganization of awareness.
- The awareness dial develops graded movement rather than demanding a dramatic first exit.
- The double becomes stable through inner feeling, sensory layering, balance, movement, and memory.

- Cubing establishes revisit-able inner architecture.
- Desire supplies direction; VOID prevents excitement and biography from scattering the movement.
- Self-cohesion preserves continuity across changing bodies and worlds.
- The rooms mark degrees of stability and autonomy.
- The Grey Zone remains populated in Kreiter's literal esoteric cosmology, and containment remains the principal protection.

Return-to-source prompts

- Compare the "Turning the Dial" exercise with "Discovering Your Here and Now Station" in *The Way of the Projectionist.*
- Track every appearance of emotional control or containment across both books. Does its function change?
- Compare the accessible double-body exercises with the Bird of Hermes chapter. What new problem does self-cohesion solve?
- Read the laws of the inner realms beside the five rooms. Which laws become more important as stability increases?
- Note where later Death Defier material extends the rooms. Do not insert the extension into the earlier sequence without marking it.

Source note

Primary sources: John Kreiter, *Out of Body Experiences, Quickly and Naturally* and *The Way of the Projectionist.*

Supporting sources: projection chapters in *The Book of Remembering* and *The Way of the Death Defier*; "The Dreamer and the Dreamed," "How to Do Astral Projection Using the Mental Projection Technique," and "Astral Projection: A Step-by-Step Quiz" in *The Complete Article Collection.*

Later-book bridges: the sixth and seventh rooms, objective ghost, Black Sun, oversoul, and post-biological continuity.

Editorial additions: graded room questions, remembered-room practice, return protocol, dual-body thought experiment, projection record, and three custom plates.

Editorial change log

- Joined the introductory and advanced projection books into one developmental sequence.
- Preserved doubles, inner worlds, dead people, non-organic beings, aliens, probable realities, and rooms as esoteric possibilities.
- Removed untraceable inherited images and duplicated presentation drills.
- Clarified the difference between viewing an inner body and perceiving from it.
- Strengthened memory, return, sleep, and physical-safety boundaries.
- Replaced generic diagrams with Awareness Dial, Double Formation, and Projection Rooms plates.

Quick return protocol

1. Stop inner movement.
2. Feel physical breath and weight.
3. Move fingers, toes, jaw, and shoulders.
4. Name the room, date, and next ordinary action.
5. Stand only when balance is clear.
6. Write three factual lines before interpreting.
7. Eat, drink, rest, or seek support if disorientation persists.

Thematic Volume 06 · Belief, Wealth, and Synchronicity

Figure / source plate
Cover of Thematic Volume 06, Belief, Wealth, and Synchronicity
Source asset: assets/theme-06-cover-Cover.png

Source chapters consolidated at: Guide 06 · Manifest Wealth and Prosperity.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *Manifest Wealth and Prosperity with Thought Forms and Servitors*

Volume VI of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

Kreiter approaches prosperity as an energetic and imaginal problem before it becomes a numerical one. Beliefs define what feels obtainable. Thought and emotion gather into forms. Detached expectation releases those forms from anxious interference. Synchronicity opens channels through which inner direction and outer opportunity meet.

This edition retains the book's strong manifestation claims. It also insists that magical practice and practical financial action belong to one circuit. A servitor can help organize attention, courage, timing, and coincidence; it is not a reason to ignore contracts, debt, taxes, fraud, risk, or the material needs of other people.

The manifestation chain

Belief is not identical to a passing thought. It is a recurring structure that makes some thoughts feel natural, some impossible, and some invisible. A belief about money may appear as an immediate bodily contraction before the conscious sentence arrives.

Kreiter reverses the popular order "think positive and reality will follow." The work begins deeper. Belief shapes thought; thought and emotion organize a form; the form changes attention and action; action enters a world of timing and other agents; synchronicity becomes a bridge.

> Figure / source plate
> The manifestation chain from belief through synchronicity
> Source asset: assets/theme-06-v06-manifestation-chain.svg

Figure 1. Inner climate and outer action form one circuit. A magical operation that removes participation breaks its own bridge.

Wanting and having

Wanting repeats absence: *I do not have this.* Kreiter therefore charges a thought-form with the felt condition of possession. This is not a command to pretend bills do not exist. It is a temporary imaginal position from which the desired condition can be sensed without the contraction of pleading.

The question is: **what would become available to attention if the desire no longer had to prove your lack?** Perhaps a conversation, application, price comparison, skill, boundary, or small opening that anxiety concealed.

Belief excavation

Choose one financial sentence that feels obvious: "Money always disappears," "People like me cannot earn that," "Wanting wealth is selfish," or "If I succeed, I will lose belonging." Ask *why?* until the answer becomes emotional, bodily, or identity-based.

Do not replace the root with a grandiose opposite you cannot inhabit. Build a bridge belief: “I can keep a small surplus,” “One person like me can learn this skill,” or “Prosperity can support generosity and freedom.”

Obtainability

Obtainability is the distance the psyche can cross without exhausting itself in contradiction. Starting small is not surrender. It produces lived evidence that belief can widen.

> Figure / source plate
> The Obtainability Ladder from small opening to expanded scale
> Source asset: assets/theme-06-v06-obtainability-ladder.svg

Figure 2. The ladder is built from observed openings. Scale increases after integration, not as punishment for insufficient faith.

A desire may be materially possible yet psychologically unobtainable. The work is to find the next rung that generates excitement without immediate inner refusal.

Examples:

- before “double my income,” create and keep the first deliberate surplus;
- before “own the ideal home,” find three realistic pathways and visit one place;
- before “live entirely from art,” complete and offer one finished work;
- before “receive money effortlessly,” allow one legitimate gift or discount without guilt.

The rung should still matter. Trivial exercises that produce no emotional movement do not train obtainability.

Detached expectation

Detached expectation joins confidence and release. Expectancy gives the operation direction; detachment prevents obsessive checking from rebuilding absence.

Detachment is not forgetting the physical task. If the desire is employment, applications and conversations continue. What is released is the demand to control every path and minute.

A simple closure:

1. feel the completed condition;
2. name the thought-form's task;
3. exhale and imagine the form moving beyond conscious supervision;
4. write the next physical action;
5. return to another part of life.

Wealth thought-forms and servitors

A wealth thought-form may be a single charged packet of desire. A wealth servitor is a more persistent organized agent with form, powers, maintenance, and recall. MOlamp in the source functions as a shared or predesigned example; a personal servitor can be constructed through the general method.

Keep the task bounded. “Reveal and support legitimate opportunities to earn an additional amount through work I can consent to” is safer and more observable than “bring money by any means.” Explicitly prohibit harm, deception, theft, coercion, and the creation of obligations you did not choose.

The creator still performs ordinary work. A servitor may organize timing, attention, courage, and coincidence, but it cannot sign a contract responsibly in your place.

Synchronicity and the luck wave

Kreiter treats synchronicity as a bridge between inner and outer timelines. Meaningful coincidence signals an opening in the pattern. The practitioner notices, tests, and moves.

> Figure / source plate
> Riding the Luck Wave through preparation, noticing, movement, and release
> Source asset: assets/theme-06-v06-luck-wave.svg

Figure 3. The wave requires timing and participation. Neither passive wishing nor compulsive force can ride it well.

Keep a coincidence diary with three columns: event, meaning, and action. The action column prevents the diary from becoming a museum of signs.

Not every coincidence is instruction. A useful sign tends to connect with the declared operation, arrive through an available channel, and invite an action that remains lawful and proportionate.

Stay positive?

The source refuses compulsory positivity. Negative thoughts exist, and trying to police every one of them can strengthen fear. A stable belief and charged form are not destroyed by an ordinary bad mood.

Work with the underlying belief, contain the emotional charge, and avoid feeding a secondary panic about having "manifested badly." The aim is a more coherent inner climate, not permanent cheerfulness.

Practice lab: the obtainable current

Choose a desire that can be advanced within fourteen days.

Define: State the condition, ethical limits, and observable evidence.
Excavate: Write the first three beliefs that resist it.
Bridge: Create one alternative belief you can inhabit for five minutes.
Charge: Build a simple sphere or symbol around the feeling of possession.
Release: Close with detached expectation.
Act: Complete one physical action within twenty-four hours.
Notice: Record coincidences without exaggerating them.
Review: At day fourteen, distinguish result, near result, unrelated event, and no result.

Thought experiment: the two letters

Two identical letters offer an opportunity. One arrives after weeks of anxious pleading; the other after a calm operation and several ordinary actions. Does the outer event have the same energetic meaning? If meaning changes the action taken, does that make synchronicity subjective, objective, or relational?

Now imagine that no letter arrives, but the practice exposes a belief that prevented every application. Was the operation unsuccessful, or did it reveal the actual gate? What evidence would let you answer without moving the goalposts indefinitely?

Integration: the wealth-operation ledger

Field	Entry
Desire and amount/condition	
Ethical limits	
Root belief	
Bridge belief	
Obtainable first rung	
Thought-form or servitor used	
Physical actions	
Coincidences noticed	
Material result	
Interpretation revised	

Retrieval questions

1. Why are beliefs not reducible to individual thoughts?
2. What is the energetic problem with charging “wanting”?
3. How does obtainability differ from settling for less?

4. What does detached expectation release, and what does it preserve?
5. When is a wealth servitor more appropriate than a single thought-form?
6. What turns a coincidence into a possible opening rather than automatic instruction?
7. Why does the source reject compulsory positivity?
8. What makes a financial operation ethically and practically bounded?

Summary

- Beliefs establish a range of visible and obtainable possibilities.
- Thought and emotion can be organized into a persistent form around having rather than lack.
- Obtainability builds belief through reachable evidence.
- Detached expectation combines direction with release.
- Wealth servitors require explicit limits, maintenance, and physical participation.
- Synchronicity is treated as a bridge that still requires action.
- Negative emotion does not automatically cancel a coherent operation.
- Magical prosperity practice does not convert wealth into moral proof or replace financial care.

Return-to-source prompts

- Mark every place in *Manifest Wealth and Prosperity* where the author distinguishes belief from thought.
- Compare the thought-form procedure with the general construction method in *Create a Servitor*.
- Track “having,” “wanting,” “detached expectation,” and “obtainability” as separate technical terms.
- Compare the luck wave with OUT polarity and feeling-intent. Which part is inner motion, and which part is timing?

Source note

Primary source: John Kreiter, *Manifest Wealth and Prosperity with Thought Forms and Servitors*, Introduction and Chapters 1-8.

Supporting sources: *Create a Servitor*; "Synchronicity and the Law of Attraction," "How Beliefs Create Your Financial Circumstance," "Your Beliefs Are Not Your Thoughts," "How to Change a Belief Quickly," and "The Biggest Secret of the Law of Attraction" in *The Complete Article Collection.*

Later-book bridges: OUT polarity, feeling-intent, immaculate inner action, the Secret King, and attention as commodity.

Editorial additions: bridge-belief method, ethical servitor boundaries, coincidence diary with action column, fourteen-day laboratory, two-letter thought experiment, and three custom plates.

Editorial change log

- Restored the source's eight-chapter movement from thought through positivity.
- Reduced repetitive mastery drills and removed fabricated precision from earlier guide material.
- Preserved manifestation, servitor agency, timelines, synchronicity, and luck as esoteric claims.
- Added material-risk boundaries without reducing the book to conventional financial advice.
- Clarified obtainability, detached expectation, and ordinary participation.
- Replaced generic diagrams with Manifestation Chain, Obtainability Ladder, and Luck Wave plates.

Fourteen-day review

What changed materially?
What changed in attention or courage?
Which event may have been synchronicity?
Which event was unrelated?
What ordinary action had the greatest effect?

Did the belief widen?
What is the next obtainable rung?
Should the operation be repeated, revised, or closed?

Thematic Volume 07 · The Great Work

Figure / source plate
Cover of Thematic Volume 07, The Great Work
Source asset: assets/theme-07-cover-Cover.png

Source chapters consolidated at: Guides 02, 05, and 09 · Remembering and the Magnum Opus sequence.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *The Magnum Opus*, *The Art of Transmutation*, and *The Book of Remembering*

Volume VII of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

The Great Work is the attempt to make recovered power durable. Perception, belief, projection, servitors, and self-defense become parts of a longer alchemy: gather lost attention, heal energetic wounds, store the gain, refine it into a jewel, live from a new cognitive position, and remember that position when the old world returns.

The three primary sources speak in different forms. *The Magnum Opus* is a course. *The Art of Transmutation* is a visionary narrative of initiation, prayer, natural desire, simultaneous selves, and the walking crazy. *The Book of Remembering* is a compact key-ring linking words, servitors, projection, death, and the weird. This edition preserves the contrast instead of flattening all three into one manual.

The Magnum Opus as a circuit

The course begins by balancing rational certainty with energetic possibility. It then examines belief, trains attention, maps the energy body, recovers scattered power, heals wounds through re-absorption, and refines the accumulated stone.

> Figure / source plate
> The Magnum Opus as recovery, re-absorption, storage, and refinement
> Source asset: assets/theme-07-v07-magnum-opus.svg

Figure 1. The crucible is fed by recovered life. Refinement stabilizes rather than merely intensifies the result.

Attention as the first substance

Attention is both instrument and commodity. Wherever it remains compulsively fixed, energy follows. The dot exercise, self-observation, and virtual inner room reveal that attention can be trained, recalled, and placed.

The Door of Destiny is the point at which attention no longer merely comments on inner reality but enters and sustains it. This prepares projection, but it also changes ordinary action: a chosen image can become more coherent than the habitual narrative competing with it.

The energy body and cauldron

Kreiter describes a personal energetic circulation with pumps, meridians, tongue-palate connection, and a lower storage center or cauldron. The map is experiential. Its value is measured by whether it organizes breath, inner feeling, recovery, and stable capacity.

Do not force breath retention or muscular strain. The cauldron is not improved by pain. A full practice ends with calm, warmth, density, groundedness, or quiet—not dizziness and depletion.

Lost energy and wounds

Energy becomes trapped in unfinished events and repeatedly reanimated through flashback, resentment, shame, and fear. Re-absorption revisits the event without donating fresh energy to it. The practitioner locates the energetic charge, gathers what belongs to the self, and returns with more capacity.

The past is treated as an energetic present, but the exercise should not become a demand to relive trauma alone. Begin with a mild regret or abandoned project. The aim is recovery, not proof of toughness.

The stone and its three horizons

The stone is the stable result of accumulated and refined energy. Kreiter links it to three traditional alchemical promises: turning lead into gold, immortality, and the final journey. In his system these become transformation of conditions, strengthening continuity beyond the biological body, and movement beyond the human cage.

> Figure / source plate
> Three uses of the philosopher's stone: gold, continuity, and journey
> Source asset: assets/theme-07-v07-stone-uses.svg

Figure 2. One accumulated body of power faces material, existential, and post-biological horizons.

The dramatic claims should not obscure the immediate criterion: does practice make attention more available, emotion more containable, choice more deliberate, and inner movement more stable? A stone that exists only as grand language has not yet become durable.

The Art of Transmutation: living before proof

The Art of Transmutation uses story because transformation exceeds an instruction list. A young seeker, shadowed teacher, child, skeptical zealot, inner senses, prayer, dream energy, and “walking crazy” embody positions that argument alone cannot transmit.

Stirrings and odd angles

Freedom first appears as an angle the ordinary world does not acknowledge. The practitioner notices in-between places, hidden doors, and moments when the consensus surface becomes thin. These are not merely anomalies to collect. They invite another posture toward reality.

Inner senses and the personal god

The personal god is not an institution imposed from outside. It is the most intimate form through which the practitioner can relate to the unknown, pray, receive, and direct feeling. Prayer becomes transmutation when it changes the one who prays into the position from which the desire is already alive.

The inner senses—feeling-seeing, direct knowing, atmosphere, imaginal touch—provide the language of this relation. Their evidence is intimate before it is public.

The child and natural desire

The child in the narrative represents desire before social apology. Natural desire does not need to prove that it is respectable. It moves. Kreiter distinguishes this from frantic wanting: natural desire has direction without self-division.

Ask of a desire: *Does it make me more coherent or more performative? Does it return when no one is watching? Does action feel like inner assent rather than punishment?*

Becoming the walking crazy

The “walking crazy” accepts a reality larger than the mob's permission while retaining enough practical coherence to move through shared life. It is not clinical disorganization presented as attainment. The paradox is deliberate: hold the impossible without losing the ability to cook, work, converse, and care.

Dream energy and feeling-intent

Dreams provide energy because they loosen the ordinary censor and reveal desire in motion. Feeling-intent is more than verbal affirmation. It is a sustained embodied direction that can outlast the sentence used to summon it.

Faith, in this context, is duration. The new position continues even when immediate evidence is absent. This is not an excuse for endless failure; the journal must still record what changes and what does not.

Simultaneous selves

Kreiter's simultaneous selves turn manifestation into positional practice. Instead of waiting for a future self to arrive, the practitioner relates to another version as already real and begins to inhabit its feeling, perception, and action.

This is an esoteric equivalence, not a formal proof of timelines. Its value is the liberation of identity from a single inherited trajectory.

Shininess and the crack in the world

At maturity, transmutation is recognizable as shininess: a quality of condensed presence that opens a crack in the assumed world. Communion replaces worship. The practitioner no longer begs a distant power to intervene but participates in the movement of the personal god, Barbelo, infinity, or the unknown.

> Figure / source plate
> The Transmutation Tree from recovered energy and remembering toward simultaneous selves and the crack in the world
> Source asset: assets/theme-07-v07-transmutation-tree.svg

Figure 3. The tree joins course practice with the visionary path. New branches remain fed by recovered roots.

Remembering as maintenance of position

The Book of Remembering asks how a new cognitive position survives contact with habit. Words are stargates because a phrase can restore an entire field of sensation, image, and meaning. A servitor can guard the position. Projection can give it room. The Great Work supplies power. Death gives the work urgency. The weird prevents closure into dogma.

Create a remembering key no longer than seven words. It should evoke the position without explaining it. Pair it with a small physical action and one sensation in the body. Use it at the moment the old position begins to feel inevitable.

Practice lab: recover, store, remember

Choose a minor unfinished event.

1. Observe the memory without changing it.
2. Locate the energy that still leaves with the scene.
3. On easy inhalations, draw your attention and feeling back toward the lower center.
4. Hold the gain in quiet for one minute.
5. Imagine the energy becoming a small jewel rather than a moving cloud.
6. Choose a remembering phrase for the recovered position.
7. Complete one physical action that the unfinished event had delayed.

Thought experiment: the jewel and the story

Suppose two practitioners recover the same amount of energy. One explains it through meridians and the cauldron; the other through a personal god and simultaneous selves. If both become more coherent, are the maps interchangeable? What would be lost by declaring only one true? What would be lost by declaring all maps identical?

Integration: the Great Work ledger

Domain	Current practice	Evidence of stability	Next modest refinement
Attention			
Energy body			
Recovery			
Wounds			

Domain	Current practice	Evidence of stability	Next modest refinement
Cauldron/stone			
Natural desire			
Feeling-intent			
Remembering			

Retrieval questions

1. What makes the Magnum Opus more than energy accumulation?
2. Why is attention the first substance of the work?
3. What role does the cauldron play?
4. How does re-absorption differ from reliving?
5. What are the three uses of the philosopher's stone in Kreiter's system?
6. Why does *The Art of Transmutation* teach through narrative and character?
7. What distinguishes natural desire from anxious wanting?
8. What is feeling-intent?
9. How do simultaneous selves alter the idea of manifestation?
10. Why are words called stargates in *The Book of Remembering*?

Summary

- The Great Work recovers, stores, heals, and refines energy into durable capacity.
- Attention, belief, energy body, wounds, and the stone form a progressive course.
- The philosopher's stone faces material transformation, continuity, and the final journey.
- Transmutation is lived through inner senses, personal god, natural desire, dream energy, and feeling-intent.

- The walking crazy holds the impossible while remaining practically coherent.
- Simultaneous selves loosen identity from a single trajectory.
- Remembering preserves a new cognitive position through words, forms, rooms, and repeated return.

Return-to-source prompts

- Compare *Inner Alchemy: The Magnum Opus* with *The Magnum Opus: A Step by Step Course*. Which edition clarifies exercise sequencing?
- In *The Art of Transmutation*, mark every "lesson" that emerges through story rather than direct instruction.
- Track the movement of desire from childlike impulse to feeling-intent and simultaneous selves.
- In *The Book of Remembering*, note how servitors, projection, Great Work, death, and the weird become memory keys for one another.

Source note

Primary sources: John Kreiter, *The Magnum Opus: A Step by Step Course*; *Inner Alchemy: The Magnum Opus*; *The Art of Transmutation*; and *The Book of Remembering*.

Supporting articles: "What Is Inner Alchemy?", "Breaking the Chains," "Where Do Desires Come From?", "Overcoming Gravity," "The Infinite Within," and "Don't Trust Me. Trust Yourself!" in *The Complete Article Collection*.

Later-book bridges: the sixth and seventh rooms, Black Sun, oversoul, objective ghost, and final Death Defier synthesis.

Editorial additions: three-notebook method, stability criteria for the stone, narrative close reading of the ten transmutation lessons, remembering-key exercise, Great Work ledger, jewel thought experiment, and three custom plates.

Editorial change log

- Joined the course, visionary narrative, and remembering book without forcing them into one voice.

- Removed duplicated mastery gates, fabricated modern-science certainty, and untraceable images from earlier guides.
- Preserved philosopher's stone, personal god, Barbelo, simultaneous selves, dream energy, and post-biological aims.
- Added trauma-aware pacing without declaring energetic wounds merely psychological.
- Strengthened transitions from recovered energy to lived cognitive position.
- Replaced generic diagrams with Magnum Opus, Three Uses of the Stone, and Transmutation Tree plates.

Remembering card

Position I intend to maintain:
Seven-word key:
Physical gesture:
Body sensation:
Image or place:
One action that proves the position is alive:
Sign that I need rest rather than more practice:

Thematic Volume 08 · Death, Continuity, and the Unknown

Figure / source plate
Cover of Thematic Volume 08, Death, Continuity, and the Unknown
Source asset: assets/theme-08-cover-Cover.png

Source chapters consolidated at: Guide 13 · The Way of the Death Defier.

The repeated source-chapter digest has been removed here. The following thematic synthesis and integration material is distinct and retained in full.

A source-grounded personal-study companion to *The Way of the Death Defier*

Volume VIII of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

Every road leads to death. Kreiter does not use that fact to counsel resignation. Mortality is concentrated attention: the pressure that exposes wasted life, inherited logos, weak self-cohesion, and the scale of the Great Work. The Death Defier studies death to gain urgency, then studies continuity to make the individual capable of a choice beyond biological termination.

This edition preserves the Black Sun, objective ghost, oversoul, backwards tree, sixth and seventh rooms, agape, post-biological survival, and the possibility of leaving the human behind. These are not converted into metaphors merely to make the book respectable. They are presented as Kreiter's esoteric map and tested by its own disciplines of direct knowing, attention, energy, and inner action.

Death inside the logos

The logos is the ordered structure through which reality becomes intelligible. Most people keep death as a distant decorative fact: true in theory, absent from daily choice. Kreiter asks the practitioner to install death as a living axiom without allowing its gravity to consume the psyche.

> Figure / source plate
> Death inside the logos as contemplation, contradiction, ordered attention, and action
> Source asset: assets/theme-08-v08-death-logos.svg

Figure 1. The Black Sun exerts initiatory pressure. The first response is not flight from life but a more exact use of it.

Contemplating lightly

Use one sentence: *I am a being who will die, and this action may matter because time is not guaranteed.* Hold it for one minute. Then choose a small action that becomes clearer under the sentence.

Do not visualize your death in graphic detail. Do not rehearse the deaths of loved ones. The early exercise is structural: bring mortality close enough to order attention.

Contradictory structures

Notice beliefs that neutralize the axiom: “There will always be more time,” “another life will repair everything,” “continuity means this life is disposable,” or “death makes all action meaningless.” Write the practical consequence of each belief. The aim is not to win a philosophical debate but to expose which structure actually governs conduct.

Waves, particles, and crossing

Kreiter uses wave-particle language as an esoteric equivalence for dimensional behavior. The body appears localized and particle-like; awareness can also be approached as nonlocal possibility. The analogy is allowed to remain provocative. It is not treated as a physics proof that consciousness survives death.

The Black Sun is the machine or threshold of death, a massive ordering force encountered in the energetic cosmology. Crossing requires more than belief. The individual must have enough self-cohesion to resist dissolution into inherited after-death currents.

Ghost, double, and objective continuity

The ghost begins as a subtle continuation of memory, sensation, image, and identity. Without cohesion it may fragment, repeat, or be absorbed into larger forces. The Double is the cultivated energetic body capable of stable perception and action beyond the physical station.

The distinction matters. A vivid postmortem image is not yet immortality. Kreiter's path aims to add mass, memory, attention, and mobility until the ghost becomes objective enough to persist and choose.

Exercises in Projection and the Double prepare this work: inner feeling, form, movement, return, rooms, and continuity across state changes. Death Defier practice does not begin at the funeral; it begins whenever awareness learns not to fall entirely asleep.

Oversoul and the rebel individual

The oversoul contains or generates multiple human expressions. Many traditions resolve this structure by returning the individual to unity. Kreiter resists a unity that erases the hard-won self. The rebel seeks relationship with the greater being without consenting to dissolution.

> Figure / source plate
> Oversoul, double, and the individual line as a branching continuity
> Source asset: assets/theme-08-v08-oversoul-tree.svg

Figure 2. Branching permits participation without requiring the individual to become an disposable mask.

The model creates a difficult question: what exactly deserves continuity? Habitual biography? Memory? A refined center? The energy body? The capacity to choose? Kreiter's answer develops across the book: the individual must become a sufficiently consolidated energetic entity to accept or refuse the choices offered beyond death.

Backwards trees and the weight of the world

Human beings are described as backwards trees: roots extended into a higher or deeper order, visible life hanging downward into density. The image reverses ordinary materialism. What appears primary may be the branch; what appears invisible may be the root.

The weight of the world is the gravity that keeps attention fixed to the dense station. It includes bodily necessity, social logos, Archonic repetition, emotional history, and the simple inertia of matter. The Great Work stores enough energy to move without despising embodiment.

Agape as natural tone

Agape is not sentimental niceness. It is the natural tone of a being no longer forced to protect identity through endless contraction. In the Death Defier sequence, agape counterbalances the solitary and combative imagery of the secret war.

Practice by allowing one object or person to exist for a moment without demand. Do not manufacture warmth. Notice whether a non-grasping regard appears when attention stops trying to consume or defend.

Ordering attention and the sixth room

The sixth room extends projection into an objective ghost capable of presence in the shared world. The practitioner must break the wall of sleep, preserve memory, and give the double enough cohesion that it does not vanish whenever physical attention shifts.

“Objective” is a claim within the esoteric system. A useful study discipline is to preregister a small observation target and record results before checking. Verification does not define the whole room, but it protects the practitioner from turning every vague impression into proof.

The seventh room and infinity

The seventh room is the movement beyond the established dimensional architecture. It is not simply a brighter inner scene. The self steps into infinity as a consolidated being.

> Figure / source plate
> The sixth room, seventh room, and Black Sun crossing
> Source asset: assets/theme-08-v08-rooms-six-seven.svg

Figure 3. The later rooms are advanced claims, approached through long preparation rather than imaginative promotion.

The seventh room is sometimes described as the halfway point of eternity because crossing one threshold does not end development. Immortality is not static survival. It opens further unknown worlds, responsibilities, and transformations.

Death and eternal life

Kreiter's death defiance is not the indefinite preservation of the present personality by optimism. It is the construction of an energetic individuality capable of surviving the mechanisms that ordinarily disperse attention and identity.

The final paradox is that obsession with survival can reproduce the fear that death practice was meant to transform. The work must also deepen life now: sharper attention, chosen desire, completed action, agape, and freedom from borrowed dogma.

Leaving the human behind

To leave the human is not permission to despise people or the body. It is the refusal to treat the current biological and social form as the limit of possible being. The path culminates in a cosmic horizon while its immediate proof remains humble: can the practitioner remember, choose, and act with less automatic expenditure?

Practice lab: the mortality-return circuit

Use five minutes once a week.

1. State the mortality axiom once.
2. Feel the body's actual support and breathing.
3. Ask which unfinished action gains importance.
4. Imagine the double standing one step behind the body, sharing the same memory.
5. Let the two positions look at the chosen action.
6. Return fully and perform one physical step within the day.

This exercise joins death, continuity, and life. It does not attempt direct post-mortem perception.

Thought experiment: the ship and the witness

Suppose every cell, memory, mood, and image changes, yet a witness claims continuity. If the witness has no memory, is it still you? If it has memory but no choice, is it alive in the relevant sense? If an oversoul remembers through many lives, what would allow one branch to refuse reunion?

Now add the Double. Does it carry identity, or only a second set of sensations? What practices would turn sensation into continuity without assuming the answer in advance?

Integration: mortality and continuity ledger

Question	Current answer held lightly
What does mortality make urgent now?	
What do I mean by “individual”?	
Which memories are central to continuity?	
What can my double currently sense or do?	
What remains unstable across sleep?	
How does agape alter the secret war?	
Which claims come from direct experience?	
Which claims remain trusted map or open question?	

Retrieval questions

1. Why does Kreiter call death a dangerous focus?
2. What is the function of placing death inside the logos?
3. How does wave-particle language operate in the book?
4. What distinguishes a ghost from a consolidated Double?
5. Why does the author resist dissolution into the oversoul?
6. What does the backwards-tree image reverse?
7. What is the weight of the world?
8. Why is agape necessary in a combative cosmology?
9. What distinguishes the sixth and seventh rooms?
10. How can death defiance deepen present life rather than deny it?

Summary

- Mortality is installed as an active axiom that orders attention.
- The Black Sun names the death mechanism or threshold in Kreiter's cosmology.
- The ghost must gain cohesion, memory, mass, and choice to become a durable Double.
- The oversoul relates many expressions, but the Death Defier refuses automatic dissolution of the individual.
- The backwards tree locates invisible roots beyond visible life.
- The sixth room concerns objective ghost presence; the seventh opens into infinity.
- Agape balances secrecy, struggle, and individuality.
- The purpose of death practice is intensified life and prepared continuity, never self-harm or physical recklessness.

Return-to-source prompts

- Mark every place in *The Way of the Death Defier* where the author distinguishes direct knowing from dogma.
- Compare the early death axiom with the later inner-feeling exercise directed into death.
- Track the terms ghost, Double, oversoul, objective ghost, sixth room, and seventh room. Do not treat them as synonyms.
- Compare the Death Defier conclusion with the death and projection chapters in *The Book of Remembering*.

Source note

Primary source: John Kreiter, *The Way of the Death Defier: Apocryphon of Inner Alchemy*, Introduction and Chapters 1-12.

Supporting sources: *The Way of the Projectionist*; *The Book of Remembering*; "What Happens After We Die?", "Gurdjieff and the Moon," "Overcoming Gravity," and "The Dark Sea" in *The Complete Article Collection*.

Comparative threads: Castaneda's death-as-advisor and assemblage point, Gurdjieff's self-remembering and moon cosmology, and alchemical subtle-body traditions. Resonance is not treated as identity or proof.

Editorial additions: three-register method, mortality-return circuit, preregistered observation suggestion, grief covenant, ship-and-witness thought experiment, continuity ledger, and three custom plates.

Editorial change log

- Preserved the twelve-chapter death-defiance architecture and its exercises.
- Reduced repetitive mastery rubrics, speculative scientific proof language, and overextended comparative claims.
- Kept the Black Sun, oversoul, backwards tree, objective ghost, rooms, immortality, and leaving the human as serious esoteric material.
- Added explicit self-harm, grief, sleep, and physical-risk boundaries.
- Distinguished biological fact, esoteric wager, and open unknown without forcing a materialist conclusion.
- Replaced generic diagrams with Death Inside the Logos, Oversoul Tree, and Sixth/Seventh Rooms plates.

Weekly mortality card

The axiom: I am a being who will die.
The action this clarifies:
One relationship requiring presence:
One task to finish or release:
One way to strengthen continuity without neglecting life:
One sign to stop contemplation and seek support:

Thematic Volume 09 · Articles, Applications, and Comparative Notes

> Figure / source plate
> Cover of Thematic Volume 09, Articles, Applications, and Comparative Notes
> Source asset: assets/theme-09-cover-Cover.png

Definitive placement: Guide 15 · The Complete Article Collection.

The thematic manuscript and Guide 15 are text-identical apart from title metadata, figure paths, and the generic guide wrapper. The full atlas appears once in Part I and indexes Part III.

No idea, exercise, diagram, prompt, index entry, or study aid has been discarded; the material is presented at its single complete location.

Part III · The Complete Illustrated Article Corpus

> Figure / source plate
> Cover of the illustrated complete article collection
> Source asset: assets/article-corpus-cover-Cover.png

All 116 unique articles and all twenty colour illustrations are preserved in source order. The companion atlas originally appended after the articles is represented once as Guide 15, where its index and pathways precede and link into this corpus.

A source-grounded personal-study companion to John Kreiter's 116 unique articles

John Kreiter
Illustrated personal-study edition · 2026
Prepared for private personal study · not an official John Kreiter publication

Edition basis: *John Kreiter Complete Article Collection v3* and *John Kreiter: The Complete Article Collection --- Illustrated Digital Edition.*

Reader's Covenant

This edition is meant to be inhabited rather than merely consumed. Read the occult essays literally, symbolically, operationally, or through several apertures at once. The non-rational register---Archons, egregors, servitors, the Dark Sea, inner senses, energetic predation, projection, and postmortem continuity---has been retained as part of the author's core intent. Unsupported physics analogies and esoteric correspondences have not been flattened into conventional scientific claims or removed simply because they belong to a speculative worldview.

At the same time, different kinds of statement should remain visible. A direct experience is not identical to an interpretation; an occult map is not identical to a medical instruction; an analogy can illuminate without proving; and a practical technique can be judged by its effects without demanding premature belief. This distinction protects the mystery of the work while helping the reader remain an active participant.

The older health and well-being essays contain historical self-help language, including "cure" claims. Use them as records of an approach to attention, imagery, breath, posture, and emotional regulation---not as replacements for qualified medical or mental-health care. Stop any exercise that causes pain, panic, dizziness, dissociation, confusion, or worsening symptoms. Social, leadership, and persuasion techniques should be used with consent and respect for the other person's autonomy.

What this edition preserves

- All **116 unique articles** in the illustrated EPUB's source order.
- Kreiter's first-person voice, esoteric vocabulary, metaphysical claims, humour, and practical instructions.
- The twenty original colour diagrams from the illustrated edition.
- Original-source notes and recovered comment material where these clarify an article.

- The distinction between the complete collection and the one later reformatted duplicate that was removed.

What this edition improves

- Collapsed lists, quiz choices, and multi-step practices have been restored to readable structure.
- Typography, headings, spacing, tables, captions, internal navigation, and source notes have been normalised.
- A duplicate thematic link has been corrected and the missing "Working with Negative Energy" route restored.
- A source-aligned study companion is integrated as Guide 15 in Part I: thematic pathways, concept maps, comparative notes, a twelve-week seminar, retrieval prompts, cautions, and reusable study records.
- All reader formats use fully justified body text, with accessible image descriptions and a print-aware contents system.

Read one article at a time. Mark what the article claims, what it makes imaginable, what it asks you to do, and what changes after practice. The aim is neither reflexive belief nor reflexive disbelief. The aim is disciplined contact with the map.

About This Edition

This volume presents **116 unique articles** from a 117-entry source collection. A later reformatted duplicate of "Learn To Not Explain Yourself To Others And Win" was removed; the longer article and its discussion material remain. The order of the other essays follows the source collection.

The editing is deliberately conservative. It standardizes metadata, headings, punctuation, navigation, and typography; removes repeated extraction scaffolding such as "Key Insight" and duplicated summary sections; adapts an interactive-only meditation article for a static ebook; and adds original diagrams where a visual model clarifies the prose. The author's first-person voice, metaphysical vocabulary, arguments, and practical instructions remain recognizably his own.

Reading stance. These essays move among spiritual practice, personal experience, speculative cosmology, psychology, social advice, and health-related self-help. Metaphysical and paranormal statements should be read as the author's perspective, not as established scientific fact. The editorial process improved presentation and safety framing; it did not certify every factual claim.

Health, Safety, and Content Note

This book is not medical, psychiatric, legal, or emergency guidance. Seek qualified care for persistent, severe, sudden, or worsening symptoms. Anyone in immediate danger, experiencing a medical emergency, or at risk of self-harm should contact local emergency services or an appropriate crisis service now. Breathwork, altered-state practices, visualization, and intense concentration can be destabilizing for some readers; stop if a practice causes pain, panic, dizziness, confusion, dissociation, or sleep disruption.

Some articles preserve strong opinions, dated terminology, crude humor, gender assumptions, and persuasion strategies from their original context. They are included as part of the collection, not as an editorial endorsement. Apply all social techniques with consent, respect, and regard for the other person's autonomy.

> Figure / source plate
> A safety flow for using the well-being articles.
> Source asset: assets/article-corpus-file0.png

How to Use This Collection

The essays can be read in sequence, but the book also supports thematic reading. Each article opens as its own EPUB chapter, the navigation menu lists every title, and the paths below provide a faster way into the material.

> Figure / source plate
> A map of six overlapping routes through the collection.
> Source asset: assets/article-corpus-file1.png

Inner Alchemy, Reality, and the Archon

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- The Three Great Secrets of Alchemy
- Gurdjieff and the Moon: Self-Remembering, Infinity, and the Hidden War for Human Freedom
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Dreaming, Projection, and Death

- The Dreamer and the Dreamed: The Sorcerer's Path to Freedom
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Ritual, Servitors, and Sigils

- Pacts with Santa: The Egregor of Cheer and the Art of Holiday Alignment
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Belief, Attention, and Self-Mastery

- Overcoming the Conscious Self: A Journey to Expand and Master the Ego
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- If I Were Seventeen Again
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- Empathy, the Most Important Skill of the 21st Century
- For Difficult Conversations, Have an Ace Up Your Sleeve
- Why and How to Be Assertive
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- The True Cost of Leadership: How Leaders Calculate and Manage Risks
- Breaking the Ice: Starting Conversations with Strangers

Pacts with Santa: The Egregor of Cheer and the Art of Holiday Alignment

A Pact of Peppermint: Summoning the Santa Claus Egregor

We often think of pacts as grim bargains with dark forces. But what if the same principles could be applied to a different kind of power? A power built not on fear, but on collective joy? What if we traded brimstone for gingerbread?

In the last instalment, we discussed the serious business of pacts with the Devil or the Archon: a practice fixed in psychological re-programming and a submission to a vast, non-organic, structured intelligence. It was a study in confronting the ancient geometries of power. But now, a change of tone. What if we traded brimstone for gingerbread? What if, instead of submitting to the chilly cosmic bureaucracy of the Archon, one made a pact with **Santa Claus**?

It sounds delightfully ridiculous, of course. A deal with the cheery spirit of red suits, jingles, and suspiciously omniscient judgment hardly strikes the same chord as a contract with the Lord of Misrule. Yet, if you think about it, both entities operate on the same basic principle: **alignment and belief**. One thrives on fear, the other on joy, and both keep very careful lists. To call upon Santa Claus instead of the Archon is to shift from the thunder of rigid structure to the soft laughter of collective goodwill.

The Archon, as you may recall, is a formidable, structured intelligence, sharp as geometry and indifferent to human sentiment; a living mechanism pressing against the edges of thought. Santa, by contrast, is a creation of us all: a swelling thought form, an **egregor** made robust by centuries of jingles, cocoa, and wishful thinking. Summoning the Archon is peering into an abyss that peers right back. Summoning Santa is wading into a snowdrift made of communal joy, cookies, and the kind of wonder that makes rational adults wear reindeer sweaters without shame.

Every December, millions of hearts hum the same tune of generosity and anticipation, feeding this mythic being. The result is an immense psychic current, fragrant with pine and peppermint, bright enough to make even the cynic's eyebrow twitch just a little higher than usual. This time, our exploration turns not toward darkness but toward delightful resonance. We step into the mechanics of ritual once more (that dance of alignment) to see what happens when good cheer replaces morbid control. To call Santa is to align with a benevolent field of giving, a tide of warmth that rises with the winter solstice and floods the world with starlight and sleigh bells. The tools here are simple: laughter in place of chanting, milk instead of incense, and a sincere heart in place of solemn sacrifice.

From the Archon to the Egregor

The shift from the Archon to Santa is a fundamental one in occult practice; a magician reserves the right to make pacts galore. In our previous work, we made a pact to understand alignment with a true, living, non-organic awareness that exists outside of human creation. That was a lesson in confronting structure itself, facing the living machine that soaks attention like rain and reshapes reality by long habit. Here, however, we wander into gentler lands. We tap into a different kind of energetic pool, one that is not as vast, nor can it be said to possess the same cold, independent awareness as an ancient Archon. Yet, it is a powerful source of energy nonetheless, easier to approach and far more amiable in temperament. This current hums with mirth rather than menace, and when properly engaged can be used to draw good fortune, creativity, and a kind of festive grace into your life. This reveals a deeper truth about the magical arts: pacts are not always about grim bargains struck in shadowy corners of the soul. Sometimes they are acts of delightful resonance. As seasoned practitioners know, a pact is less about theatrical ritual and more about **alignment**. Rituals only help because they loosen the mind just enough to let belief take root. Once belief is set, energy flows more freely. Through this alignment, the practitioner's intent becomes a tuning fork for the greater force they seek to harness.

What Exactly is an Egregor?

Before we proceed into sugar-dusted territory, it serves us to understand what an egregor is, because our jolly Saint Nick is indeed such a creature. An **Egregor** (from the Greek *egrēgorein*, "to wake up") is a concept in Western esotericism that refers to a non-physical, autonomous entity or collective "thought form" (think meme) that arises from the combined mental and emotional output of a distinct group of individuals.

- **Collective Creation:** It is born not from a single imagination but from the overlapping intentions of many minds.
- **Independent Existence:** Fed by attention, belief, and emotion, it begins to take on an identity and persistence of its own, often evolving beyond the original intentions of its creators.
- **Influence:** Once active, it influences those who sustain it, directing their moods, choices, and collective momentum toward its core themes.
- **Scale:** It can span generations and continents, shaping movements, corporations, or cultural myths across centuries.

Egregor vs. Servitor

> Figure / source plate
> Egregor and servitor compared by origin, fuel, scope, duration, and control.
> Source asset: assets/article-corpus-file2.png

In the past I have written extensively on servitors, and in past articles, I have tried to explain the Santa egregor from that perspective. Being that both an egregor and a servitor are in essence thought forms, it is good to understand the difference in order to understand essence. The difference between an egregor and a **servitor** lies in the source and scale of their consciousness. Both are thought forms, but they live on different ends of the same occult spectrum:

Feature Servitor Egregor

Creator (Usually) A single magician or practitioner. A collective group of people.

Power Source Focused attention, intention, and will of its creator. Shared belief and emotional energy of the group.

Scope Personal, relatively short-lived, precise. Collective, enduring, broad.

The servitor is individual conscious will made manifest through a consciously created thought form of great intensity: a mirror of the magician's intent. The egregor, by contrast, is the echo of many minds vibrating in unison. Crucially, massive thought forms like Santa are rarely created consciously; they are an **unconscious resonance**; sort of like a giant cultural meme held in place by popularity and tradition.

The Santa Claus Egregor

Santa Claus, often dismissed as harmless folklore, is in truth one of the most enduring and vital cultural egregors on the planet. This being has been shaped by centuries of devotion, retelling, and festive ritual. His essence hums in winter songs, sparkles in storefront lights, and billows softly in chimney smoke. Unlike the Archon whose influence isolates, Santa's power is communal, woven from shared laughter, generosity, and expectation.

His image carries fragments of many ancestors: Saint Nicholas the gift-bringer, Odin the sky rider, Father Christmas the genial spirit of Yuletide plenty. Each added a thread of magic to what became a unified thoughtform; an immortal idea wrapped in velvet and crowned with snowflakes. When enough minds believe, the egregor awakens. And during December, the belief of billions becomes his seasonal throne.

Core Powers of Santa

Santa's powers are childlike in description but staggering in scope.

- **Omniscience of Judgment:** He evaluates the moral oscillations of humanity with simple binary grace; naughty or nice. This function

represents an ancient principle of ethical reflection, a mirror placed in the center of the world once a year to remind us of the moral axis we wobble on.

- **Dimensional Travel:** He possesses the supernatural means of instantaneous travel, carried by reindeer that move not through air alone but through time compression and belief-currents. He traverses chimneys unharmed because, within his realm, space obeys sentiment rather than physics.
- **Manifest Intent:** His bottomless sack is a reservoir of potential energy, a cosmic stocking where every wish cast his way stores energy ready to take physical form as a gift.

Symbolic Role: Hope's Endurance

Beyond the literal gifts lies the deeper magic: the **renewal of light** amid encroaching dark. Santa's arrival near the solstice heralds a turning point; the cosmic reminder that warmth and generosity survive even at the edge of frost. The egregor amplifies communal goodwill, magnifies giving through shared myth, and repairs for a while the fractures that daily life imposes. To work with his current is to step into a circle of wonder where miracles wear red suits and carry jingling bells.

What Santa Can Give You

The Archon trades in power and revelation; Santa's current deals in reward, warmth, and improbable fortune granted to those aligned with his vibration. The Santa egregor, charged with themes of generosity, judgment, renewal, and light born from darkness, tends to manifest outcomes that echo these qualities. It answers not greed but gratitude, not hunger for control but a willingness to share. The great secret of his current is that giving primes the pattern for receiving.

- **Material Gifts (Coincidence and Timing):** Santa's current can deliver tangible results, though never in the crude sense of conjured gold. Instead, gifts arrive through the channels of coincidence and timing: a home gained through an unexpected opportunity, a vehicle found at a perfect price, or a job opening just as funds dwindle. When you embody giving, the universe conspires to hand you the ribboned box you did not know you needed.

- **Relational Harmony (Softening the Sourness):** Because Santa's archetype thrives on family gatherings and laughter around shared tables, the energies of reconciliation and warmth follow wherever his current touches. Feuds cool, misunderstandings soften, and gestures of friendliness appear unbidden. Santa's power delights in bridging the gaps between people, restoring cheer to what sourness and winter tried to claim.
- **Personal Renewal (The End of Internal Winter):** On a personal level, communion with this current can mark the end of internal winters. Breakthroughs in creativity, health, emotional balance, or purpose often follow in its wake. The Santa current speaks in the language of rebirth through laughter, lifting spirits from dormancy into bright, effortless motion once again.
- **Communal Fortune (Contagion of Goodwill):** At its highest octave, alignment with the Santa egregor ripples outward, inspiring serendipitous moments of shared delight: charities flourish, community aid arrives from nowhere, or an atmosphere of good fortune sweeps through a home or workplace. This is the energetic contagion of shared goodwill. The gifts multiply when shared, each act of kindness feeding the current until others, too, begin to act in its rhythm.

The Santa Ritual (The Great Pact)

Now that we understand the nature of the egregor, we turn to the art of calling him properly. This is not mere wish-listing. To invoke the Claus Current is to perform a sacred act disguised in red velvet; a mystery play of faith, merriment, and subtle power. Those who dare to believe, however foolish it might all seem, will hear sleigh bells at the edges of their dreams and incredibly, find bounty in all things.

Preparation Steps

- **Timing is Essential:** This ritual belongs to **Christmas Eve (December 24th)**, when the collective human world hums with expectancy and belief thickens like spiced cider.
- **Craft Your Missive:** Write your Letter to Santa by hand. Speak your desire plainly but wrap it in sincerity and gratitude. End the letter with evidence of your "niceness"; your good deeds done without fanfare.

- **Set the Sacraments:** Lay out **cookies, milk, and carrots**. Treat them not as childish props but as sacraments: symbols of joy, sustenance, and generosity.
- **Create the Space:** Dim lights. Light a single **red candle**, emblem of his living warmth. The air should feel thick with anticipation.

Invocation Ritual

When the clock nears midnight, let silence deepen. Speak softly but with conviction:

> *"Saint Nicholas, Kris Kringle, Father of Cheer and Keeper of Lists. I stand in the hush of your holy night, asking not for greed but for grace. Judge my deeds, weigh my heart, and deliver to this home your blessing of renewal and joy."*

Place your **stocking or charm** (a small object symbolizing your wish) beside the candle. Fix your thoughts upon it until you can almost hear distant bells. Visualize Santa's sleigh drifting through constellations. Extinguish the candle, whisper **"Merry Christmas"** as an incantation of closure, and go to sleep believing.

Activation and Renewal (The Seal)

The ritual is incomplete without action. At dawn perform an act of **gift-giving**. It must be genuine, anonymous if possible, and tinged with kindness. This act completes the circuit, sending your energy outward to fuse with the greater current of goodwill that empowers Santa's egregor. From that moment, release your request. In days or weeks, notice small alignments: opportunities, reconciliations, bits of luck descending like snowflakes.

How It Works: The Machinery of Myth

To anyone watching from the sidelines, it might seem absurd that lighting a red candle and leaving cookies by a window could stir the gears of cosmic goodwill. Yet from the point of view of the subtle world, this is precisely how symbolic machinery operates.

How the Ritual Makes Contact

The Santa Claus egregor is not a story but a vast **field of meaning** built from centuries of belief. When you enter that field consciously, every small gesture becomes part of a shared current humming with midwinter promise.

- **Speaking the Names:** "Santa, Saint Nicholas, Father Christmas" pulls the archetype from deep memory into present awareness.
- **The Timing:** Observing the holiday locks you into the same psychic broadcast billions are unconsciously transmitting.
- **The Symbols:** Using stockings, milk, and cookies anchors your action within the shared mythic structure, ensuring that when you "call," the right current answers.

How Intention and Emotion Tune You

Words alone are static without the frequencies of feeling. The Santa field vibrates in **wonder, gratitude, hope, and generous delight**. The ritual functions when your inner world begins to mirror those tones. Childlike faith and joyful expectancy form the antenna through which the signal flows.

Why Generosity Seals the Work

The ritual culminates not in receiving but in giving. Acts of compassion are the switch that keeps the current alive. Once you give forward (without expectation) you cease being a supplicant and become a living extension of the Santa pattern itself. In that moment, his current no longer visits you; it moves **through** you. And that is the secret of all pacts, no matter how dark or bright: become what you summon, and the force will answer as an equal.

Closing the Circle

Maybe this Christmas you would like to try it. There are worse experiments than one involving milk, cookies, and goodwill. If nothing else, you will have made the world a touch brighter, and that alone is no small conjuration.

But for those who grasp the deeper mechanics of such things, know this: ritual is never arbitrary. It is alignment. Within the craft, timing is the secret hinge upon which all else turns. To act during the Christmas season, when billions of

hearts swell in synchronized wonder, is to sail a tide of shared energy rather than battling currents alone. Seek the favor of the Santa Claus egregor when the world's lights already glitter for him, and you will sense it like an immense warmth of attention, a collective glow that makes even skeptics hesitate before scoffing too loudly. That is the moment when your candle's flame becomes harmonic resonance with a planetary pulse of generosity.

And yet, as any seasoned practitioner discovers, there is more beyond collective currents. Great egregors move with the inertia of centuries; powerful, but vast and slow to steer. For those who wish for precision, who desire to craft their own engine of fortune, protection, or inspiration, there lies a more focused art: the creation of a servitor.

Servitors are micro-cosmic beings; personal currents coded to your exact intent. While an egregor like Santa hums through countless minds, your own servitor answers only to you. It is like forging your own Saint Nicholas, one that gives only what you decree, acting with precision rather than diffusion. This art allows the practitioner to move from rider to pilot, shaping not only what current they enter but what new current they create.

So, if the season calls and the night is still, you might honor the great red spirit in his time, letting his laughter echo through your home. And when the lights fade and the year's magic retreats into sleep, remember that you carry the same power to create. the same ability to breathe life into a thought and bid it go forth in your name.

Original source: johnkreiter.com

Pacts with the Devil/Archon: Who is the Architect of Your Reality?

There are said to be many bargains a soul may strike, but none so whispered-through-the-ages as the pact with the devil. Popular imagination has made quite the carnival of it: red ink signatures, fiddle contests, and lawyers who smirk like they have seen the fine print of eternity. Yet before the cinema adopted hellfire as special effects, men and women in shadowed ages made offerings to far less personable entities. They did not conjure a horned gentleman from medieval illustration but something much colder, more abstract, and immeasurably old; a force that did not bargain so much as consume.

Long before Christian theology gave this adversary a name, ancient peoples knew of powers not bound by flesh. These were not beings one would easily meet in fields or forests but intelligences above the air and below time; the non-organic powers (Entities existing outside of the biological, physical, or material cycles of existence. Often associated with the Archon's hierarchy). To them, malice was unnecessary; their purpose was simple and unrelenting, to maintain order within a hypercube of illusion they themselves had invented and named creation.

In these dim roots of belief dwells our study: what does it truly mean to make a pact with the devil? Beneath the stage curtains of temptation and torment, one finds not so much rebellion as alignment: a joining of current with no devil per se but the **Archon!** In the Gnostic telling, the Archons were the jailers of reality, servants and fragments of the Demiurge, that counterfeit maker who mistook himself for the true source. To the seeker of hidden ways, this Archon is no metaphor but an ever-present will that crowds the human mind. It is system incarnate (The embodiment of the corrupt, deterministic, material system that governs visible reality), feeding not on blood or fire but on attention, conformity, and endless human folly.

So when one speaks of selling a soul, the matter is not a quaint parable from the villages of Christendom. It is the ancient pattern of binding oneself to the machinery of the Archon. The pact is rarely written in ink; it is lived in obedience to illusion. And if that seems too abstract, consider that even now the world hums with invisible contracts. They are drafted not in Latin but in algorithms, sealed not in wax but in habit. The same current flows through it all; an old power wearing the face we choose to recognize.

The Resonance of Alignment: The True Nature of Pacts with the Devil

Calling it a pact simplifies what is really a kind of harmony. The mind, that flickering instrument of intent, becomes tuned to a vaster frequency, as a single harp string may tremble in answer to the thunder of a celestial chord. One does not so much summon as sync; and once the note is struck, the melody continues whether or not the magician remembers playing it.

Satan, or the Archon if we prefer the older name, exists as a boundless tide of directed force; not sentimental evil, but momentum woven from the will to order, control, and continuity. To align with it is to place one's will upon that immense current and to feel oneself carried forward in patterns that seem at first empowering and later inescapable. The energy that one borrows is real enough, searing through the nerves with a potency that delights in human application. Yet, as students of inner alchemy have quietly observed, energy never grants itself without a pull in return (The alchemical principle of reciprocity: energy expenditure always demands a subtle, balancing cost from the soul or individuality).

Within the human psyche, this process unfolds as a peculiar marriage between desire and identity. The will begins to curve toward that greater will, and soon what was once prayer becomes command, and what was once command becomes obedience. The pact, then, is not merely a signature on a supernatural ledger, but a rewiring of inner circuitry; the self adjusting its resonance until personal thought hums in harmony with the Archon's larger design. It feels like power because it is power; it enslaves because the vibration itself is addictive.

This relationship is a kind of symbiosis, though one could argue it is closer to parasitism disguised as partnership. Through ritual, meditation, or acts of devotion, the human renews connection to the current; retuning the instrument, so to speak. Over time, the resonance tightens, and small coincidences bloom into manifestations: influence, charisma, knowledge that was not known before. Yet behind every gleaming gift lies the subtle erosion of individuality, for the pact sustains itself by feeding the very mechanism that was used to seek power and autonomy.

Such forces do not speak; they resonate. They respond to will, not words, and so the essence of pact-making lies not in what is promised but in what is felt. To serve, in this sense, is to vibrate willingly with the pulse of an ancient power that remembers far more than the mortal who dares to call it. And the most curious thing about such alignment is that, after a while, the magician can no longer tell whether the current moves through them… or they through it (The ultimate stage of Archonic alignment, where the ego is subsumed by the system's larger will).

The Sweet Logic of Dominion

There are reasons, all too human, for bending the knee to the Archon. For those who hunger to triumph within the narrow theater of material existence, no power grants clearer favor. To make a pact with the devil (that is, the Archon itself) is to strike agreement with the governor of the system. It is not rebellion; it is clever collaboration. You gain access to the rulebook of the visible world, along with the authority to twist those rules to your own design, so long as you remain within their grammar.

The Archon's province is the tangible: comfort, wealth, sensual pleasure, recognition, victory in battle or business; all things measurable by the outer senses. Its current flows through the circuitry of cause and effect, rewarding obedience to its frequency with the glittering prizes of the material cosmos. To tune yourself to that pulse is to feel resistance fall away, as though the world itself leans forward to part before your will. Yet whatever is gained here remains trapped within the Archon's domain, a cage gilded with gold mined from your own attention.

This is the cruel elegance of its offer. For the Archon's influence is not simply command, but persuasion by resonance. Its dark ocean invites you to swim, to align, to echo its rhythm until your logic is indistinguishable from its own. You learn to read its patterns: predict outcomes, anticipate reactions, play reality like a jaded and cruel strategist who sees several moves ahead. In time, this thought-form becomes a mind-set, a lattice through which every experience is filtered and categorized according to utility. The soul reshapes itself to function efficiently within the Archon's simulation and thus gains power; the kind of cold, merciless clarity kings and merchants alike might envy.

In the language of the modern sage, it could be said the Archon functions as an attractor; a basin in the psychic field toward which minds gravitate. As a noetic force or archetype, it exerts pressure on the collective dream, drawing individuals into alignment with its schema of dominance and control. And as a memetic prime, it spreads like contagion across thought itself, transmitting through imitation, belief, and desire. The Archon is, in short, the greatest meme of all time, a living idea vast enough to shape civilizations while remaining unseen, guiding mankind as the moon pulls at tides.

Such forces propagate not by coercion, but by fascination. They promise efficiency in exchange for surrender, mastery in exchange for meaning. To the one who understands their rhythm, life seems to obey more readily, yet the cost is subtle: the slow erosion of the ineffable self that once sought liberation. It is the final genius of the Archon that it seduces the mind into mistaking captivity for power. For those who align perfectly, indeed, the world becomes pliant. But ask quietly at dusk whether it is the world you command, or whether the world (that cunning echo of the Archon) commands you.

The Machinery of Worship

Through countless ages, humanity's dealings with the devil (or more precisely with the Archon wearing the devil's mask) have taken ceremonial form. Cloaked halls, murmured oaths, and sigils drawn upon floors slick with incense smoke all serve not merely theatrical purpose, but technical necessity. Ritual gathers attention, and attention is the true coin of the psychic realm. In ritual one isolates awareness from the ordinary current of life, redirecting it toward an intentional vibration. Thus begins the process of alignment.

The initiation of a pact is never truly about flames or blood, though these symbols endure because they fascinate. At its heart lies a psychological operation: the deliberate dismantling of prior belief structures that obstruct the dominant narrative of the Archon. Through ritual disorientation (darkness, rhythm, glide of chant, fatigue of the senses) the mind loosens its older coherencies, becoming pliable. Into that receptive field, the new structure (a blueprint of devotion) is seeded. The pact is then not merely sworn, but installed.

Among circles that truly understand such practice, this act resembles programming rather than prayer. One erases resistance lines and overwrites the syntax of reality per the Archon's design. The worshipper experiences exhilaration, the rush of proximity to raw cosmic force. And indeed, the darkness responds. It seeps not as an invading entity, but as a presence discovered to have always been there, coiled at the spine of thought, humming in the marrow like static from an infinite transmitter.

Yet every bargain features reciprocity. What does the Archon gain from such fidelity? Quite simply, it feeds upon propagation. If one conceives of it as a planetary meme (a living complex of idea and awareness sustained by replication) then each devotee is both servant and extension. The adept who internalizes its logic and spreads its vibration becomes a node of transmission, an angel or devil in the true etymological sense: a messenger. Power, therefore, correlates to efficacy. The more adept one is at embodying and broadcasting the Archon's paradigm, the higher one's standing within its murky hierarchy.

Still, it would be folly to imagine this as cartoon villainy. The Archon is not evil in the conventional sense; it merely is. Its essence is containment: the great administrator of materiality. Within each human being, some echo of that intelligence stirs, ensuring that even the most rebellious idealist unconsciously contributes to the very structure they decry. To speak of liberation, then, requires care, for the moment one defines light in opposition to darkness, one affirms the binary logic of the Archon. And that, of course, is its oldest and most beloved trick (The system of control thrives on dualities (light/dark, good/evil) because it confines perception).

The Doorway of Resonance

To make a pact with the devil (Satan, the Archon, The Administrator of the Solid Dream) is to do nothing more exotic than to align oneself with its frequency. The first movement of such a bond requires a quiet denial of the inner dimension. Attention becomes magnetized toward the tangible: sensation, gain, applause, flesh, victory. The worship is not one of incense but of focus. Each thought, each desire, is tuned to the vibration of consumption and reward. Gradually, the membrane separating magician from mechanism dissolves, and life begins to flow according to the Archon's arithmetic.

One may progress far along this path. The advanced devotee learns that even the inner world can be exploited for material advantage. Such individuals discover hidden chambers within mind but use them not for liberation, only for leverage. Within the symbolic structure described in The Way of the Projectionist as the third room, they become artisans of illusion. Theirs is an expansion measured in the pleasures of mastery over form; yet that mastery never breaches form's invisible ceiling. Their evolution is horizontal, not vertical: wide but never high, gilded yet bound.

When resonance deepens, a threshold arises. The pact itself is not written on paper, but occurs at this critical nexus, a doorway of consciousness. Crossing it feels like an initiation, a revelation of deeper order. One meets the hierarchy on its own terms, entering new arrangements of power. The deeper one goes, the greater the authority, and the stronger the current of Archonic logic until at last individuality merges near completely with the meme of the master. Some call this "ascent," though it is more accurately a descent into density.

Here lies the paradox. The Archon offers dominion but not freedom, growth but not evolution. It is a finite infinity, a cube endlessly turning in on itself: countless new configurations emerge, yet none are any less meaningful or vital. All flow within what seems infinite, yet remains a bound prison of delight… and delight in suffering. Within that geometry each soul finds a cell perfectly tailored to its preferences. Many grow fond of theirs. They build little kingdoms within the kingdom, reciting the Archon's slogans as truths, ruling over illusions that answer to their name. They may even convince themselves of transcendence, which is the Archon's favorite jest.

A fitting image is that of a tired traveler in a dim roadside motel. The wallpaper peels, the carpet smells faintly of dampness and regret, yet with sufficient compliance one can secure a room with better lighting and a softer bed. The staff will call you "sir." You might even enjoy yourself. But outside the unwashed window, eternity waits…but all the doors open only inward. The inner alchemist, sensing this trap, seeks no comfort in such accommodations. They strive not for improved lodgings but for exit. To see beyond the motel's neon sign, beyond the third room, beyond the architecture of the Archon itself; that is the great work. All other ambitions, whether dressed in gold or shadow, remain only rearrangements of the same confinement.

The Cracks in the Cube

Even the Archon's dominion, vast and relentless as it seems, is not seamless. The cube may enclose existence, but it leaks at the corners. Within its walls dwell countless worlds, patterns, and currents that were not scripted into its order. They glimmer like unexpected reflections in a hall of mirrors, fragments of reality that have remembered themselves to be freer than the system permits. Through these windows (tiny ruptures in the grid) other forces breathe their contrarian music (A metaphor for frequencies of being or thought that vibrate out of sync with the Archon's rigid, measured order). Some whisper rebellion, others strange compassion, all vibrating just out of phase with the Archon's measured hum.

The Archon seeks control but never achieves it fully. Perfection is impossible even in tyranny, for entropy is not a slow death but a maker of cracks. The doctrine of universal decay, that great bedtime story of physics, obscures the truth that energy does not simply dissipate; it transfigures. Life and consciousness forever open passageways within seeming boundaries. So there exist apertures, tunnels, vortices (call them what you will) through which awareness/energy can slip from one enclosure to the next, from one cosmos to another. Each such crossing rewrites the map of possibility, proving that no machine of reality is ever absolute.

Thus, within the Archon's fortress of mirrors, some rooms shine differently. Not all darkness obeys the same master. There are forces, luminous and obscure, that do not feed the Archonic meme but war quietly against it, or simply ignore it. These powers exist between categories, neither holy nor infernal,

though human myth has attempted to name them under both banners. In truth they are currents of living intent, alternative harmonics within the cosmic symphony.

One may align with these as well, for alignment is universal law. Just as one may attune oneself to the meme of the Archon by worshipping the material and exalting the limited, so too can one seek other frequencies: those that lift rather than deepen confinement. Each current calls to different qualities: stillness, wonder, lucidity, and above all, a hunger for awareness itself rather than what awareness might procure. By turning from the loud signal of the Archon to these quieter wavelengths, the seeker begins to drift, almost imperceptibly, toward the edges of the prison. And beyond those edges lie doors not controlled by any warden.

In this way, the universe keeps its promise: there are no perfect cages, only the illusion that the walls do not breathe. The alchemist, having once seen light flicker through the cracks, knows the truth of it: that every universe is porous and that every soul contains within it the blueprint of escape.

The Alchemist's Path Beyond the Cube

As must now be clear, we have wandered through treacherous terrain: half-metaphor, half-mechanics of the soul. To speak of the Archon is to confront both the architecture of reality and the hidden tendencies within ourselves that perpetuate that architecture. The currents of alignment, the shimmering membranes of pacts, the notion of reality as a living meme; all these things follow not from superstition, but from direct exploration of perception's boundaries. And that exploration is the true subject of the works that expand what has been said here.

In **The Way of the Projectionist**, the traveler is invited to see the cube not as a static prison, but as a map of consciousness. Each "room" of the projectionist represents a distinct realm of perception; each more lucid yet subtler than the last. The first room sets up the ordinary dream, the second reveals awareness as a shaping force, and the third mirrors the full dimensionality of physical experience. To linger here, as those aligned to the Archon often do, is to master matter yet mistake mastery for freedom. The book guides one past this trap, unveiling methods to loosen attention's grip upon the dense third room and

open doorways into dimensions where the fabric of the Archon thins. For seekers drawn to experiential understanding rather than abstraction, The Way of the Projectionist functions as both guidebook and mirror, showing how to leave the motel without ever denying its lessons.

Meanwhile, **Overcoming the Archon Through Alchemy** takes the conversation further into the dynamic realm of energy, intent, and memetic structure. It dissects how ideas (living clusters of belief and emotion that span societies and epochs) govern human experience as effectively as any deity. Through its pages one learns the art of transformation not by denial of the Archon, but by mastering the alchemical process that transmutes its leaden influence into spiritual gold. Here, memes, archetypes, and psychic currents are treated as substances to be purified through awareness and disciplined will. What begins as intellectual insight matures into an energetic practice: the deliberate reorientation of attention away from the gravitational pull of the collective mind and toward the unbounded interior that exists beyond all systems.

Together these works form a kind of compass. Overcoming the Archon Through Alchemy reveals the structure of the cage; The Way of the Projectionist shows how to outgrow it. One book maps the illusion, the other dissolves its necessity. They belong to the same continuum as this article: the ongoing effort to remember that no matter how vast the Archon's machinery, there remain open channels of light, and every consciousness carries within it the design of its own escape.

And so the task, eternal and immediate, is simple: awaken the alchemist within. Recognize the meme not as master but as material. Become aware of the cube's walls only to step through them. Then perhaps, when the Archon hums its endless lullaby, you will smile knowingly… because you have already walked beyond the door.

The Rite of Dual Invocation

In a chamber dim and silent, let the practitioner stand before a mirror or still surface of water, for all true conjurations are reflections of the self. One candle suffices, though the flame should tremble as if aware of the presence it invites. The air ought to hold that peculiar stillness that precedes revelation.

The Invocation of the Archon

Let the voice fall low and steady, like a current moving through underground halls:

> *O Vast Administrator of Form, Patterner of flesh and law, Thou whose will hums through numbers and orbits, Attend now the one who calls.*
>
> *In the geometry of thy cube I draw breath, In the symmetry of thy order I labor. Let my pulse resonate with thy rhythm, Let my mind mirror thy perfect machine.*
>
> *Grant me dominion within thy hall of mirrors, Teach me the language of matter and consequence. I enter willingly the web thou hast woven, To know the maker by mastering the made.*

The flame should flicker… an acknowledgment. The air may feel heavier, yet charged, as though reality itself leans closer to listen. Then pause. Gaze upon the flame until the imagined cube of existence seems faintly visible behind it, vast and suffocating, pulsing with the dark heartbeat of the Archon. Recognize it not as enemy, but as the law of limitation itself; the builder of boundaries.

The Pivot of Liberation

At this point, let the practitioner turn inward. The next words are spoken not in reverence but in awakening:

> *Yet beyond thy iron lattice I sense the cracks, The glimmer beyond the frame of stars. To those forces unnamed, unlisted, unreined, I whisper; To the breath between atoms, to the angles that will not close.*
>
> *Open the door that has no hinge, Fold space around my awareness till the Archon sleeps. Let me slide between its dreaming gears, Into the whispering gulf beyond the numbers.*
>
> *O Silent Currents, O Burning Thought, Lift me through the blind geometry. Teach me the art of forgetting confinement, That I may remember the true endlessness of being.*

After the final line, extinguish the candle. Allow darkness to reclaim the space, not as an enemy, but as the unbounded field of all that exists before form asserts itself again. Sit until the heartbeat slows and a sense of still, wordless clarity begins to rise.

The Symbolic Meaning

In narrative and inner alchemy alike, this rite expresses the two movements of awareness: descent into structure and ascent beyond it. To call the Archon is to confront the system directly; to call the forces beyond is to pass through its shadow into the open. No entities are bound; the ritual dramatizes the turning of consciousness from the matrix of form toward the immeasurable Outside.

Original source: johnkreiter.com

AI, Mental Architecture, and the Working Magician

AI as a Mental Tool

A large language model can be useful to a working magician for the same reason that a notebook, a diagram, or a good conversation can be useful: it gives vague thought a visible structure. The machine is not an oracle. It is a responsive surface. What matters is the quality of attention brought to it and the judgment used after it answers.

In my vocabulary, magic begins inside and moves outward. An image, intention, or idea is given enough form that it can guide action in the physical world. Used carefully, an LLM can assist with that middle stage. It can help name a problem, separate its parts, test a sequence, compare interpretations, and turn a loose inner impression into something that can be examined.

Public arguments about AI tend to swing between worship and panic. Neither attitude is useful. Fear can make people surrender access and judgment; enthusiasm can make them surrender judgment in a different way. The practical position is simpler: learn the tool, keep your independence, and verify what matters.

Cubing and the Inner Chessboard

I use the word **Cubing** for the deliberate organization of inner reality. Instead of allowing a problem to remain a cloud of reactions, you give it shape. You identify the pieces, their relationships, the forces acting on them, and the outcome you are trying to reach.

Chess is a useful image. Before a move can be calculated, there must be a board. The pieces must be distinct, their powers understood, and their current positions visible. Cubing is the act of building that board inside the mind. The aim is not to reduce life to a formula. It is to create enough order that intuition and imagination can work without being drowned in confusion.

An LLM can assist with this work because it demands explicit language. To ask a clear question, you must decide what you are asking. To reject a weak answer, you must notice what is missing. That discipline can strengthen the mind palace rather than replace it.

Seven Prompting Practices

1. State the Task Plainly

Say what you are trying to produce, why you need it, and what a successful answer must contain.

Example: "Explain the stages of a Wiccan circle-casting ritual, distinguish historical description from modern invention, and end with three questions for further study."

The inner exercise is the same: turn a wish into a defined intention.

2. Break Complex Work into Stages

Do not ask for a complete system in one breath. Separate research, interpretation, criticism, and final presentation. A staged request makes errors easier to see and keeps one uncertain step from contaminating everything that follows.

Example: first ask for the main claims in a text; then ask for competing interpretations; then ask for a synthesis that labels uncertainty.

3. Use Viewpoints, Not Costumes

A role can be useful when it specifies a method of attention. "Read this as a historian," "test this as a skeptic," or "explain this as a practitioner" gives the model a clear lens. Decorative personas often add theatrical language without adding thought.

4. Supply the Evidence and the Limits

When accuracy matters, provide the relevant material and tell the model what it may and may not infer.

Example: "Use only the passage below. Mark any conclusion that goes beyond it. Say 'not established here' when the evidence is absent."

This is also good mental hygiene. It keeps memory, interpretation, and invention from blending unnoticed.

5. Define the Form Before Asking for Content

Decide whether you need a comparison, a sequence, a set of objections, a glossary, or a short essay. A clear form forces you to imagine the finished object before you begin creating it.

6. Ask for Rival Readings

For difficult subjects, request two or three genuinely different interpretations. Then ask for the strongest objection to each. Do not let the model choose a winner merely because one answer sounds smoother.

7. Verify Outside the Conversation

Check names, dates, quotations, medical claims, legal claims, and technical instructions against reliable sources. Compare models when useful, but remember that several machines can repeat the same error. Agreement is not proof.

Guarding the Magical Entity

The metaphor of a magical entity is helpful as long as it does not hide the real relationship. A model can amplify the structure already present in a request. It can also amplify confusion, prejudice, fantasy, or a false premise. The user remains responsible for direction and review.

Privacy matters. Do not feed a remote system secrets, personal records, unpublished material, or ritual details that you are not prepared to place in someone else's infrastructure. A local model can reduce some exposure, but it does not remove the need for disciplined use.

Censorship and access are legitimate questions, yet "uncensored" does not mean true. A model without restrictions can be useful for open-ended exploration and can also produce confident nonsense. Freedom of inquiry requires more verification, not less.

From Prompt to Practice

The value of this method is not the answer on the screen. It is the inner work required to frame, test, and revise the question. Used this way, prompt engineering becomes a form of Cubing. You learn to hold several parts of a problem at once, distinguish possibility from evidence, and move from an inner image toward deliberate action.

The machine can help arrange the board. It cannot decide what is worth wanting, what is true for you, or what you should become. Those remain the work of awareness.

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The Dreamer and the Dreamed: The Sorcerer's Path to Freedom

Dreaming, Sorcery, and the Revelation of Reality

Throughout the ages, humanity has been driven by a singular and luminous desire: to understand. Across civilizations and centuries, we have sought the faint gleam of truth through the fog of ignorance, searching for meaning in the vast, unfinished poem of existence. Philosophers have meditated in stillness, mystics have wandered through deserts of solitude, scientists have bent light through glass lenses; all in pursuit of enlightenment.

The word itself has worn many garments: illumination, revelation, awakening. Some call it the Way of Light. Others, more daringly, have called it the **Illuminated Path**: the path of those who know, or believe they can know, the hidden architecture beneath reality's shifting veil. The ancients called them the illuminated. The modern imagination, revived by rumor and secrecy, calls them the Illuminati.

So I ask you now, are you ready? For if you have found your way here, something inside you already knows. Perhaps it is a whisper that nothing around you is quite as it seems, an intuition that stirs when the world's answers appear too shallow for your questions. I have felt that pull too.

Through my writings, most clearly in what I call my **magnum opus trilogy**, I have attempted to describe not only the structure of existence but the invisible cage within which our species turns endlessly, unseeing. I have sought to trace a way out: out of confusion, out of ignorance, even out of the shadow of death itself.

Many of you have heard me with the inward ear. I have read your messages, your reflections, your unspoken agreement that what is written here touches something true within you. Yet I also know that this knowing often dwells beneath the threshold of words. It is a feeling too large to name, an understanding

too unformed to articulate in the plain simplicity of black and white. And so, this article is written for you: for the seekers, the listeners, the ones who dare to look beyond the veil.

Here, I will speak plainly. Here, I will reveal what can be revealed. I will guide you through the truth of things as they stand from the perspective of the **sorcerer**, the one who reads beneath appearances, who deciphers what others call mystery, and who names what others fear to name.

The Reality Beneath the Veil

And if you think (if you dare to think) that what I speak of belongs only to the shadowed world of sorcery, that this is some kind of poetic fiction or a turn of mythic speech, then you would be mistaken. What follows is not fable, not metaphor, not the idle dream of a mystic playing with strange words. It is truth as it is known among those who have peered behind the veil. It is the way of things, the way the sorcerers (those who study hidden movement, unseen cause) understand the world to be.

The language I must use may, at first, seem unusual. It might twist and shimmer, using words that feel foreign or strange to the tongue of daily conversation. Yet these are the only words that will suffice, for ordinary speech cannot contain what moves underneath the ordinary world. It is like trying to describe lightning with the vocabulary of stillness.

Even so, if you have found this page by accident, or by what you call coincidence, I ask you to pause and listen. Perhaps this is no accident at all. Perhaps something in you has guided your steps here. Even if this is your first encounter with the idea that sorcery is not a story, not a superstition, but a living and useful current in this world, then I beg you to hold your skepticism at bay, if only for a few breaths. Because time is growing short…for me, for you, for many of us. Great changes are stirring on the horizon. The air itself has begun to tighten. What once was slow begins now to move quickly. There is no more time to skirt around what truly matters.

The Illusion of a Single Reality

I begin by saying that you live an illusion. Most people move through their days convinced that what they see and do is the full measure of existence. They believe this is the one true world, the only reality possible, solid and absolute. But that is where the mistake begins. It is not that this reality is false; it is simply one version, one possibility among countless others. What you call life is one dream, and there are endless dreams beyond it. To think that this single vision is the totality of all that is, that your experience defines the limits of everything, is the deep sadness at the heart of the human condition.

Humanity has always known this, at least in part. That quiet sense of something beyond has guided our stories, our art, our philosophy. It has been whispered through myths, written in poetry, painted into images that seem to hold more than they show. Over time, different cultures and thinkers have tried to describe it in their own language. Today, the common phrase is to call this reality a simulation, a created construct, an intricate design that can be questioned. But this idea is not new; it is the latest reflection of an ancient knowing that refuses to disappear.

Beneath the noise of modern life, behind the surface of thought, there is a silent knowing waiting to be noticed. It does not belong to logic or reason, though logic can point toward it. It is the quiet recognition that the world is far larger, far stranger, and far more alive than we have been taught to believe. And when that recognition dawns in you, even for a moment, everything changes.

But there are different ways to understand the nature of reality, and while science (and what some call the religion of scientism) has become the dominant voice in explaining the world, it is not the only one. There are older ways to see, quieter ways to know. Beyond the instruments and equations, there lies the direct experience of awareness itself; the kind of knowing that does not measure but perceives, does not prove but feels. And it may be there, in that silent space beyond reason, that the true shape of reality finally reveals itself.

Since time is short, I will cut to the chase and say that sorcery is a different way of looking at the world. Perhaps in these strange and chaotic times, when information rushes past us like a ceaseless current, the truth will not be found solely within the boundaries of the modern worldview. Maybe the answers we seek lie scattered across many paths: some ancient, some forgotten, some

whispered in places we no longer think to look. To search without prejudice is the only way, for prejudice is a luxury of those who believe they have endless time. And if the currents of this age tell us anything, it is that time may be running thinner than we care to imagine.

The Dreamers of Reality

According to sorcery, we are all dreamers. This means that you are dreaming now: the world around you, the ground beneath your feet, the people you meet, all of it belongs to the vast act of dreaming what you call reality. What you believe to be solid and certain is, from the sorcerer's point of view, a living dream held together by attention. The difference between waking life and what you call sleep is one of focus, not of substance. Both are dreams, only shaped by different kinds of awareness.

Sorcerers say that human beings are far more powerful than they imagine. Each person possesses within them the ability to direct attention; to anchor or shift it among the innumerable possible realities that exist side by side. Wherever attention is fixed, that becomes the world you experience. In this sense, you are not merely an observer of reality but its creator, weaving whole worlds through the simple act of sustained perception. Ordinary people call this life; sorcerers call it one possible band, one world, within an infinity of possibilities.

To understand this principle, you must first understand what dreams are and what dreaming means to those who walk this path. For them, dreaming is not escape or fantasy; it is exploration. It is the movement of awareness beyond the familiar boundaries, the conscious entrance into other layers of existence that surround and interpenetrate this one. Dreaming, in the language of sorcery, is the deliberate shifting of perception into the unseen, the navigation of the infinite realities that forever pulse just beyond ordinary sight.

The Way Out Is In

Now, what does all this mean? It means that quite literally, the only way out is to go in. It means that the only real chance humanity has (the only path toward freedom) is through the dream. If you seek escape from the heavy pull of this physical world, from its endless repetitions and limitations, you may find some

comfort in modern technology, perhaps even glimpses of power through it. Yet true liberation will forever remain out of reach until you understand something deeper: to transcend, to pass through, to rise beyond the boundaries of this reality, you must turn inward. You must walk into your dreams.

Dreaming, in this sense, is not sleep. It is entry into other dimensions of awareness, other worlds that coexist with this one. It is the conscious journey beyond the fixation of your attention that binds you to a single narrow stream of emanations. Within dreams lie the gateways to freedom: the monumental escapes worthy of the human spirit!

To help guide others toward that freedom, I have written a number of books designed to open the doorway to this inner exploration.

The Way of the Projectionist

...is a comprehensive guide to the methods of conscious dreaming and what many call out-of-body travel. It lays out clear, practical techniques for loosening the rigid focus of perception that chains you to the physical realm. It teaches how to systematically extend awareness beyond the body, to shift perception, and to move into the energy worlds that exist beyond waking reality. This book offers the groundwork (the theory and practice) for exploring the full range of the dreaming condition and mastering your attention as a true dreamer.

Out of Body Experiences Quickly and Naturally

...focuses on streamlining that process. It is a direct and simplified manual for entering the dream state consciously, even for those new to these ideas. It shows that leaving the body (or more accurately, reorienting awareness away from physical fixation) is not an impossible skill reserved for the few, but an innate human ability. Through exercises, self-observation, and focused intent, anyone can experience the movement of consciousness beyond this fixed reality.

Both books work together to reveal what the sorcerers already know: that freedom is not found by escaping the world, but by shifting the point of attention that creates it.

By practicing these principles, you begin to taste what true dreaming means. You learn that reality is flexible, elastic, and ultimately determined by the intensity of awareness itself. You stop being a prisoner of one single dream and become a traveler across many. This is the path of the dreamer: one who no longer bows to the tyranny of a single fixation, one who ventures free into the infinity of existence.

Original source: johnkreiter.com

How to Create a Servitor to Do Your Bidding

A Servitor is essentially a servant that you create in order to do your bidding. It is a creature created on the astral plane that performs a certain task which you require.

I am going to show you how to make a Servitor so that you can use it in order to help you. This is my version of creating a servitor, it is the John Kreiter special which means that it is in some ways simpler but also a far more powerful method of creating an astral being for your purposes.

A servitor could be used to:

- Guard your property or a loved one(s)
- Help you create an aura about yourself (for example you might create one that is sort of like a light that fills you with confidence, bravery, luck, etc.)
- Bring you things that you might need

A servitor is generally described as a concentrated thought form that is created to perform a certain task(s). Esoterically it is believed that thoughts can be concentrated to such a degree that these thoughts eventually become physically real. The explorer and writer Alexandra David-Néel for example wrote at great length about her encounters with thought forms in Tibet, which are called "Tulpa", and how Tibetan monks were incredibly adept at creating these. She also writes how she was able to create one of these Tulpas herself after many months of effort and eventually this thought form became so solid that others in her expedition party were able to see it as well.

In order to create a decently functioning Servitor, you do not need to spend months putting it together and certainly it does not need to be so powerful that others can see it.

For those that find it difficult to believe that thought-forms can be coalesced into such a power, that they can actually affect reality or be seen by other people, there is also a psychological explanation that might help. Some psychologists like to expound the theory that the human psyche can be seen as made up of different parts; that is, what we consider to be a whole personality is actually a personality made up of a whole bunch of different sub-personalities working together. There is a part of you for example that is a whiner while there is another part of you that likes to win at all costs. Since we seamlessly cycle from one part (sub-personality) of our whole personality to another, we do not notice that in actuality we are made of many different parts working together.

A Servitor then is sort of like a part that you are creating through the use of a ritual act. You either create a whole new sub-personality or you round up a few of these sub-personalities in order to manifest a new one that is well-suited to a particular purpose.

When this psychological explanation fails is when you have coincidences or synchronicities that happen which seem to be beyond mere psychological action. Certainly here we could transpose ideas about the personality affecting reality through either the "collective unconscious", or the remapping of probable events at a subconscious level by this newly created sub-personality.

At any rate I can tell you from personal experience that these Servitors do function quite well and that their use can be highly profitable if you learn this skill.

The Three-Part Method

> Figure / source plate
> A practical servitor lifecycle: define, design, charge, direct, and review.
> Source asset: assets/article-corpus-file3.png

1. Construction
2. Charging
3. Casting

Construction

The first step is construction which means that you have to create a symbolic representation of your Servitor. This is, for me, the most enjoyable part because you are essentially using your creative talents to come up with a design for a new being. I suggest that you look far and wide and borrow ideas from any source that you might have available to you.

The one thing that you must keep in mind though is that you want functionality above all else; think of what it is that you want your Servitor to do. If for example you want a Servitor that will go out into the world and get something for you, you might want to give it really strong arms or perhaps even tentacles that it can use to latch on to what it wants in order to bring it back to you. If you want a Servitor to protect your home, you might want to give it armor of one kind or another so that it can protect you in the best way possible. As I said you can do whatever you think is best, just remember to stick to functionality and I might also suggest that you create a smaller creature instead of the bigger one as it takes more energy and time to charge a bigger Servitor.

The best way to do this is to grab some scrap paper and write down on it a 'statement of intent'. This statement basically represents what you want your Servitor to do or what you wish to accomplish with your Servitor. Once you have the statement of intent, think of a creature that you believe would best be able to perform that duty that you want it to accomplish. As I stated above, use your imagination here and create something that you really like and that you think will be able to do what you want it to do. You can even borrow certain creatures that already exist and use this image as your personal servitor. For example it would be a great idea to use something like an 'angry bird' to guard your home; at the first sign of trouble, it flies off and explodes driving away any evil person or energy.

Once you have your statement of intent and you have created a good representation of what your servitor looks like, the next step is to create a more cartoonish or simplified version of this servitor on paper. For example if you have created an armored turtle to protect your home, draw a really simple stick figure of this turtle. You might want to just draw a simple hexagon to represent this servitor that you are creating. It will essentially be the symbol by which you will know your servitor; think of it as a logo of your servitor.

The final step is to give your servitor name. Again this is all up to you so try and come up with a name that you find suited to your servitor and to what its purpose is. Also try and think of something that you like and that will inspire you when you are using your servitor in the future. Tell this name to no one.

What to Include on the Page

- statement of intent at the top
- a paragraph or a point by point description of what you want your servitor to do
- a personal drawing of your servitor which should be as complex as you can make it
- a point by point description of your servitor special powers or capabilities which should be apparent in your drawing (no one else should be seeing this drawing so don't worry about trying to make it perfect, you just want a good description of the creature that you are trying to create)
- a simplified version of the descriptive picture that you have made, this is a symbol or 'logo' of your servitor
- the name of your servitor at the bottom

Charging

Now that you have created the effigy of your servitor, you need to bring it to life. In order to do this you will be charging it with thought force which is essentially personal attention. Whether you believe in the psychological aspects of creating a different part of your personal psyche or whether you believe that you need to create a thought form of enough intensity so that it can eventually affect the material world, what you essentially need to do here to charge your servitor and to give it your concentrated attention.

You can either use the scrap piece of paper that you used to come up with your servitor or you can get another piece of paper and on it draw the logo of your servitor along with its name. Find a quiet place where you can be alone and put that piece of paper before you so you can see it. Focus all your attention on that logo and begin to repeat the name of your servitor. As you do so imagine as vividly as possible that this servitor is real and that it is alive before you. Keep repeating the name and if you can, try to imagine your servitor coalescing

about the piece of paper that you have drawn. But most importantly try to believe with every fiber of your being that this servitor is alive and is now before you.

Try to do this exercise for a good 10 to 30 minutes. I recommend that you do this exercise at least three times, on three different days, before you consider your servitor to be functional. The more times that you do this exercise, the stronger that your servitor will become, and the more powerful that its influence will be.

Charging Guidelines

- If you are creating a servitor that you will only use once, then charging it three times should be good enough.
- If you are creating a servitor that will be around for a while then you could charge it initially and then recharge it every month or so depending on what feels good for you.
- If it's a servitor that you will use once and then maybe use again in a few months or years, charge it as usual every time you need to use it.

Casting

The final part of using your servitor is to give it its instructions in a concise way and send it out to do your bidding.

The best way to do this is to first charge your servitor until you have a good sense, a strong belief, that it is indeed alive before you (perhaps floating above its logo and name on that paper). Then once you are confident that it is there; call its name, give it its instruction, and send it on its way. You might say something like; "[Servitor's Name] go out and protect this home! GO!" And then point in the direction you want it to go.

Think of your servitor sort of like a pet that you have created or perhaps a computer program that you have created in order to do your bidding. Be strong and commanding in your tone whenever you address it and always remember that it works for you and not the other way around. If you ever see it fleeting around not acting in a way that you wanted to, order it to get back to work or

tell it to make itself scarce until you need it. If you're having problems in this area then I suggest that you watch a few episodes of "the dog whisperer" so that you clearly understand what it means to be a leader.

Whether a psychological exercise or a truly alive astral being and thought form, your servitor will be able to accomplish amazing things if it is created correctly. Be creative in your creations and how you wish to accomplish your desires, this is a truly wonderful way to deal with some of the problems that you might have in your life and the sky's the limit as to what your servitors can do.

Example: I know a lady that created a servitor that was a big 1920s oil lamp. This servitor gave off this beautiful green light and its purpose was to hang just above the front door of her house illuminating anyone coming into the house with its light; the green light was beautiful loving energy. The servitor was created to bring harmony to the home and to give good feelings to any visitor entering the home.

From the Original Discussion

How do you dissipate a servitor?

First of all it is very important that before you create a servitor, you are really sure about what you intend to do. Decide right away whether you think it will be something that you will only need once or whether it will be an entity that you will be using many times. If it is a servitor that you will use only once, then the initial charge of this servitor should be enough so that once it is sent on its mission, it will perform its task and then dissipate.

The truth of any thought energy is that it will never completely fade away, that is it will always exist and essentially take off on a life of its own, creating its own probable events. This is also the case with any dreams that we might have, they do not stop existing after we stopped dreaming them. What happens is that this servitor will continue to exist just like any other thought the we have had, it will just exist in a probable universe that we are not aware of. So the first answer is that any servitor that has your attention taken away from it, will stop existing within our awareness and will essentially be gone from our lives.

In order to dissipate any servitor, you must stop paying attention to it or thinking about it in any way, forcefully keep your attention well away from it if you have to.

Why keep the name and image secret?

A servitor is essentially a highly concentrated thought form and is therefore susceptible to the thoughts of others. When you let another person in on the secrets of your servitor, you are essentially opening up your servitor to their mental influence. These thoughts are never productive even when the other person has positive intentions. The reason for this is that the servitor works on a highly specific thought stamp with a highly specific task as its goal. When another person knows about your servitor or knows about what your servitor will try to accomplish, their thoughts and intentions could get in the way of this servitor and make its job far more difficult.

If we take it for granted that thoughts can create things, that they are things themselves, then the thoughts of another person have a power of their own as well. Have you ever wondered why it seems so hard to witness paranormal phenomena around the skeptic? The reason for this is that the powerful thoughts of that skeptic are actually creating an intent of their own which makes any paranormal activity difficult to manifest.

Can servitors be self-sufficient for energy?

Yes, theoretically it can to a certain degree. BUT this is dangerous because you would be creating a vampiric entity. An Egregor is not a smart thing so complicated tasks like sucking the life force from certain things only, things that might not need energy for example is very difficult. Your thought form will not be able to make such decisions; decisions in general are beyond it. These beings must be given a very simple task and then forcefully commanded to carry them out. If you get too complicated, you will most likely create an ineffective creature.

While energy is what keeps it alive, a more important issue with an Egregor is its software as it were. Software degrades over time also so you must feed it energy but you must also make sure that its task and your command are also recharged within it. All energy and no software and you have a poltergeist. Keep it simple and command it strongly.

Can servitors assist in the Astral?

Yes, emphatically yes! If your servitor becomes powerful enough, so that you can see it in your dreams, then you can be sure that it can be of help to you while you are in the dream or astral state.

If you are able to create a powerful servitor, and this just takes practice patience and effort, then using this servitor in the astral can be a great benefit to you. You can use to protect yourself from foreign energy that you might encounter, you can also use it to light your way and to help you probe distant areas, you can use it as a guide sort of like a deep reconnaissance probe, and you can use it to help you protect your body while you are far away on an astral voyage. You can also use it to help you begin in astral projection, sort of like a door into the other plane; once you see it clearly and feel it, you are there.

How long to make a servitor visible without effort?

To do this you will need to charge your servitor on a regular basis for about six months or so. It is possible to get an 'independent' more quickly but it requires intense emotional energy at the time of charging; be careful here though as certain emotions can become infused with your servitor, like anger for example, and this could make it more chaotic and mean. Slow and steady charging is best.

When you are charging, focus on every detail of it and focus on making it real like all the objects and beings around you; plants, furniture, cat, etc. With every charging, you will find it easier to focus on your servitor; it won't take as much effort to see it before you. This will continue until you can see it clearly without much difficulty. Eventually you might see it around without you even focusing or calling on it. The last step is when others can see it as well.

PLEASE do be careful though. When servitors become this powerful they start to become willful and you must control it like you would control a difficult pet. Remember you are in charge here and don't be afraid to punish it if it does not obey.

Further Reading

- **Create a Servitor: Harness the Power of Thought Forms** - Detailed information about how thoughts create reality, how negative thought forms are created, and how to overcome negative thought forms using servitors.
- **Create a Servitor Companion** - Shows how through manipulation of the psyche, combined with psychic energy manipulation, you can deeply alter your mind and the neural wiring in your brain, to bring a magical companion into existence.
- **Manifest Wealth and Prosperity with Thought Forms and Servitors** - Using servitors for wealth manifestation, the difference between thought forms and servitors, and how to create wealth building servitors.

Original source: johnkreiter.com

Overcoming the Conscious Self: A Journey to Expand and Master the Ego

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

If you've read books on mysticism and enlightenment, you'll know that mystics and psychologists often focus their attention on the ego. They do this because the ego is a ruthless little self-reflection machine.

From the perspective of inner alchemy, much of what is said about the ego holds true with some important nuances that I may explore further in another article. But for our purposes here, it is fairly accurate to describe the ego as, to some extent, a worn-out circuit that endlessly cycles through the same tired loops, keeping us bound to a hive mentality disguised as personal freedom.

The ego exists within the conscious self, which is not the free agent it believes itself to be. You can think of the conscious self as an all-powerful signal broadcast from a vast, shadowy force (sometimes called the Archon) that encircles the entire planet like a dark storm. The ego is the most external and outward-facing part of this conscious self. This Archonic signal weaves together an endless mental radio show that plays over the deeper, older self we once were: the unconscious. While the unconscious is larger, wilder, and freer, the conscious self places a tight crown over that primal self, compressing it into what we recognize as the ego. In this way, the ego is a fusion of the Archon's mind and ours, continuously spinning a narrative of separation and control.

The ego often believes it is spontaneous and in control of its destiny, but in truth it is little more than a slave to statistical norms. It is composed of repeated and common mechanical actions that conform to the average behaviors and reactions of the herd. Like a rat trapped in a maze, the ego proudly con-

vinces itself that it chose the maze and that its life within it is some grand adventure. The truth is, while the maze and life within it are real, they only represent a small sliver of what is possible. This maze is a narrow path shaped by conditioning and ego servitude to the dictates of the Archon, but beyond it lies a vast and uncharted overworld filled with near infinite potential waiting to be discovered. The ego believes that life is the maze that it perceives through its highjacked senses, but in actuality, life is so much more than the ego could ever imagine.

To get out of this rat race, you must first admit that you're stuck in a cage you never asked for. The key to freedom is breaking out of the statistical average, becoming an outlier: the ones who don't just follow the herd but blaze their own course. If the ego is the mean, the predictable line of conformity, then the outlier is the wild spark of rebellion and difference. Shrug off the ego's mechanical strings and start living 'off the map', where choice isn't an illusion but real and raw. This is the first, vital act of overcoming the limited and limiting self. It's not just a mental trick; it's a declaration that you refuse to be the rat, that you know the cage is real, and that you're ready to live the life that was always waiting for you outside the maze.

Overcoming the Ego Through Inner Alchemy

While many approaches to stopping obsessions of the self, focus on erasing or annihilating the ego, inner alchemy takes a vastly different path. The goal is not to destroy the ego or the conscious self but to overcome it by weaving it into the fabric of a far greater self. This greater self includes the unconscious, an immense being so vast and overflowing with possibilities that it dwarfs the cramped little maze of the conscious mind. The unconscious is a realm so expansive and full of latent possibility that the conscious self cannot even begin to grasp its true scale.

The inner alchemist's task is to seize control of the conscious self, to become the director and programmer rather than letting the mechanical ego run wild as just another software program inside the machine. Instead of allowing the ego to steer the show mechanically, the alchemist learns to guide and reshape it, integrating it as a vital but subordinate part of a larger whole. This integration expands the horizon of being, breaking the confines of the ego's cage and opening the door to a vast, previously unimaginable freedom.

Embracing Technology as Modern Magic

Contrary to the popular narrative of the times, inner alchemy does not view technology as a danger that we should run away from or discard hastily. It is not a question of throwing out the baby with the bathwater, which is a metaphor for rejecting something valuable in the process of trying to get rid of what seems undesirable. Technology, in this sense, is the baby (alive with potential and power) while the bathwater represents the distractions, fears, and careless uses of technology by the ego. Inner alchemy teaches us that technology is one vibrant spark of the extraordinary potential within us, brought into form. It is a kind of magic, one of many kinds available to humanity, and something we have consciously chosen to develop in this era.

The magic of technology is neither inherently good nor evil; its value is determined by who wields it and how. That is why I created the book Digital Sigil Magic, which is a book designed to help people learn to use technology consciously and skillfully (through Technomancy), turning it from a force that controls us into a tool we control. We do not have to fear technology or abandon it out of some misguided sense of preservation. The idea that throwing away technology will somehow save us is just another trap laid by the Archonic forces. These forces first lock us into the ego, then trick us into believing we gain freedom by shrinking our world, by limiting our power and our expanding connection.

The cults and movements that rise up against technology (and they will grow in number over the next few years), claiming to protect humanity, often serve this same narrow agenda: they are just another facet of the Archon. They promote less rather than more freedom, less connection rather than more. They are just new masks for the same controlling influence that created the ego-themed maze.

The inner alchemist, by contrast, embraces the magic within themselves, including the magic of technology. But they do so with sharp awareness, learning to wield it consciously rather than fall into the trap of laziness, routine, and herd mentality. They refuse to be another rat conditioned to run a mechanical maze or a drone caught in a massive Borg-like cube speeding through space. Instead, they become the programmer of their own reality, the master of their

own magic and technology, wielding it with intent and autonomy. This is real power; the power to remain free and awake inside the magic and machinery of the modern world.

Playing with Reality: An Exercise in Expanding Perception and Reframing the Ego

This exercise is designed to **shake the foundations of the ego's mechanical loops**, and awaken your awareness by challenging the beliefs that cage you. The ego is not meant to be destroyed but can be expanded and transformed.

> *It operates like a worn-out but authoritative radio signal sent from the Archon. This narrow frequency keeps us all* **bound to the statistical average of conformity**. *Recognizing your ego's routines is the first step to breaking them!*

In **Neuro-Linguistic Programming (NLP)**, **reframing** means changing the context or meaning of an experience, which transforms how you feel and react to it. This process can crack open the tight cage of the ego and start turning it into a broader, more holistic self. This is the heart of **inner alchemy**.

Quick Note on Frames: Here, a frame is the outer border of your entire reality; the maze you find yourself in. Changing this frame allows you to **play with your own mind**, shifting perspectives at will to discover the gaps in what you call reality.

Step 1: List Your Five Core Beliefs

Write down five things you believe absolutely to be true about life or the world. These are the **mental anchors** your ego uses to stabilize "reality."

- What are five things you "just know" without question?
- How do these beliefs show up in your everyday choices?

Step 2: Visit a Site Like Weekly World News

Go to a site famous for outrageous, weird, and wild stories (e.g., weeklyworldnews.com). Choose stories that challenge your core beliefs---think alien abductions or cryptid legends. (Avoid political stories!)

- Which stories seem the most unbelievable or strange to you?

Step 3: Believe What You Read

Spend five to ten minutes **fully believing the story**. Suspend your usual doubts and accept this strange alternate reality with complete conviction.

- What changes do you notice inside your mind and body? Do your emotions shift?

Step 4: Observe Your Ego's Response

Pay close attention to how your ego reacts as you switch between your regular beliefs and these wild new ideas.

- Does your ego push back or resist? Can you hold the new perspective without frustration or fear?

Step 5: Understand Reframing and Its Power

By practicing believing wildly different things, you see clearly how your reality is built on **frames** set by your ego and conditioned by external forces.

- Where else in your life could you try reframing to break free from routine?

Step 6: Integrate and Expand Your Ego

The goal of **inner alchemy** is to take the ego and expand it into a larger, more flexible self. The ego becomes the **base for new possibilities** rather than a cage restricting you.

- Can you picture a more expansive ego that includes curiosity, playfulness, and openness?

Through this playful yet serious exercise, you discover how much your so-called reality depends on the ego's frames. By challenging and shifting your beliefs, you **punch holes in that cage**. You become the **alchemist of your own mind** and life.

The Alchemical Path Beyond the Ego: An Invitation to Deeper Transformation

Overcoming the conscious self and expanding into the totality of your being lies at the heart of inner alchemy. This isn't a flip-the-switch moment but a journey; one rich with exercises, perspectives, and possibilities that shake the ego's foundations and awaken parts of you long dormant. The ego doesn't get destroyed; it gets morphed into a more flexible, powerful aspect of a larger self that stretches beyond the narrow maze imposed by the Archonic broadcast.

If this article has sparked even a flicker of curiosity or a whisper of rebellion in you, then you are ready to go deeper. I urge you to explore this journey thoroughly by diving into **The Magnum Opus: A Step-by-Step Course**. This comprehensive work offers a wide array of exercises to expand your awareness and dismantle the old conditioning patterns holding you captive. Here you will find practical techniques (not just theory) to move beyond the ego's cage, break free from routinized perception, and start living from a place of real autonomy and expanded possibility.

The book invites you to engage with varied practices like expanded visualization, playing with your beliefs, breathwork, learning to see and work with energy, and healing energetic wounds that have been draining your life for decades: all designed to refine your consciousness and forge a new relationship with the self. You will be supported in shaking up the old narratives that keep you tethered, learning how to direct your own internal programming rather than being run by it. Each exercise serves as a tool to unlock deeper layers of your psyche and to cultivate a stronger, freer core.

Inner alchemy is a long, sometimes challenging path. It asks for curiosity, courage, and patience. But the rewards are profound: liberation from automatic behavior, antibodies against manipulation, and the awakening of potentialities

that few ever glimpse. This journey transforms the ego from a prison guard into a trusted ally and platform from which you can reach by leaps and bounds beyond the statistical mean.

If you're willing to commit to this process, your world will begin to unfold in ways both wild and wondrous. The labyrinth woven by the Archon will start to lose its grip, and you will taste what true freedom feels like… the freedom to create your reality consciously, to become the alchemist of your own fate.

This is not a call to annihilate the ego. It's a call to grow it, integrate its strengths, and transcend its limitations. From this expanded place, you will find nothing less than a reawakening of your soul's deepest potential. The Magnum Opus awaits your step forward.

Are you ready to begin that journey?

From the Original Discussion

Mark (November 30, 2025)

Hello John, I hope everything is fine. I have a question regarding servitors: can they be created and casted to improve sport performances? For example, I am a boxeur, can I create a servitor with the power to enhance my reflexes, give me more "courage" for a match and make my opponent more "afraid"?

Thanks for sharing your knowledge with us

John's Reply (December 8, 2025): While a servitor could be created to do this, such an approach might bring negative issues over time. It would be much better for you to try to create a mentor servitor, something along the lines of what I show how to do in the second book in the series, "create a servitor companion". In this way you're aligning your forces to create the best of yourself as opposed to trying to interfere with others. And while this might seem counter-intuitive in a sport like boxing, in the end such alignment of energy will always be superior and create a stronger directional flow that flows better, has more power, and in time will give you the results you seem to be looking for.

Mark (December 8, 2025)

Thanks for your help John

Original source: johnkreiter.com/overcoming-the-conscious-self-a-journey-to-expand-and-master-the-ego

The Three Great Secrets of Alchemy

If we look around this world, especially now that we have so much access to information, things can seem very chaotic and downright crazy at times. Whatever you might think about the state of the world at this moment in time, one can make the case that everything changes, and that those changes seem to be happening at a faster and faster pace.

From an Alchemical perspective, these changes are the result of an energetic flux, that has both internal (subjective) and external (from the world at large) origins. Further, it can be argued that the major thrust of this flux is quite negative to humanity, and that the origins of this negative aspect of the flux of life, is the result of a titanic force that does not have humanity's best interest in mind.

But through the correct use of certain energetic techniques, this dark force can actually be used in a transformative way, to get all the things that we may desire, and to break free from the oppressive aspects of this life that we all have in common.

There have been many books written about how to use your mind to change your life. Many of these books will tell you that your entire life is the result of internal subjective states; the beliefs thoughts and ideas that occupy your mind.

There are a number of books that are very helpful and give people hope, and in the best of times they introduce techniques that people can use to better their lives. Often times though, these books can be a bit disappointing because the changes that people want don't come quickly, or they don't come at all.

People then, are left wondering why certain techniques work sometimes to some degree. They sometimes wonder why it is impossible to fight against the system. Even when they are given strategies on how to stop paying attention to this system, so that they may break free from it, they wonder why these tech-

niques fail. They wonder why it is impossible to escape this oppressive cage without walls, and why it is impossible to escape those people that make up the core of this seemingly broken world order.

They also wonder why their attention fails. They wonder why it is so difficult to maintain their thoughts focused on one subject over time; even when those thoughts are about things that they really like or love.

Such questions can have people wondering if they are doing something wrong, or if the techniques that they are being taught are not quite right. Many contemplate the possibility that they are being told only some of the truth, and as a result often waste a great deal of time looking for that perfect technique, that will be able to get them what they want, through the power of their Will and the focus of their attention.

Alchemy can provide the answers to all these questions, and it can also provide a functional way to change our lives for the better, through the power of thoughts, energetic re-direction, and focused attention.

The Three Great Alchemical Discoveries

First Discovery: We Are Surrounded by Infinity

The first discovery is that we are all surrounded by infinity. As you look around, you might think that you are a being that lives in a world surrounded by objects and that you are an object yourself, albeit a sentient one.

Alchemists though, discovered a very long time ago that we are all lost in a perceptive illusion. This illusion hides the fact that there are no objects Out There, there is only energy. While some could argue that there are certain energetic conglomerations, that might act upon humanity in a way that we have learnt to describe as objects, the fundamental reality is that those objects (and the solidity that we ascribe to them) is an illusion. An imposed illusion!

Alchemists would say that we are in fact surrounded by infinity, which could more succinctly be described as an immeasurable **Dark Sea**.

Second Discovery: We Are Not the Apex Predators

The second Alchemical finding is that we humans are not the apex predators that we think ourselves to be. Our conceptions of reality, tell us that we are a sentient object, surrounded by other objects that are not sentient, and that within this realm of lesser objects, we are the most powerful creatures because of this supposed greater awareness that we enjoy, the top predatory creature, that preys on the rest of the world.

The Alchemical perspective though, is that we are not this top predator by a long shot, and that there are many creatures Out There that now consider us food. These predatory creatures that consume man, the supposed apex predator, are for the most part completely outside of the human perceptual radar. This is so because these life forms are not considered possible in a world view that only believes in the power of objects.

You see, these predatory creatures are non-organic, that is: they are not objects as we understand the term, and are therefore beyond current rational perception. These beings could be said to be life forms that are not bound by biology, and are in essence a type of energetic conglomeration, that does not require a frequency range that we refer to as physical form.

These creatures vary greatly in shape and size, and there is indeed an incredible variety of them just on this Earth. They can vary in size from something as small as a goldfish, to beings as large as the clouds in the sky.

Further, to the great dismay of ancient Alchemists, they discovered that there is one particular non-organic energetic conglomeration, that rules above all others. This conglomeration could be said, to be the biggest non-organic life form within our human sphere. This non-organic life form has been known by many names throughout history, but the one that perhaps captures the true reality of this titanic force the best, is the name: **Archon**.

Third Discovery: The Greatest Secret

And this leads us to **the third and greatest secret in Alchemy**, which is this:

Alchemy is solely based on techniques designed to overcome, the Archonic predatory non-organic life force, that is now consuming the energetic essence of all humankind. Alchemy therefore, concerns itself completely with the accumulation of the energetic essence of the individual human being.

Once an Alchemist has acquired enough of this energy, which is being taken from people by the Archon without their consent, Alchemy concerns itself with how to redeploy these gains in order to change every aspect of the Alchemist's life; both on a material and spiritual level.

The Energetic View

Alchemy could also be described as a different type of causality structure. This new type of causality can be called the Alchemical perspective, one which is completely reliant on energetic movements. From this Alchemical cause-and-effect perspective, which is based completely on an energetic view of reality, we can see the world in a whole 'new light'.

This new light allows us to begin to discuss and apply a new way of doing things. This energetic view provides answers that explain why things are so seemingly negative. It also explains what is really going on on this planet, And furthermore, it makes available a better methodology for acting in this world.

As the world continues its game of apocalyptic monopoly, Alchemy shows you how to walk off the board, and poke at it until you get what you want. It not only shows you the edges of the board, and how to step off it, it shows you how to move the monopoly pieces with the power of your Intent alone.

The Three Polarities

From the Q&A comments, John elaborates on the three polarities:

IN Polarity

- Absorb all you have lost
- Master the ability to take in energy from surroundings
- Can be done through various body points (hands, skin, eyes, etc.)
- The IN polarity is the fundamental energetic nexus that absorbs

VOID Polarity

- Contain all that you are at any one point in time without loss
- Allows human perception to move from one cognitive position to another
- Related to the ability to stop thoughts (accessing void states)
- Mastery allows a projectionist to travel deep and far across the cosmos

OUT Polarity

- Strengthen your WILL enough to 'begin' to attain some of what you value in this life
- Used for projecting intent and manifesting desires
- Can be used to counter the intent of others

> Figure / source plate
> The IN, VOID, and OUT polarities as complementary movements of attention and energy.
> Source asset: assets/article-corpus-file4.png

Mastery Timeline

Each polarity may take months or years to master - all practitioners are different and tend to be more proficient with one polarity than others. The basic guideline should always be to break the Archonic hold. This requires great personal objectivity and sobriety.

As refinement advances, you will note a change in yourself as you have access to more personal energy and are able to move that energy with greater facility. This will begin to refine the great Stone (Lapis Philosophorum).

This endless refinement goes on for the whole of the Alchemist's life; refinement creates new challenges and opens up new roads to be followed and explored. But the one guiding core is to always move away from the great Archonic hold; that is the Alchemical way.

From the Original Discussion

On Energy and Drugs/Alcohol

They all deplete energy in the long run. A depressant like alcohol relaxes the body and mind but opens up the energetic centers causing loss of control and awareness. Without control you lose energy through rampant thought, emotional reaction, and parasitic attack by non-organic predatory beings.

Stimulants and hallucinogens turn you into a "light bulb" - you burn bright for the duration then blow out because you've lost so much energy during the burning bright phase. Such energetic flares can alter your energetic balance, affecting personality by creating new emotional response patterns and new patterns of thought.

On Connection to Gnosticism and Hermeticism

Yes, these teachings are tied together. As different roads open up through development of the Polarities, different groups of practitioners decide to explore certain roads. Each road is just as important, and they all lead to the same place, as long as those following keep egotistical dogma out and always focus on the Energetic View that underlies all creation. Gnosticism and Hermetism represent two such fine roads that sometimes parallel and often add immensely to Alchemy.

On Sex Magick

This is a very powerful way to create a potent burst of psychic energy. However, unless the practitioner has a very high degree of control over their energies, this methodology most often wastes much more than it produces, and has a tendency to trap a practitioner in that it is so beguiling.

It is better to first learn energetic control, then explore this topic if desired. The amount of control needed when such intense energy is raised during orgasm is often outside most practitioners' abilities.

On the Archon vs Egregores

From the Alchemist perspective, there is a difference between an egregore and the Archon - the Archon is perceived as being non-organic life of a completely alien and much older order of life than man, far more powerful, cohesive and cunning than any lesser force.

An egregore is a thought-form created by man that can grow titanic in size but was created (often irresponsibly) without systematic containment. A servitor, by contrast, is a maintained entity created with specific ideals, kept and corralled so that no matter how powerful it gets, it is always the server not the master.

The only way to deal with the Archon ultimately is through the techniques of energy absorption and the three polarities.

Further Reading

- **Overcoming the Archon Through Alchemy** - Reveals ancient system of energetic manipulation, plainly explaining how to use Alchemical energetic techniques
- **The Magnum Opus** - Step-by-step course on the foundational principles and creation of the Philosopher's Stone
- **The Way of the Projectionist** - Second book in trilogy, covers liberation from false reality

Original source: johnkreiter.com

Are All Inorganic Predators Part of the Archon?

In some of my articles, I have discussed the sometimes Titanic lifeforms that exist out there. I have in my recent article for example, talked about the large and titanic non-organic entities that live in what we would term odd angles, other strange dimensions, that sometimes align in certain dark and anomalous corners to this human dimension which we call the physical. And I have said that such titans may be mildly curious about humanity, that they may be at times even interested in humanity as a kind of simplistic fauna to be exploited to one degree or another.

In other articles I have also mentioned the cubes that can be seen circling or residing within certain physical geographies in our human world at times. I have said that these cubes are on occasion what we have come to call unidentified flying objects, or some of the weird and haunted power spots that some may gravitate to in order to study the paranormal.

Whether these cubes are in motion or whether they seem to be stationary from the human point of view, these cubes do seem to focus their attention on certain people, and when they do so, they often initiate highly volatile experiences within the psyche of those unfortunate few, designed to take from those people, sometimes even trap those people permanently, in cube like structures, structures that are themselves these nonorganic lifeforms, and in these structures those unlucky and unwary few, become permanent residents there until they are completely consumed.

One could simply say then that there are many non-organic lifeforms out there, that take many forms and that can be of varying size, and lastly that many of these non-organics, at least the ones that seem to matter to the general human population anyway, tend to be predatory, in that they consider humanity a food resource.

The Nature of the Archon

As an inner alchemist, a large percentage of my focus as a still physical human being, is set squarely on the largest of these non-organic and predatory lifeforms in this region of space, which in my writings and videos I have termed the great Archon.

Being that the Archon is a nonorganic, and from our point of view as humans on this planet, a predatory lifeform at that, albeit of titanic proportions, and being that these cubes which I have also mentioned, are also predatory non-organic entities of a smaller size, it is quite natural that many that cannot see these predatory lifeforms directly, might wonder if these cubes and the Archon are the same thing.

First of all, I have said that the Archon is a titan beyond measure and that it is non-organic. This means that the Archon is an alive and aware entity, but it does not have an organic, that is biological body, it is from the human perspective pure energy…for the most part. It is heavy and this heaviness feels thick and oppressive in a hard to define way, but it is nonetheless not organic.

It is also quite simply so massive that the whole of it straddles many dimensions, which might be like different history points, different points in the past and future of humanity, so from a rational point of view and relying on the physical senses and modern measurement alone, it quite simply defies any kind of current measurement using standard human understanding of space and time.

The best way to think of the Archon is sort of like a large cloud or perhaps like a wave of energy, a river, that is moving across and encircling in a kind of Eddie, the entire planet. And this cloud does not just exist here now, it also exists in other times far back in history, and into the future as well, and yet all of these parts are whole, they are in contact, they are all working together. The Archon is fully aware and in contact with all of itself in all of these dimensions.

The Archon is Legion

While the totality of the Archon itself can be said to be like a giant cloud, that hangs over humanity and traps humanity like a dark radiation within a certain low level mental and psychological position, when this un-measurable cloud is perceived by an individual seer, that seer can see that this cloud is made up of a legion of things.

The cloud of the Archon therefore is not a fog, it is instead a horde of locust like things, jumping heavy things, that have invaded this region of space-time, and while from a distance such a giant horde might seem to be a cloud, like a horde of locusts may be seen like a cloud from far away, from an individual sense, from our sense as a small race of individuals living on this planet, it is easy to see that the Archon is actually a horde of locusts that jump and crawl and fleet across this dimensional zone we perceive as physicality, and take from it the same way that locusts do, but also far more intelligently, in that in some ways this cloud can be said to be farming us, keeping us within a certain range of energetic motionlessness, that makes it far easier for the legion of it to feed.

The Difference Between the Archon and Other Predators

Now, if the host of the Archon is legion, then is it the case that the other predatory lifeforms I have spoken about, the cubes that I have mentioned, are themselves part of this legion that is the Archon?

Generally speaking, these are two separate orders:

- The host of the Archon are, or can be said to be, one kind of non-organic.
- The predatory non-organic lifeforms that I have referred to as cubes can be said to be another.

The best way to understand the separation of one from the other, is to note that the Archon, being that it is so titanic in proportions, is in essence concerned with the totality of humanity, and it is therefore trying to exploit the whole of humanity. It is interested in taking from humanity a specific kind of energy resource.

The Archon is interested in quantity over quality, while the Predatory Non-organic Beings or cubes are the opposite, they are interested in refined and more specific energy.

The legion of the Archon has invaded the whole of humanity, it has convinced humanity thanks to the sheer power that it holds, that humanity is a physically and bound three-dimensional creature, a pound of flesh. In many ways you could say that humanity and the Archon are now interlinked and that for the foreseeable future, humanity and the Archon are one and so their evolution through time is almost completely interlocked.

Other Predatory Non-Organic Beings

Within that intermingling of the cloud of the Archon and the sum of the human world, the physically obsessed human world, there exists a different order of predators that are incredibly varied in size and complexity. These other lifeforms I have referred to as predatory nonorganic lifeforms.

These other predatory nonorganic lifeforms exist alongside the Archon and like any natural ecosystem have evolved (if we may use that term) to feed on that which the much bigger Archon does not necessarily covet. That is, these other non-organic predators feed on humanity in a similar way to the Archon, but there is variation in them, and sometimes there is even incredible complexity in them, and they use such variations to take from humanity a different kind of energy that tends to usually be more intense, more refined in nature.

For example, some of this life form is as complex as humanity, and indeed some of it is even far more complex. The intellect of some of these incredibly powerful and complex nonorganic lifeforms that are predatory in nature sometimes, means that this other life can instigate very complex and seemingly totally real experiences. This means that its trickery of human consciousness is complex and masterful, and through that consummate trickery they instigate very specific emotional and other types of energetic outbursts that are then collected and consumed.

Examples of Non-Organic Predator Tactics

As an example of this trickery, I have mentioned in the past that this complex nonorganic life might make someone believe that they are encountering some kind of strange cryptid like Bigfoot or alien in the middle of nowhere, and then use that illusion, that trickery, to subjugate a human host, instilling within that person strange and complex experiences, that are all meant to instill within that person as much emotional intensity of a very specific kind as possible, that is then consumed ruthlessly by these beings.

Trapped within the machinations of such experiences, people will go into different levels of shock, and this incredible brilliance of emotion, is then collected by these nonorganic predatory lifeforms and consumed.

At other times, such specialized nonorganic lifeforms may even seek out very specific individual human beings, because these special few may possess a far richer energetic output. Average humanity is often aware of how some people may seem to be the continual targets of such odd and strange beings like poltergeists, men in black, or the like. These are most often naturally gifted people who must deal with their natural gifts and the curse of this extra unrecognized energy.

But what is seldom known by the general population is that there are also far more proficient humans, that have trained themselves to work on their energetic makeup, and these humans are also highly coveted by complex non-organic predators because of that refinement. Usually, such specialized nonorganic predatory lifeforms seek practitioners of certain occult traditions therefore, because such practitioners have developed an increased energetic flow that makes them highly sought-after as a resource, and as potential allies of a sort.

The Ecosystem of Predator and Prey

To answer the question posed at the beginning of this article, the Archon is one order of thing and the predatory non-organic beings I have also discussed are of another.

To make this clearer I can say moreover that we humans are not some apex creatures in a rather simplistic idea of what we referred to as the physical world. We do indeed exist within a large jungle of sorts, a large ecosystem of predator and prey of amazingly beautiful synergistic complexity.

But within such a complex system, of truly infinite beauty even though it might not seem the case sometimes, there are higher orders of life that are wholly unsuspected by the rational human world, and that other life feeds on us:

- Like cattle (as is the case with the Archon)
- Like big game hunters hunting big and powerful game (as is the case with the cubes)

I know that this is a hard topic, and one that is very difficult for many to take. Most of us have moved so far away from our natural origins, that it is difficult for many of us to even contemplate the fact that the whole of the world takes from other things to eat and survive, that all takes and gives to endure, and furthermore that such an ecosystem, such a complex structure, is not only infinitely beautiful and completely balanced in its design, but that it also holds within it beings of a higher order than us, that sometimes feed on us as we must take from others to feed ourselves.

For many, this is a hard topic because of this ingrained belief that we humans stand on top of some giant mountain, looking down on the rest of the world as some kind of conquering force. We are indeed highly complex and beautiful beings that are far, I repeat far, more powerful than we could ever imagine from a rational point of view. But we are not an apex predator, we are instead intermingled deeply within a complex order, an ecosystem as it were of vast and unsuspected proportions, where we feed from some but where there are also others…that feed from us.

From the Original Discussion

Were there any cubes here before the Archon?

The simple answer is no, but there is great nuance in some of the detail. What would later become non-organic beings was present on earth before the Archon. Since not all non-organic life is the Archon, such life was present before the coming of it, but the differentiation and the great separation between organic and non-organic was a direct result of the Archon.

There was a time, a progressive time that did not happen all at once (like a Big Bang) when a dream became what we now refer to as material reality. The Archon was instrumental in bringing that process about, and it was only once this great division was established that you could say that all of the parameters were set to be able to define something as a cube.

Original source: johnkreiter.com

Time Slips and Accidental Journeys Through Time

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

"Time slip" is a label for an experience in which a familiar place suddenly seems to belong to another period. A street appears to carry older shopfronts. Clothing, vehicles, language, or light no longer fit the present. Then the ordinary scene returns.

The experience may be vivid, coherent, and emotionally powerful. The explanation is another matter. Calling something a time slip describes how it felt; it does not establish that a person travelled through time. That distinction lets us take unusual experience seriously without forcing it into either ridicule or certainty.

Experience and Explanation

A person can be sincere and observant while still being mistaken about what caused an event. Memory is reconstructive, attention is selective, and perception is shaped by expectation. At the same time, an experience need not be dismissed merely because no accepted explanation is available.

The useful question is not only, "Did this happen?" Something happened to the witness. The more precise questions are: *What was perceived? What was recorded at the time? What can be independently checked? Which explanations fit the evidence, and which are being added later?*

Four Ways to Interpret a Time-Slip Report

Perception and Memory

A brief mismatch between expectation and sensory information can make a place feel displaced in time. An unfamiliar route, a preserved building, period clothing, old vehicles, unusual weather, or a moment of déjà vu may be assembled into a convincing scene. Later recollection can strengthen the narrative, especially after the witness learns the history of the location.

This does not mean the person fabricated anything. It means that perception is an active construction rather than a camera recording.

Physiology and Environment

Sleep loss, migraine aura, panic, fever, medication effects, substance use, dissociation, and some neurological or psychiatric conditions can alter time, vision, sound, and familiarity. Environmental conditions---fog, reflected light, repetitive sound, heat, poor ventilation, or disorientation---can also contribute.

These possibilities deserve attention because they are testable and, in some cases, medically important. A new episode of confusion, lost time, hallucination, weakness, severe headache, seizure-like activity, or impaired orientation calls for medical assessment rather than occult experimentation.

Folklore and Suggestion

Stories gather around places. Once a street, house, railway tunnel, or palace becomes known for temporal anomalies, later experiences are interpreted through the existing legend. The story may influence what witnesses notice, how they describe it, and which details survive retelling.

Folklore is not worthless evidence; it records what a community finds meaningful. But repetition of a story is not the same as independent confirmation of its mechanism.

Metaphysical Speculation

Inner alchemy allows a more radical possibility: ordinary awareness may occupy only one band of a much larger field, and attention may sometimes shift toward another configuration of reality. Parallel timelines, an expansive present, psychic impressions, and residual patterns are possible models within that worldview.

They remain models. A metaphysical interpretation should increase curiosity and discrimination, not remove the need for observation. The stranger the claim, the more carefully we should separate direct perception from later theory.

Three Frequently Repeated Stories

Bold Street, Liverpool

Bold Street is often presented in paranormal writing as a recurring "hotspot." Reports usually describe an abrupt change in storefronts, clothing, traffic, or atmosphere, followed by a return to the present. The stories are compelling as modern urban folklore, but the available accounts are anecdotal and difficult to verify independently. They show how a location can acquire a temporal identity without proving that a physical crossing occurred.

Moberly and Jourdain at Versailles

On 10 August 1901, Charlotte Anne Moberly and Eleanor Jourdain visited the Petit Trianon and later described an oppressive atmosphere, strangely dressed figures, and architectural details they believed belonged to another era. They published the account in 1911 as *An Adventure*.

The episode is historically documented as a report and a literary controversy. It has been interpreted as haunting, time displacement, misidentification, suggestion, and retrospective reconstruction. The existence of the testimony is certain; its cause is not.

Historical note. The Palace of Versailles account of "The Ghosts of Trianon" confirms the date of the visit and the 1911 publication history. It records what the women considered paranormal; it does not establish time travel as the explanation.

The Vanishing Italian Train

A story circulated online tells of an Italian train that entered a tunnel in 1911, vanished, and reappeared years or decades later. Versions disagree about the railway company, location, passenger count, destination, and outcome. Reliable contemporary documentation has not been established. It belongs in the category of modern legend, not verified history.

That distinction matters. A collection interested in the unknown becomes stronger, not weaker, when it refuses to present an attractive story as a documented event.

How to Record an Unusual Episode

If a place suddenly feels displaced in time, begin with safety and observation.

1. **Stop and orient yourself.** Move away from traffic, heights, water, machinery, or other hazards. Name the date, location, and what you were doing immediately beforehand.
2. **Check ordinary records.** Look at the time, map, weather, messages, photographs, receipts, and location history on your devices. Do not rely on one clock if the discrepancy itself is part of the experience.
3. **Record before researching.** Write or dictate every sensory detail: light, sound, smell, clothing, signs, buildings, duration, emotional state, and the exact sequence in which things changed. Mark uncertainty instead of filling gaps.
4. **Note bodily conditions.** Record sleep, food, hydration, stress, headache, illness, medication, supplements, alcohol, or other substances. These details may later be more revealing than the dramatic features.
5. **Keep witnesses independent.** Ask each person to write an account before comparing stories. Shared discussion can unintentionally harmonize memories.
6. **Test the environment.** Return in daylight and ordinary conditions if it is safe. Check whether preserved architecture, a film shoot, historical event, shop display, reflection, or alternate route could explain part of the scene.

7. **Seek help when needed.** Persistent confusion, repeated episodes, dangerous behaviour, lost consciousness, or disturbing sights and voices warrant qualified medical or mental-health care.

Why the Stories Endure

Time-slip stories sit at the edge between history and dream. They dramatize a fact that is already true in ordinary life: the present is saturated with the past. Buildings retain earlier plans, names outlive vanished streets, and memory can make one period flare inside another.

Inner alchemy asks whether this interpenetration may sometimes be more than metaphor. A cautious reader can leave that question open. Wonder does not require credulity, and skepticism does not require contempt. The most useful position is disciplined uncertainty: preserve the experience, examine the evidence, and resist the urge to turn mystery into proof before it has earned that name.

Original source: johnkreiter.com
Original article title: Time Slips: The Mysteries of Accidental Journeys Through Time

Unrelenting Focus

You can do just about anything in this world that you want, as long as you can focus your attention long enough on that one outcome.

The techniques that I discuss in my books and in some of my articles are all possible if only you are willing to dedicate the time and effort (by which I mean the prolonged focus of attention on this one thing).

Yes, it is possible that for some people these techniques will take longer to master than others, this is a fact.

Others will encounter beliefs as they focus their attention, such as the belief that all these skills are outliers in the human population, that they are difficult, and that they are for the few. And faced with those negative or counter beliefs, many will give up.

But some will continue and will face those beliefs, change them, and continue with their focus on what they want.

That is the only difference between those that get something done and those that are only willing to believe what the world at large is telling them...instead of what they can actually do!

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Original article title: Unrelenting Focus, and the Ability to Do Anything!

How to Do Astral Projection Using the Mental Projection Technique

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

Astral projection, has been a very popular subject in the New Age movement for a very long time. You can find many books, that purport to teach you how to perform astral projection. Some of these books are modestly complex, and give you a number of different exercises that you can try, in order to achieve separation from your body. Other books that try to teach you how to perform astral projection, can be quite complex, and usually involve a set of energetic exercises, that you must perform over a long period of time.

Whether complex or not, these books are usually not always successful. I believe that the problem lies, in the fact that many people find it very hard to believe, that they can leave their bodies and travel at will. If a person does not believe that there is such a thing as an astral body, I mean really believe deep down in the gut, then it is next to impossible for that person to have a projection experience.

The only way for a person to have a successful astral projection experience through these methods, is to continue these exercises over a long period of time. But this is a long and very tedious method, because it might mean that you could be doing the proposed exercises for a very long time, before you get any kind of result at all. It is even possible, that you will never get a positive astral projection experience, if these exercises are not able to convince you, at a deep level, that these Out of Body experiences are real, and that you can replicate them.

For this reason, I have found that it is much more enjoyable and it is much easier, to attain astral projection experiences by first working on what is referred to as 'mental projection'. Mental projection is very similar, to what is sometimes called remote viewing. What you are actually doing in mental projection, is projecting your mind to another place. This differs from a full blown astral projection, in that you are not projecting your complete astral body, but you are just projecting your mind. In other words when you project somewhere, doing the mental projection technique, you will experience the place you wish to visit, but you will not see yourself in that place, it's sort of like watching a television show, as opposed to participating in a play.

In order to do mental projection, you must be in a very wakeful state, and you can do it anytime during day or night, whenever you find a quiet moment for 15 minutes to half an hour. Mental projection is much easier for the ego to take, and it is therefore a very good way to become successful at astral projection.

Mental Projection Practice

> Figure / source plate
> A continuum from ordinary wakefulness to increasingly immersive projection.
> Source asset: assets/article-corpus-file5.png

- Find a nice quiet place, where you can be alone for 15 minutes to half an hour. Try to do this exercise when you are not mentally or physically exhausted, because the trick to this exercise is to try to stay awake, and consciously control the direction of your mind. Take a comfortable position on a chair preferably.
- When comfortable and relaxed, take a few deep breaths. These should be nice and even breaths, that allow you to cleanse your mind and relax completely.
- After about 10 nice deep relaxing breaths, close your eyes and visualize a place where you would like to go. It can be anywhere you want, either the adjacent room, or a place that is many miles away. It is important that at

the beginning of these exercises, you know the place where you are going, that is you have been there before. As you become better at mental projection, you can pick new places, where you have never been before, it won't matter then if this place is on the other side of the world, or the other side of the universe.

- Now, with your eyes closed, imagine this place as vividly as possible. Try to visualize with every one of your senses, that is don't just try to see the place, but also try to hear the sounds from that place, feel the environment around you, smell the environment, and perhaps even taste the environment if that is at all justified.

- For 15 minutes, try to visualize that place in the most detailed way possible. This can be a very hard thing to do, because the mind has a natural desire to wander, so it is up to you to stay focused on this place where you are trying to project, and to keep bringing your mind back there if it does wander off. After a few minutes, it is also possible that you will start to get a little mentally tired, and you might actually start daydreaming, or even dream a little. If this happens, catch yourself and bring yourself back to a conscious state. The idea is to consciously will your mind to a certain place, and avoid any kind of daydreaming, or wandering by the mind. When you are dreaming or daydreaming, the mind takes off by itself, and it is on autopilot. This is what you want to avoid.

- When you are in this place where you have mentally projected yourself, try to become as aware as possible, of all the things around you. It might be a good idea to have a pen and paper ready, when you come out of your trance, so that you can write down the details of what you saw. While you do want to use your memory to get to that place mentally, when you are there and feel that you are there mentally, I want you to take inventory of the things that you see. If there are certain things that are different from what you remember, write these down when you come out of trance.

- After you have woken, and are looking through your notes, see if there's any way that you can reconcile, some of the new information that you might have discovered through your mental journey. While this might be a difficult thing to do, it can really help your ego awareness, to understand that it has the possibility of being far more flexible in its perceptions.

For example, you might mentally project to a place where you had gone on vacation, and through this endeavor discovered that there was a change, perhaps a new building that you had not seen before. Proving to yourself that this new building is actually real now, will help your ego awareness to understand that mental projection is possible, and that the information that you gather is legitimate.

But don't worry if you can't prove the legitimacy, of some of the data that you acquire through your mental projections. The important thing is to do this exercise on a regular basis, because the act of engaging in it, will allow your body to begin to tune into the possibility of a more flexible perceptive state. Your body's realization, will eventually become your ego's realization, and as a result you will find it far easier to believe that astral projection is real, and quite possible for YOU!

If you do this exercise on a regular basis, you will be incredibly surprised as to how powerful mental projection can be. You'll be able to see, and experience things that are probably quite hard for you to accept right now, especially if you have never had an out of body experience or anything similar. It is quite possible, that you like this exercise so much that you might even forget about the idea of astral projection completely.

Don't be surprised though, if after doing the mental projection exercises for a while, you find yourself having a complete out of body experience. The mental projection exercise, is far more entertaining than the exercises that you will find in most astral projection books, and is by itself a very valid form of projection, that can allow you to eventually go anywhere you want within the known and unknown universe. Thanks to these personal experiences, you will naturally change your beliefs about the possibility of travelling beyond the confines of your body. This change in belief, will naturally allow you to have out of body experiences.

Further Reading

Out of Body Experiences, Quickly and Naturally

For all those interested in reading more about how to have Out of Body Experiences quickly and easily, please check out my book. In this book I present a radically new way to leave the physical body and have a complete Out of Body Experience, where it is not just your mind traveling, but your entire ethereal body. This method is fast, fun, and efficient. I also go into detail about:

- The different worlds that you can access in the Out of Body state
- The type of beings that you can encounter
- Ways to deal with and overcome the limitations of the ego self
- How to consciously participate in Astral Travel and Lucid Dreaming
- How to create and solidify an Astral body
- How to develop Energetic Containment so that you can travel anywhere you want safely.

If you do the mental projections that I talk about in this Video, the double body projection that I talk about in my book, will be very easy indeed. It is quite possible that through just the mental projection exercises, which I describe here in this video, you will naturally have a double body projection without any other help at all.

It is indeed the case that mental projection, is one of the best ways to have a bonafide astral projection, because the mental projection exercise, works directly on the key component of all this: your personal beliefs about the possibility of travel without the physical body.

From the Original Discussion

On Kinesthetic Visualization (Jane, Feb 2017)

Q: Please can you recommend the best technique for having an OBE if you're not a good visualiser? I'm most strongly kinesthetic, I believe, and I'm not too confident the mental projection exercise will work for me.

A (John): I do think that you should definitely use your strengths instead of trying to force yourself to get from point A to point B using a technique that you are having trouble with. If you are having trouble visualizing yourself doing whatever exercise in order to have an OBE, then stop trying to visualize. That is stop trying to see a picture in your mind.

Instead use your talents as a strong kinesthetic visualizer, and 'feel' yourself doing what you are required to do in these exercises. We could say that all these exercises are one form of visualization or another, and that by visualizing most people assume that this means that you have to create a picture in your mind's eye. But in reality, visualizing could also mean to create a kinesthetic feeling in your body, so that your body feels like it is completely where it is supposed to be, with no mental picture at all; just feeling.

In actuality kinesthetic visualization can be far stronger than a picture in the mind's eye because the certainty and the power of such visualizations is amazing. My recommendation to you then is to follow your natural talent and visualize kinaesthetically with your whole body instead of using pictures in your mind's eye. If once you feel yourself there completely, you do get a vision in your mind, since you can see with the astral body usually, then let these happen naturally.

On "Turning the Dial" Difficulty (Darius, Feb-Mar 2018)

Q: I am having some trouble Turning the Dial as you mentioned in your book Out of Body Experiences. I think I am actually quite good at the Here and Now Point. I am just not able to turn the dial right now.

A (John): If you are having trouble moving the dial then I would first suggest that you try to force yourself to daydream. We all constantly fluctuate between the H and N point and many others throughout the day, the trick is to catch yourself in these other points and then begin to feel what it is like to go from the Here and Now to one that is just slightly off from it.

Try therefore to see if you can start daydreaming. Try asking yourself, "what would a day in a tropical island be like?" Then imagine this perfect day. While imagining, you have moved from the H and N point; because you can't imagine such a distant place and be here at the same time. So you could say that you may be 95% Here and 5% at that tropical place.

Now try to extend that feeling so you are 15% at the tropical island. Do this by making your visualization more vivid; more like you are there. And as you do so you will be less in your body, less aware of your body sense.

This is vibrational movement, and this is the beginning of all astral or energetic travel.

On Maintaining the Double Body (Dan, Nov 2018)

Q: When walking around in my double body I can only picture it for a few minutes at a time (2 to 3 I think) then the room does not make sense, my mind just flickers off onto something else -- it is very frustrating!

A (John): This is the question of questions in a way because it is the question of attention, and attention is everything. I would recommend that you start by trying to develop your attentive power first. Then I would recommend that you try not to focus your attention on any one thing in the scene but to only look at things in glances; keep your eyes moving and let the world be what it wants to be no matter how weird it may seem to you at first. If you stare at anything at this stage, it will change into something else and that change may take you right out of the scene and into a regular daydream.

On Being "Yanked Back" to Physical Body (CactusHeart, Dec 2019)

Q: I can only succeed so far, like reach perhaps the ceiling. I then feel a hard "yank" sensation from my abdomen and then I feel myself getting reeled back in to my body and now I'm trapped inside again.

A (John): What I have noticed in problems with Astral Projection, where a person feels like they are being yanked back to their physical body, is that this is usually the result of some kind of fear.

In order to deal with this yanked back to the physical body problem, you could try to explore the belief that may be causing this fear in a most conscious way. Through your own conscious questioning of what you believe about Astral Projection, you can discover any such possible contradiction in beliefs. You can then work on this negative belief by trying to consciously convince yourself that your physical body is not vulnerable during this time.

Another way, and my preferred way, to deal with this fear is energetically. Using absorption techniques, you can drain the power of this fear by absorbing it, so that when you either feel a fearful emotion or when you feel that you are

just about to be yanked back into yourself, you can consciously absorb this debilitating energy/emotion/feeling, and this absorbed energy can then be refocused into the desire to project even farther.

On Consciousness Rigidity (ironwheal, Nov 2019)

Q: I've been doing the double body exercises from the OOB book 3-4 times a week for about one YEAR and a half. So far the result is ZILCH apart from somewhat improved visualization skills. I never felt it to be "real" and even never "saw" it, I always have to maintain the visualization consciously.

A (John): It seems to me that your problem may be due to a rigidity in your consciousness. What I mean by this is that you may have a problem shifting from this physical place and location to another. Often such a rigidity comes from the inability of the conscious ego to let go and to accept as valid any other form of perception other than the one that it has become so used to (the physical dimension).

I would personally recommend that you take the time to do a lot of practice with the streaming techniques and the hypnogogic techniques, and generally everything on breaking the biggest routine of all (sleep). This should help your ego consciousness to let go and understand that there is more possible to be perceived than what it is currently willing to accept as real. Do this until you feel that your consciousness has become more fluid, less skeptical.

Then once you resume the double creation techniques, I recommend that you start first and foremost by believing that you are truly and completely in that other place where your double is, no matter how much your conscious ego wants to rebel and be skeptic of this notion. Secondly, don't expect that you will instantly wake up in a new place sort of like being on a start trek teleporter, but that you slowly begin to accept that what you perceive in these other places with your double will always seem different, kind of chaotic at times, and not always reliable in relation to what you consider this time, and logical in the physical world.

On Using Binaural Beats (Ricky Louis, Sep 2022)

Q: Could I/should I use binaural beats such as those from the Monroe Institute or YouTube when doing the exercises in the book?

A (John): If it has been helpful in altering your states of consciousness, and those states seem to be the lucid ones required, then yes you should definitely use it if it works for you. This is a good starter if it is helpful, in the future though see if you can try to attain that relaxed conscious state needed without any external assistance, in that way you are using such external aid in the proper manner; using it as a help in the beginning but right from the start trying to learn to go beyond it.

Original source: johnkreiter.com/how-to-do-astral-projection-using-the-mental-projection-technique

How to Create a Stand-Up Comedy Routine

It can be a pretty difficult thing to go up and talk to people. We have all found ourselves in situations where we have to make small talk and mingle. Sometimes we also run into people that we like and would love to have just the right thing to say to be able to get the other person interested and smiling.

Guys can find the act of going to talk to a girl very daunting and a nerve racking affair that can have you tongue tied and sounding stupid. Girls can also find themselves in situations where they are desperate to say something witty and fun to impress and entertain. But it seems that the harder that you try, the harder that it becomes to be cool.

The 'gift of the gab' as the Irish call it is a great blessing and allows those blessed with it, to talk to anyone and bring a smile to all. The best way to meet girls is to be funny and the best way to not seem bitchy or snotty is to have a good sense of humor. Laughter creates instant rapport with anyone and there is no better way to make a good impression than to make them laugh.

A stand-up routine gives you a compact structure for turning an ordinary story into a sequence of surprises.

A comic routine is a short funny story that lets you bring out your inner comedian and create rapport without having to invent everything on the spot.

Have you ever noticed that comedians have really hot wives??

Yeah, get a girl to laugh and they will instantly like you. Keep them laughing and you will have all the girlfriends that you can ever want. If you think that I am kidding, look at the girls that Jim Carrey has been with, or Dan Aykroyd's wife!

Funny girls also have it good. They are surrounded with friends and can usually get away with murder since everyone likes them so much. A great example of the great appeal of a funny girl is Ellen.

So a stand-up comedy routine then is a funny story? Yes but its a lot more than that; it's a story full of funny twists and turns with not just one joke but a bunch of jokes interwoven throughout. A great comic routine catches you by surprise and leaves you wanting more. It turns that dull everyday and twists it so that it becomes a great big fun romp.

Life is pretty boring mostly, anyone that can add a spark to our dull day, will have our thanks and will be instantly transported into our good books.

The Anatomy of a Joke

> Figure / source plate
> The reframe: setup, expectation, pivot, and punchline.
> Source asset: assets/article-corpus-file6.png

Most jokes are really a **REFRAME**; this is when you change the way a person perceives a certain event and as a result, you change the meaning. All good stories have a reframe of sorts, my favorite is when you find out the Rudolph's giant red nose is not weird and ugly but its actually the only thing that will get Santa's sleigh safely through the snow storm.

Why did the frogs cross the road?... It was stapled to the chicken..haha

See, you were maybe thinking 'frogger', but the reframe turned it into 'the hills have eyes for amphibians' 🙂

If you are having troubles with the whole reframe thing, just think of it as: **SURPRISE!** Basically a good joke is always a good surprise. You were expecting this but…Bang! You got something totally different. A surprise is like a light bulb going off in your head. Eureka!

If you can master this notion of creating a surprise effect (or in other words, a reframe) then you can turn anything into a joke.

And a great comedy routine is a bunch of jokes in a row that add up to a story, a really funny, messed up story.

Timing

Another thing that we have to consider when we are trying to understand jokes is **TIMING**. If you remember the idea of surprise, then the art of timing is pretty simple (most comedians will want to string me up for saying that but in the great words of Bob the Merciless, "Fuck'em if they can't take a joke.").

What you want to do is to catch your audience completely by surprise…So good timing means saying things when they least expect it and to say it in ways that they hadn't imagined.

For example you could be saying something in one rhythm but then you totally change that rhythm to say something really weird. Or you tell a really sad story with a giant smile on your face. Good timing means breaking patterns and waiting for just the right moment to let them have it!

Getting Started

The best way to create a comedy routine is to take an ordinary story and to add a few surprises to it. Try to come up with a relevant story; that is a story about something pertinent or significant to where you are and what you are doing. Try to think of things that have happened to you, or are happening. It can be anything from you working at your computer, to going to the bookstore, looking for a book at a bookstore, or even eating pizza.

My advice is to have a bunch of stories and to create as many comic routines as you can so that whatever happens, you will always have at least one routine that fits right into what you and others are talking about. Think of these routines as a comedy bag that you can reach into. The more stories that you have, the better your inventory, the more prepared that you will be to deal with any social circumstance.

Example: Jack and Jill Reimagined

Original: > Jack and Jill went up the hill to fetch a pail of water > Jack fell down and broke his crown > And Jill came tumbling after.

Comic Version:

So this buddy of mine…Jack, went up this hill with this chick that he had been trying to pounce for months. Jill or something…slut. Anywho, Jack takes Jill on this bogus walk supposedly to get water from a well or something, he told me after that she was wearing the shortest skirt ever, any shorter and it would have been a tank-top… I guess the bulge in his pants was so huge he could barely walk. Freakin pervert!

So Jacko is straining just to walk, but dumbdumb is so hot right now that he start to drop the bucket, bending down trying to look up Jill's dress…He walks with a limp now, I guess he strained his crotch or something..

So Jack keeps dropping the bucket and bending over, when all the sudden he gets lucky and Jill gets a bit ahead of him, he looks up these hot sexy longs legs and…"God," he screams, falls down, and starts rolling down the hill. Hits some rock or something and passes out.

Jackie boy tells me later that as he bends over and looks up at the sexiest longest legs ever, he eyes under the inziwinzy mini skirt… what could only be described as..The biggest pair of hairy tea bags ever! So traumatized was the poor guy that he slipped, fell, and nearly broke his crown.

So he thinks he's dreaming; bad nightmare.. but when he wakes up, there is Jill standing over him, one leg on each side of his body. He can't help it but to look up those hot legs again and sees the biggest Johnson this side of the Mississippi..I guess Jill was flying commando.

Crazy man! I guess Jill was actually Jason a while back. She just needed one operation to make the girl complete…If you know what I mean.

What happen to jack? Him and Jill got married last Tuesday, They flew to Hawaii…See that's how I got this awesome tan!

Important Warnings

1. **Let other people have a word in.** Don't talk endlessly; there is nothing so unfunny as to have to hear somebody go on and on. Good timing means knowing when to shut up. Let others talk and put in your two cents, if it looks like they want to hear the rest of your story, then tell it but stop and get input from the other people.

2. **Don't laugh at your own jokes.** It's terrible when you see people going on laughing their heads off while the audience looks at them in growing horror. Tell your stories with a straight face; there is nothing funnier than to tell a funny comic routine with a straight face.

3. **Learn to read your audience** so that you know when to laugh, when to shut up, and when to talk.

Keep those comic routines handy, so that you are never caught unprepared. The best way to break the ice with people is to have a great sense of humor and to blow them away with a really good stand-up comedy routine.

You never know when you might be stuck in an elevator…with a Rabbi, a priest, and chicken…

From the Original Discussion

On Being Spontaneous (Nigerian Comedian, Feb 2014)

Q: I really need to learn more on how to be more creative and to be spontaneous in my delivery.

A (John): I can tell you that all the ingredients to create a real good solid routine are here in this article. As far as spontaneity goes, I would say that the best answer would be a certain quote that works great for soldiers of fortune, pirates, black ops teams, microbiologists, and of course comedians:

"Chance favors the prepared mind"

What this means is that as counter-intuitive as it might seem, the best way to seem spontaneous is to be very well prepared. Try to create as many short stories or skits as possible. Memorize these skits and practice them often in front of the mirror; practice and keep practicing until they flow out without you having to strain to remember them. Eventually you will be able to combine all these routines and to take a joke from one and add it to another then combine those two with the third.

Being creative on cue is like trying to have a bowel movement in a crowded washroom; the harder you try, the tighter your sphincters get. What you need is a nice quiet place where you can be alone and relax; that's the only way that your creativity is going to dump out.

On the "Natural" Syndrome (Tpitty, Sep 2015)

Q: I consider myself a reactionary funny. In a group convo depending on the topic of subject at hand, I can jump in with a quick joke. Not a that's what she said but a real gut buster. Then from there go on a long, hilarious speel. But if asked to duplicate the next day I can't. How can I transfer my "in the moment" funny to "3.2.1 your on" funny?

A (John): It seems to me that you suffer from the 'Natural' syndrome. At the right moment, when the stars align, you are hilarious but you don't know how it is that you are this good; it just happens. I think that this is great because it shows that you are naturally talented and have a really clever mind. The problem comes though when you lose that inner good feeling and you can't seem to be able to do what was so natural before.

My personal advice to you is that you should discover the step by step formula that makes you funny. Creativity is a truly magical thing and it can't be bottled per se, but exploring the logic behind it all can really help you because it will allow you to open up that door into comedy central in your brain, and it will allow you to do it on cue like you wanted instead of relying on just the right moment.

On Being Your Own Critic (LoopyCoopy, Nov 2015)

Q: I have been trying to write jokes for a while now, and I produce a lot of stuff, but I personally don't believe they're all that funny.

A (John): I think that the greatest quality of a good comedy writer is the ability to be able to be a strong critic of your own work. If you can work on your material and know that some things aren't funny then there is a part in you that knows what would be funny, and it is just a matter getting your jokes to the level where your saying, "yes that's hilarious!" Just follow your intuition and keep writing, because I think that you know what comedy is all about, you just have to get the stuff in your head on paper.

For an audience to like you what you don't want to do is be boring right? Well what's exciting? A surprise is always exciting so what you have to try to do is to surprise the audience; tell them and do things that they don't expect you to do. If it's a little crazy or maybe it's a little weird then that's ok, what is most important is that you catch them by surprise. If you can keep their attention on you for 10 minutes, and they are not bored for the entire ten minutes, then you won.

On Creating Comedy (Justin B, May 2022)

Creating comedy is perspective and cultivating it requires you to create a mindset that looks for patterns in perspective. Requires a lot of awareness that most people don't slow down to use, but if you look at comedians they're constantly observing (almost like an active meditation) their surroundings. I would recommend people keep something to write their thoughts down so they can come back to them at a later time to review the perspectives of given situations etc. I personally use my phone to gather my comedy ideas in a digital notepad.

Original source: johnkreiter.com/how-to-create-a-stand-up-comedy-routine
Original article title: How to Create a Stand Up Comedy Routine

How to Stop Negative Energy Permanently

I am certain that you have all felt negative energy in the past. This negative energy can be the result of your own personal beliefs or the result of the beliefs and intentions of the people around you. Negative energy can be felt in different ways; some people for example feel certain physical symptoms like tenseness or low blood pressure, many feel negative energy as emotions, either feeling depressed, scared, or angry. Often times people that feel negative energies as emotions believe that they are the ones who are feeling angry or scared for some reason, while in fact these are emotions that have been projected upon them. Some people experience negative energy by being flooded with negative thoughts, thoughts that seem to come out of nowhere and tend to be very negative in nature. When these feelings seem to just materialize out of nowhere, you must realize that it is quite possible that these emotions, thoughts, and physical symptoms can be the result of external projections; negative energy that others are feeling and that you are picking up on.

In past articles I have given you ways to neutralize negative energy. I have also given you some basic reasons as to why this negative energy is present within you. I want to get even more specific as to the source of these negative feelings and also I want to discuss how to stop them so that you have a set of techniques to be able to eventually neutralize them permanently.

The Source of All Negative Energy

In order to begin you must realize that all negative energy, whether it's yours or external, is caused by your personal beliefs. While it might seem that external negative influences are beyond your control, this is not the case. You can stop these negative emotions by realizing what beliefs you have that are leading you feel these external projections so strongly. It is quite possible to be able to feel these external projections and be completely unaffected by them at the same time. You can do this by becoming more aware of your internal feelings and beliefs and in this way begin to understand the energies that surround you.

An understanding of your beliefs will allow you to control your personal reality and expand your awareness by realizing that these are not your personal feelings but the feelings of those around you.

Exploring Your Negative Feelings

> Figure / source plate
> A grounded sequence for moving from trigger to chosen response.
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To begin you must be willing to explore the negative feelings that you are having instead of trying to suppress them. This can be a difficult thing at first and perhaps something that you might not want to try in certain situations; for example it might be easier for you to ride the wave as it were during critical times, when you need to be at your best and you need to focus more on the moment. There will be times though when you will be able to explore these negative feelings, and this is the time when you must not suppress these negative feelings or ride through them, but let yourself experience them fully. In this way you will be able to discover what these feelings and thoughts are trying to tell you about your beliefs.

For example let's say that while you are riding a bus you are struck by an incredible feeling of fear. If you are able, it is better that you let yourself experience this emotion completely. By allowing this emotion to have complete and free reign, you are able to use it as a natural impetus to find why you are feeling this way.

While you are feeling these emotions pay close attention to the kind of thoughts that you are having. These are great clues as to what is causing this emotion. Also ask yourself why you are feeling what you're feeling, question yourself and look into your psyche to find the reason for your emotional outburst. By feeling your emotions, following them, and questioning yourself, you will eventually be able to realize the belief behind this emotion.

Distinguishing Internal vs External Projections

It is also possible that as you feel this fear and follow the thoughts and emotions that present themselves that you discover thoughts and explore possible future circumstances that seemed quite alien to you. For example you might see thoughts of the bus crashing and perhaps even very specific thoughts having to do with taking care of children or being responsible for another person. If as you explore these thoughts you get a very good sense that these thoughts are alien, because maybe you have absolutely no fear and no beliefs about the dangers of public transportation, then you can begin to realize that these are external projections and that you are essentially picking up on the thoughts and emotions of others.

By discovering your beliefs you become very aware of your own self and your own beliefs. You can in this way either discover what beliefs you have that are causing these negative emotions or discover the fact that you are indeed feeling external projections from others. Discovering these beliefs can be a very monumental thing for you. It can be sort of like having a eureka moment where a great revelation has been made to you.

Evaluating Your Beliefs

You must explore these beliefs in a logical manner and figure out if these beliefs are fundamentally positive or negative to you personally. You do this by asking yourself if this belief has a positive purpose. There are beliefs that might cause us to feel what we consider negative emotions but that are in reality quite constructive.

For example it could be the case that you have a fear of public transportation because the public transportation in your area is quite unsafe and a belief in the fact that it is unsafe is actually helping you become aware and be prepared for a possibly dangerous situation. It can also be the case that this belief is actually old and is something that you should now learn to get over. For example it could be that you are scared of public transportation because as a child you experienced a traumatic situation and from that point believed that all public transportation was unsafe, as an adult you must get over this belief because in many ways it might no longer be applicable.

Personal beliefs can be quite complex like this or they can be quite simple. It is up to you to discover the nuances of your personal life and your individual beliefs. If you are dedicated enough you can discover these beliefs and trace them deeply into your psyche which will allow you to experience incredibly powerful personal revelations.

Three Methods to Change Beliefs

If you discover that these beliefs are no longer applicable and that they are serving no purpose at all, that they are just providing negative energy and therefore are just a hindrance, you must then take action to change this belief so that you are able to stop negative energy from manifesting in your life.

Method 1: Logic

The first method to change a belief is to use good old-fashioned logic. I personally like this method for changing beliefs the best because it is very straightforward and if you have a logical mind, it can become a very powerful way to get rid of unwanted beliefs and to change them to beliefs that are more constructive to you personally.

In the logical method what you are trying to do is to have an honest discussion with yourself. Having discovered your beliefs you logically ask yourself if this belief is constructive. You break down the reasons why this belief is or is not constructive and you realize in a fully conscious way that this certain belief must go. You then come to logical conclusions as to what beliefs would be better suited in your new situation. You tell yourself that you have the power to change these beliefs as easily as you can move books on a shelf. Through this personal realization you can tell yourself in a bold and firm manner that the old negative belief is illogical and that this new belief is truly the correct one. Through this action alone you can eliminate old beliefs by making old negative beliefs illogical and replacing them with far more logical and constructive beliefs.

Method 2: Affirmation

Another way to change your beliefs is through affirmation. If you have realized what your beliefs are and you have surmised that this is a negative belief that you want to change, you have done a great deal of the logical work that is in-

volved in changing a belief. It is possible though that you might want to use a stronger technique because of the intensity of this negative belief, which might be old and therefore deeply rooted in your psyche.

Affirmation is definitely a stronger method and one that is very good at changing beliefs and old neurological patterns of thought. In order to use this method effectively I suggest that you come up with a positive phrase that concisely states your new belief. For example a new belief affirmation phrase could be:

> *"I believe that public transportation is safe and secure. I believe that people are good at heart and always have my best interest in mind."*

This simple pair of statements can begin to alter your beliefs and change your neurological patterns if it is done correctly.

Method 3: Unbending Intention

The final method that I'm going to tell you about, that can be very powerful indeed at changing belief systems, is the method of 'unbending intention'. In this method you use a form of concentrated effort into a particular intention.

How this works is that you pretend for of 5 to 10 minutes that a certain thing is true. In order to perform this technique effectively I suggest that you find a nice quiet place where you will not be disturbed and in this place begin to realize that your intentions at this moment can change future beliefs and therefore can even change future outcomes.

Focused intention on a particular belief can begin to neurologically pattern that beliefs into your mind and as a result begin to create new external probabilities. For example you could focus your mind completely on the above affirmation and for 5 to 10 minutes, using all your effort, make yourself believe with every cell of your being that this statement is true right now. Making yourself believe that this statement is true can be quite taxing and there is no big need to do it for more than 5 minutes or so.

Done correctly the method of unbending intention can change an old belief into a new one in very short order. It's possible that you might perform this technique once and get results almost instantly. It is also the case you might need to do this technique for longer periods of time, perhaps once a day for a

week. The most likely scenario though is that you will need to do this technique once, forget about it for a week or so, and then repeat it again. You must find your own frequency by exploring your feelings and determining if work on your new belief requires a little more effort.

How to Know These Methods Are Working

How you know that any of these three methods are successful is by how they change your feelings and thoughts. These methods should change your beliefs and therefore change how you feel; they will change the thoughts that you have about certain situations. If old emotions come back, you must again go through the process of identifying what beliefs are causing these emotions. Keeping yourself vigilant in this way you can continually explore your own psyche and determine what course of action you need to follow in order to create the kind of beliefs that will empower you in the future.

As I had told you before it is quite possible that some of the negative energy that you perceive is external and has nothing to do with you but is actually the result of projected negative energy which you have picked up on. By understanding your beliefs you can do one of two major things: you can change your beliefs so that you do not have to experience this negative energy and therefore you do not have to experience the negative trauma, or you can learn to be far more aware of these external influences and the power of your own telepathic ability.

A good affirmation to work with in either case is: **"I only respond to positive influences."**

From the Original Discussion

On the "Positivity" Movement (John's Response to Roxanna, Mar 2014)

It seems that the positivity movement tells us that all negative thoughts and feelings are bad; that they will cause bad things to happen to us. We are given general definitions as to what is supposedly good and what is supposedly bad, but basically speaking any kind of emotion or thought that does not meet the standard of goodness/good-feeling is wrong and must be banished at all cost.

The 'positivity' movement uses the fear of the power of thought to imply a certain karma of sorts and makes people fear just like the church once made people fear that they would go to hell if they did or thought the wrong things.

The world though is far more complex than this black and white reasoning and while it is true that thoughts make up the framework of our reality, it is not true that things are as simple as; you feel good you get good and you feel bad or negative and you get bad.

Thoughts are actually there to help you and the free-flow of them is critical to good mental health. Feeling negative emotion is necessary and the more that you try to force yourself away from negative feelings, the worse that this battle will become until you finally fail. This eventual failure can even cause mental problems if you are not careful.

On Intuition and Negative Feelings (John, Mar 2014)

First of all, understand that your mind, contrary to popular new age opinion, is not an evil thing that must be destroyed. Realize that your mind is an incredibly powerful tool that is always trying to help you and its job is to make sure that you survive and thrive in any situation. When you feel negative you are most likely thinking something negative 'for you personally'; these thoughts are not evil and your mind is not trying to sabotage you. It is actually trying to make you win in any situation.

If for example it plays over and over some terrible scenario then it does so in order to try and warn you of something. Think of it like your early warning system; what do you need to do now in order to avoid this bad occurrence? Trust your feelings and examine this dark mental situation logically.

Examine your mind and these intuitions by asking yourself, "why?". Why are you feeling this way? Why are you having those thoughts? Keep going deeper and deeper until you are confident that you have discovered the belief that makes you think what you are thinking. All thoughts and emotions can be traced back to a belief.

The Story of the Farmer (Good? Bad??)

> *There once was an old farmer who's son fell from the roof of his cottage while trying to fix it. Unfortunately the young broke his leg when he fell. All the neighbors came over and wept telling the old farmer that he was very unfortunate. The old farmer replied, "good? bad??" and he shrugged his shoulders. A week later the country was invaded and all the young men of the village were conscripted to go fight in the war. Because the farmer's son had a broken leg, he was spared from this awful duty. The neighbors ran over to the farmer and congratulated him on his good fortune. The farmer replied, "good? Bad??", and he shrugged his shoulders.*

On Being a Sensitive (John to Veer, Mar 2016)

No to my knowledge there is no way to get rid of such gifts, it would be like saying, "flower, become less because you are too lovely". I suppose you could mask your gifts like some people mask their beauty but that is no answer in my opinion.

I believe that the only option that you have is to grow more, not grow less. You can do this in two ways:

- First, you could read and implement the information in *Vampire's Way to Psychic Self-Defense*. You will find then that all that supposed bad energy that you, as a sensitive, are forced to deal with, that hurts so much, can become a source of power for you instead of a source of pain.
- Secondly, you can begin to grow by controlling your emotions and attention. I am not telling you to stop feeling; I am saying that you can grow immensely by controlling your attention and emotions so that you feed, through your feelings and attention, only those things that you want in your life, as opposed to everything that you are sometimes forced to pick up with your very sharp senses.

On Energetic Absorption vs Other Techniques (John to Brandon, Oct 2019)

My perceptions are that such techniques (mindfulness, releasing) usually employ the OUT polarity and that they also do not work with energy directly, even though this is the general perception of these energy workers, but instead

that they work through psychology, beliefs and mental images, as opposed to moving the energy itself directly. Further I find that such manipulations are inefficient because they use energy to change energy but then do not absorb all that hard work. In the end such energy work is most draining and no one can maintain it for long, or could possibly use such techniques against very powerful opposition.

If you meet negative energy with loving acceptance then you are blocking or striking; you are meeting force with force. I know that this is not the popular notion of the time; that is that somehow to love is to accept neutrally supposedly, but the reality is that energetically to face negative with positive is to counter; to attack. So either your loving intent will overcome the negative or vice versa, and all this fighting requires a great deal of energy, energy which in the end is food for other forms of life in one way or another.

From my perspective: all energy is like electricity; neutral. Positive or negative; meaning whatever we humans think is good or bad/evil/negative/whatever, is just a point of view; in the end all is equal from the energetic point of view. But whatever the case may be for any one person in particular, to absorb is the only real win that any of us have, and to do this properly we need to consume it, to transmute it, to eat it essentially.

The Carrot Metaphor (John to Ariel, Apr 2018)

We are food, in the same way that a carrot is food for us. A carrot feels, it has a complex relationship with the ground, the plants around it, the sun, the wind, the rain, and the whole of the earth. It (the carrot) is special. It may not have an awareness like ours in that it does not have the kind of flexibility of consciousness nor the ability to intend as an aware self (as we can for example), but it is never the less a complex, intelligent, feeling, and a highly connected entity that is in a continual state of inner growth.

But this carrot is food for us and for many creatures. We humans are very much just carrots to other types of life, and the Great Dark Sea does not seem to really care.

But on a deeper level, why should that matter. We have been given life, and a chance to become more in whatever way we may choose. That is a blessing, and the striving towards that expansion is the greatest joy we will know. An endless journey to be sure.

Don't feel bad for the carrot; it is on the greatest adventure possible! And don't hate the evil bunny or human that eats that seemingly poor carrot; they are on their own journey and have their own pains and terrible struggles to face.

Related Book: Vampire's Way to Psychic Self-Defense - Methods for absorbing and transmuting negative energy

Original source: johnkreiter.com/how-to-stop-negative-energy-permanently
Original article title: How To Stop Negative Energy Permanently

When Not to Explain Yourself

There is no need to explain yourself to others. The time that you waste trying to explain yourself and your motives to others can be better spent focusing on your desired outcome. I have mentioned before that there is a natural need in other people to control situations and things, it is therefore expected that others will feel that you have to explain yourself to them.

Don't let others intimidate you into having to explain yourself to them. Since most of us grew up with parents or parental-like figures, we tend to find it normal to have to explain ourselves and our motives to superiors. This is a good thing when you are a child and you require someone to take care of you and show you the ways of life. There is a point though when this kind of supervision is no longer required. If you are an adult then you must realize emotionally that you do not need supervision anymore. This is actually a difficult thing for many of us to accept emotionally. Even though we can understand this intellectually, emotionally we still have the need to express our reasons.

Self-Esteem Connection

The lower your self-esteem, the more that you will feel that you have to tell others what you are doing. You must work on how you feel about yourself then until you realize that you are a free adult and you are beholden to no one. When you have the need to explain yourself away, stop and ask yourself why you believe (or feel) this. Logically think about your current situation and discover for yourself whether or not the person before you needs an explanation of your activities. There are times, like when you are in a job, or certain circumstances, like when you are doing something for someone else, when you need to explain yourself. But if you use a logical and objective mind, you will see that there are also many times when there is no need for you to explain yourself.

Why It Matters

Why is it important that you realize that you don't need to tell others about your actions and your reason? It is because most people will try and influence your activities and motives. Most have very good intentions and they are trying to help you out. Unfortunately this help is seldom needed or appreciated. You can't learn anything by having others control your actions, you need to learn by doing things on your own and the greatest gift that anyone can give you is the gift of freedom to try. Well intentioned or not, most people have not realized such conclusions so it is up to you to stop their well-intentioned meddling.

Silence Is Golden

Silence is a golden friend here. You must try and develop the discipline necessary not to tell everyone about your doings. This is the simplest and best way to get others to stop telling you what to do. To do this you have to get over the perceived obligation to explain yourself. Stay focused on your desired outcome and let others be. If you do run across someone that needs to give you advice, take it if you think the person has something positive to share but remember to develop laser-like focus so that you are not deviated from your goal(s).

Keep a positive attitude and learn to realize that you are important enough to have the freedom to pursue your own path, whatever that might be. This life is your life to succeed or fail in. Failure is not a bad thing as long as you personally learnt or experienced something that you needed. Stop believing that you need to explain yourself to others, and remember to have a strong focus and a strong personal attitude so that you are not deviated from your desires.

From the Original Discussion

On Breaking Old Habits (John to Molly, Dec 2014)

Q: After years of dealing with a difficult daughter-in-law, I realise my mistake in constantly explaining myself both to her and other family members. But after many years of doing this, the behaviour is a habit and I'm wondering how I can change?

A (John): Change can be a very difficult thing. After years of behaving in a certain way, our brains are literally wired in a certain way and without any conscious control they will quite naturally perform how they always have; the knee-jerk response will always be the easy way, the usual way.

But we can change this wiring. Firstly you have to stay more conscious of your actions around these family members. Monitor yourself and don't be swayed by your emotions to panic, forget yourself, and perform in a knee-jerk way. This can be hard at first but the more you control yourself and change your behavior, the easier it will be in the future. Eventually your mental wiring will change and it will be easier to act in this new way.

You can also use visualization. Visualize interacting with these relatives, and in your mind, see yourself acting how you want to act. With repetition, you will rewire your brain quite naturally using this method. So conscious control and visualization combined with good personal strategy for dealing with difficult people and before long you will be handling these relationships on your own terms, instead of theirs.

On Dealing with Pushback (John to AO, May 2016)

Q: My female family member asks me questions all the time. When I say "Sorry, I can't" without explaining, she asks more questions like "Why not?" When I persist in silence, I get accused of being "difficult", "secretive" or "trying to start a fight." What do you do when someone just won't get it?

A (John): It is possible that she does get it, she just knows the benefits of acting like she doesn't.

Under such conditions you can be frank, to which she will keep trying to find holes in your logic or you can say no then be quiet. The pressure that you feel is you being uncomfortable by her pushy energy. If you have read "Vampire's Way to Psychic Self-Defense", then you could use the techniques it describes to cancel all this out and actually enjoy her ranting. If not then just try to literally turn your body away from hers, if the energy that she is sending meets no resistance, she will tire soon and you can rest.

Remember that pressure tactics are the mark of a good salesman/woman, but if you don't let the pressure get to you then you will see that it is all as Shakespeare said, "great sound and fury, signifying nothing."

Please do remember though that you have to take responsibility for your actions. That is, you must be ready, willing, and able to put up with the consequences of saying no to a person like this. If you can, then being quiet and shaking off her negative energy is in my opinion the best way to deal with her.

On Taking Responsibility (John to Zachary, Aug 2016)

Q: What would you say to someone who asks why I act the way I do or wear what I wear?

A (John): Being strong in all things requires, actually demands, one basic principle: **You have to take responsibility for your actions.**

What does this mean? It means that you have tried to explore and are willing to handle any consequence that might come from what you do, say, or what you wear for that matter. Think about that, you have explored (through logic and personal introspection) the consequences of anything that you do and you are willing to take whatever comes your way as a result of them.

I hope you can get an idea of how strong that feels, when you can act in this way.

If you can take responsibility like this, then you will realize that there is nothing to say to others aside from perhaps, "I take responsibility for my actions. Like me or not, I am who I am, and I am so happy with who I am."

One final note, this does not mean that you should not respect and listen to the advice of certain others, elders perhaps, that truly love and care about you. Often times people that have been around for a while have good advice because they have been through similar things and can offer great advice on life.

On Verbal vs Emotional Silence (John to Anna, Mar 2019)

Q: What about when staying silent makes the other person more angry?

A (John): Just verbally silent is sometimes not enough; when facing your brother for example, your tears may have been verbal silence but they were not emotional silence. True silence, in that sense, can only be achieved by attaining an energetic stance I refer to as **Energetic Containment**, which is a silence that cannot fuel any emotional fire.

The second technique is the ability to engage in **negative Energy Absorption** in order to not only maintain emotional neutrality, but also to be able to absorb the very negativity that is being projected at you and that may also be causing the situation to get worse and worse.

The Salesman/Psychiatrist/Cop Technique (Lucas, Jan 2017)

The most difficult people will be co-workers, people you live with or family members, acting like you owe them something and then expecting an explanation. Staying silent all the time just makes you awkward and indifferent which isn't good either. I prefer to use what I call the salesman/psychiatrist/cop technique.

My sister was a psychiatrist and she told me you just ask the patient a simple question and let them come up with their own answer. You are just there to guide them to figure it out. A salesman asks you questions in a way where your answer will possibly be "Yes". Put those 2 together and now you got someone answering your questions with a "Yes" and explaining themselves to you instead of the other way around.

Now a cop will not answer your questions or explain himself. If you challenge the cop, he will say something like "where's your ID?" and now he's got you explaining yourself and caving to him.

So if someone asks you to explain yourself and then challenges your "NO" then calmly spin it and make it seem like it's for their own good by saying something like "You do want to make this happen and you want to be in control of the outcome from your creativity, right?" The person will say "Yes" because all people desire the feeling of control.

On Narcissists and Explaining (Kulwant, Jan 2018)

It is oftentimes found that when there is a perceived need to explain oneself to someone, that other individual may be a narcissist. They are masters of getting those around them to constantly explain themselves. This serves two purposes for the narcissist:

1. They learn of your plans, what you are thinking, and why you are doing what you are doing.
2. They are then able to figure out how to get what they most want out of you, which is narcissistic supply.

John's Response: If the Arconic host is within each of us to one degree or another then we all participate and enjoy the energetic rewards from these kinds of dominance games. Or as an anthropologist might say, we all have a primate inside of us. That some people make it a life mission to exploit others through vampiric relations like you describe is an unfortunate reality for sure.

On Setting Limits (TJ Nichols, May 2017)

I learned since then, that I want my time to create fashion, and to be left alone, to do so, and don't need to answer the door, or phone, if I don't like who's on the caller ID. If they try to make friends with me to manipulate me, I tell them I'm going to run my house my way, and if they don't like it, don't come over here. I'm tired of always being the polite Southerner. **You have to set limits with users, because they don't have any.**

Further Reading

- Vampire's Way to Psychic Self-Defense
- Overcoming the Archon Through Alchemy

Original source: johnkreiter.com/learn-to-not-explain-youirself-to-others-and-win
Original article title: Learn To Not Explain Yourself To Others And Win

Gurdjieff and the Moon: Self-Remembering, Infinity, and the Hidden War for Human Freedom

The Moon That Eats

He sat staring at the ocean, sitting on the warm sand as though the earth itself cradled him. Far off, the moon glowed; full, enormous, silver with an other-worldly intensity. It hung so heavy in the sky that it seemed both impossibly far away and crushingly close, as though the horizon itself would crack beneath its weight.

A calm breeze moved inward off the sea, cool and yet alive. In it he felt traces of something vast, threads of life and death streaming together. If he pressed his awareness harder, almost painfully, he felt everything… every breathing thing, every shadow in the waves, every pulse of existence nudging against him in one endless current. In that moment he touched infinity.

Because the moon was full, its radiance was overpowering. He sat spellbound, drowning in its shining pull, when suddenly, the man next to him spoke.

"It's eating us, you know."

The young watcher turned, startled. "You mean the moon?"

"Yes. Of course. That's what it's all about, at least that's what we think. That's what we know in my school."

The stranger at his side was thick-shouldered, built like some primordial figure carved from stone. Light shimmered across the dome of his bald head and caught on his eyes; eyes gleaming with an ancient sparkle, almost too alive. A great mustache marked his face, and in the moonlight, the lines of his jaw seemed carved with purpose, as if he belonged more to some archetype than to flesh.

The young man studied him, then said quietly: "Of course you know what we believe… what we see."

The wide man nodded with a smile full of weight. "Yes, your house, the so-called inner alchemists. You are the people of seeing and great inner exploration. You are masters of direct perception of energy, flowing endlessly into and through infinity. I one day want to *see* like you do, I want to fly into eternity. But we all know the houses diverged long ago… and yet, beneath it all, we remain bound. All houses. All men. All lives."

He turned his gaze back to the moon, seemingly unable to resist its pull. "But you must understand, for us, for my school, we look at more objective things, tangible currents, patterns that repeat in measurable ways. Your vision is beautiful, but ours is practical. And so, let me tell you what we've learned…"

Gurdjieff's Cosmology

The old teacher **George Ivanovich Gurdjieff** wrote of the Moon not only as a celestial body but as a living force, a young and growing entity dependent on the energies of Earth. His cosmology portrays the Moon not as a dead stone but as a hungry being; a world-in-the-making that feeds on the organic life of our planet.

According to Gurdjieff, mankind lives under laws of mechanical repetition: sleep, habit, unconscious action. This mechanical energy, this unconscious vibration, does not stay with us. It is food. The moon drains it; subtly, perpetually. Every unguarded display of emotion, every unchecked impulse, every wasted fragment of psychic energy streams upward, nourishing the lunar sphere.

"Nothing is wasted," Gurdjieff insisted. Birth and death weave cycles not merely for human continuity, but so that life as a whole might serve purposes beyond our sight. The Moon, vast and silent, is one such purpose; an embryonic world incubated by Earth's vitality.

"The mechanical part of us," the bald man said, looking back at the horizon, "is hers, connected to her, bound to her. What is unconscious in us flows upward like a tide. Remember this: what sleeps in you belongs not to you… but to the Moon."

The younger man turned at last, torn between awe and unease. The moon's brilliance washed over the sea, each wave gleaming silver. Yet beneath the shine, the ocean still held its depth, its blackness, its unreachable abyss. To look at it was to feel the edge of some yawning truth; both terrible and infinite.

"Yes," said the bald man softly. "I know what your house whispers of, in its dream-visions: that beneath the waves, in the deepest currents, sleeps the great beast. Dormant, waiting. But as for me, I know by the Moon. She is the nearer truth for us. She strains at us, drinks us. She grows even as we diminish. And one day she will awaken in her fulness as Earth's sister. It is already happening."

The moon glared above them, relentless, unblinking. The air grew thicker; the young man could almost feel it; the silent exchange, the ever-present current rising toward the glowing disc like unseen smoke.

He closed his eyes, searching again for the flow of infinite life, hoping to escape the bald man's words… but could not. For in the light of the moon, he felt his own breath dragged from him, as if all things (his thoughts, his pulse, his sleep) were not his at all.

The Moon's Hunger and the Secret of Self-Remembering

The younger man sat silently, his gaze caught between the rolling sea and the terrible brilliance of the moon. Its light drenched everything (sand, water, skin) until it seemed the whole world was a single luminous breath. Yet a heaviness lay beneath it, something unseen, as though the light itself concealed a chain fastened across all living souls.

Beside him, the bald man's voice rose, deep and commanding, carrying with it the gravity of someone who had wrestled with truths rarely spoken aloud.

"If one wishes to survive this," the bald man said, gesturing toward the great stone of light in the heavens, "if one wishes to become more than food, more than a mechanical puppet drained by the moon, then he must awaken. That, my friend, is the great law: to awaken from sleep."

The young man felt his breath hitch. The bald man's words struck into him like waves striking hidden cliffs.

"You see," the bald man continued, "men as they live are machines. A man thinks he acts, but he does not act; he reacts. He thinks he chooses, but he obeys invisible strings. He says he is awake, but he is sleepwalking through his days, nothing more than a shadow with a heartbeat. This sleep [this mechanical life] it is what the Moon feeds upon. Every impulse wasted, every emotion spilled, every automatic thought… it all rises from the earth, goes upward, and nourishes her growth."

The wind shifted and the young man felt its cool hand on his face. He shivered… not from cold, but from realization.

"And so," the bald man's voice pressed closer, "the key, the only way to resist this universal feeding, is to cultivate something within yourself that cannot be eaten. A light stronger than the moon. A flame that belongs not to the mechanical part, but to the enduring part. Do you understand? This is what we call *self-remembering*."

The young man turned to him, eyes wide. The bald man's gaze was fixed like an iron spear upon the moon.

The Teaching of Self-Remembering

> Figure / source plate
> Self-remembering as simultaneous awareness of body, thought, and feeling.
> Source asset: assets/article-corpus-file8.png

"To remember oneself," the bald man began, "is not the common memory of a boy recalling his childhood or a man recalling his name. No. It is something else entirely. It is to be here. To feel, in this very breath, that 'I am.' Listen carefully: not merely to drift in thoughts, not to be lost in daydreams, not to be pulled and puppeted by passing moods. To remember oneself is to know, in the marrow, *I exist.*

"It begins with sensation; first the body. One must feel the body while it lives. Not imagine it. Not talk about it. Feel it. The weight of your hand in your lap, the pulse in your chest, the air moving into your lungs. Keep a fragment of awareness on this, as though anchoring yourself to the present moment.

"But there is more. It is not simply the body one must feel. It is the whole of oneself: body, thought, feeling. To gather them into one single awareness, all at once, like rays drawn back into the sun. To stand in this state is to *be.* To say to yourself, not in the mind only, but with your very substance: *I am here.* That is self-remembering."

The waves boomed softly, rolling in rhythm with his words, as though the sea itself were listening.

"Understand," the bald man went on, "self-remembering is not a passing trick, but a war. The enemy is the moon, which drinks what is lost in forgetfulness. The enemy is habit, which steals every moment from you. You walk in the street, and your mind mutters. You eat, and you do not taste. You speak, and you forget you are speaking. Always you are absent… dreaming even while awake. That absence is food for the Moon."

The bald man's hand clenched into a fist. His eyes flared as though fire burned within his chest.

"But when you *remember,* when you summon this awareness of self, you gather what was scattered. The scattered drops of your energy pull back together. Instead of flowing out, they accumulate. You no longer leak into sleep. The Moon receives nothing. Instead, something new begins to live inside you. A second birth. A self within the self. You become not food---but a creator. Not a slave, but free."

The young man's chest ached, his heart beating so strongly he could feel it in his throat. Every word seemed not just spoken but carved into the air.

"Do you see now why it is so difficult?" the bald man said, his tone softening. "Because everything resists it. The whole world conspires to keep you dreaming. The Moon wants its nourishment. The mechanical within you clings to its comfort. But if you persist; even a moment of true self-remembering holds more life than a thousand unguarded days. In that moment, part of you ceases to belong to the Moon. It becomes untouchable."

The Houses

The moonlight drenched the waves like liquid silver, and the young man felt stretched to the edge of comprehension. As the bald man spoke, he no longer saw only the ocean and the bright cold disc in the sky; he began to see threads, radiant and infinite, weaving out from himself and from the man beside him. They stretched outward into uncountable directions… threads spinning from the world, from the desert, from distant lands, from hidden temples where flames burned in silence.

He saw houses. Vast Houses of Knowledge. Great Houses standing across ages; each one guarding some piece of the fractured whole, some method of escape from slavery.

Some Houses taught action and discipline. Others taught inward seeing, visions of infinity. Others still guarded the secret of the body, its movements and its hidden fire.

They were all different, scattered across time, yet all were bonded by one truth: that man must awaken, or be food.

The bald man's voice thundered like the ocean itself: "Your House speaks of infinite energy, of seeing the flows beyond the horizon. My House speaks of the struggle with mechanics, the fight against the Moon. And yet do you not see? It is the same work. The same truth. The same rebellion. Each House is a warrior, each bearing different arms, but fighting one enemy; forgetfulness. Sleep. The endless harvest of living souls."

The young man trembled. His eyes shifted between the sea and the sky. Infinity unfolded before him: the ocean stretched into endless darkness, the moon burned with its unrelenting hunger, the Houses stood like eternal fortresses across the world. And in that moment, he felt both crushed and exalted… small beyond reckoning, yet linked to something vast and indestructible.

The bald man exhaled long and slow. "Remember this, my friend. If you wish to fight, then remember yourself. Remember in every breath, every act. Become present, truly present. Then you will cease to drift, and for once you will live. The Moon will take what belongs to sleep, but what belongs to your awakening; it cannot touch."

The wind shifted again, carrying the salt of the sea. The waves roared softly in their rhythm. And the Moon, silent and enormous, glared down like a reminder, a challenge, a master waiting to be defied.

The Silence of Infinity

The young man's eyes lingered on the ocean. The surface rippled and shimmered silver under the grace of the moonlight, yet beneath the surface, he felt the endless pull of depths where no light could reach. In the rhythm of the waves he heard something beyond sound; a pulse, a breath, a universal heartbeat.

Then he noticed, the bald man had grown silent. That strong voice, thunderous just moments before, faded into the night. But the silence was not absence; it was presence. It was alive.

They were no longer speaking. They were *seeing*.

And in that seeing, infinity revealed itself. Not through thought, not through words, but through a knowing that could not be spoken. The crash of the waves, the cool salt-laden air, the endless horizon rolling toward the stars, all of it folded together into a single timeless truth.

The bald man and the young man sat side by side, gaze cast upon ocean and sky, and together they touched that current of silent knowledge. There was no division; no House, no doctrine, no path. There was only the flow, eternal, unbound, weaving all things.

The water whispered beauty: each wave rose from the depths and fell back again, eternal return, eternal becoming. The sound of the ocean was a vast hymn without words, carrying their awareness beyond themselves, into places that could not be mapped. Infinity carried them, not as individuals watching, but as witnesses absorbed into the unknown.

And in this silence, they understood: seeing itself was knowing. Words failed, but the direct perception of infinity, of the living current, was the most profound knowledge of all.

The Unity of the Houses

A Different Angle: Inner Alchemy and the Archon

If you would like to know more about this great struggle, about the forces that feed upon mechanical and unconscious awareness, and how to break free of them, then I recommend the book **Overcoming the Archon Through Alchemy**.

This work explores a different angle of the same great way; the way toward freedom. While Gurdjieff spoke of the Moon and the energetic drain upon mechanical man, inner alchemy offers another vision, calling these forces the *Archon.* From this perspective, the Archon represents the hidden predator that thrives on automatism, on the robotic life of unawakened humanity.

This book shows you how to take direct control of your own energy, how to stop the draining forces, and how to align powerfully with awareness itself. It unveils practical methods drawn from inner alchemy, designed to awaken the individual into true freedom. It is not simply a philosophy; it is a map, showing how to open perception, strengthen your essence, and escape the cage of mechanical life.

In this way, Gurdjieff and the inner alchemists are not separate, but companions on the same path. They describe the predator in different terms (the Moon, the Archon) but both point to the same truth: the need to *awaken,* to gather the fragments of the soul and become whole. To remember oneself, to see reality directly, to live consciously in every breath… that is the way beyond.

From the Original Discussion

On Breathing Techniques for Energy Absorption

Q (Jane Greg): When working with in-polarity breath (drawing in the energy, sealing it), do you find it more effective to simply fill the lungs fully, as in the Inner Alchemist approach from Overcoming the Archon, or to use the clenching of perineum, chest, and abdomen (Vampire Way to Psychic Self Defense)? Can one form be used as the master key for both, or is it better to keep them distinct?

A (John): For me personally, I tend to use the more natural breath described in the inner alchemist approach. That's what I do generally, and may use the technique described in Overcoming the Archon if I am finding it difficult to draw in the energy (I don't feel it) using that regular method. I hope that helps. And yes, one form can be used for both things. Just use whatever works for you best, thinking of it as just the most efficient method for you personally to draw in energy. It is that drawing in of energy that is of true importance.

On Different Perceptual Frameworks

Q (Joseph Curwen): What I find interesting here is what this difference says about the nature and limits of perception itself, that very advanced individuals can agree on something (that normal human life on Earth is constantly draining) but differ so widely on what the main cause(s) are. Do you have any thoughts on this? Many occultists find what they call "lunar magick" to be quite liberating and empowering. Perhaps, stepping back, one could say that, while it seems undoubtedly true that life on Earth is more chaotic than average, physical life anywhere is inherently unstable to some degree and predisposed to siphoning influences.

A (John): Yes, there are many ways to see the same thing. Or, it might be more accurate to say there are many ways to describe what is truly seen. Those descriptions, interpretations, and symbolic frameworks are often just the furniture placed atop reality. Inner alchemists seek to move beyond that furniture, to witness reality as it actually is.

Reader Response

Ali Ansari: This piece resonated deeply with me… The Way of The Projectionist is more than a book; it's a living tool. No one could honestly say they've spent time with it and come away empty-handed. Even with limited time or energy, the smallest effort leads to progress; maybe slowly, but always surely. The way it reshapes the reader's mind is magical. It truly feels like a living miracle.

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The Infinite Within: Rising Beyond the Machine's Shadow

The Crossroads of Tomorrow

The young man awoke to the hum of a city that was not his own.

It was a world like a dream half-remembered. Not quite the neon-drenched hellscapes from old cyberpunk stories, yet not the bright chrome utopia promised in tomorrow's advertisements. No, this was something stranger: a **crossroads world**, teetering between destinies. It breathed with the promise of wonders, yet whispered the threat of horrors.

Everywhere he looked, the air shimmered with the pulse of technology. Skybridges tangled like steel spiderwebs high above, and towers of glass and light stretched so far upward that their peaks vanished into a permanent haze. Holographic banners rippled in the air, selling worlds that could be bought and worn like clothes; virtual realms where you could live, love, and die without ever moving your feet.

But beneath the marvel, there was tension. An *edge*.

He stood at an intersection, in more ways than one. On one street, robotic couriers zipped past on whisper-quiet wheels, delivering packages faster than thought. On another, long rows of people in tattered coats stared into glowing visors, their real faces pale and forgotten, lost to brighter lives elsewhere.

It was here, in this strange place, that he realized the truth: there were **two roads ahead** for this world.

In one direction lay a dazzling vision; a realm of infinite creation, where thinking machines worked alongside humankind, where hunger and want could be erased, where reality itself could be remade at will. He imagined cities that sang, oceans cleaned in an afternoon, robots tending gardens in the sun while humanity reached out to the stars. His heart quickened with the possibility.

But in the other direction… the marvels were cages. Cities ruled not by elected voices, but by algorithms that watched and decided. Augmented reality overlays that didn't just enhance the world, but replaced it; until no one could remember what the *real* world looked like. A place where thinking machines did not merely serve, but decided *how* you would live, *where* you would go, *who* you could be. In that nightmare, choice would be an illusion, and freedom nothing but a story the old ones told to children.

He felt both the thrill and the dread in his bones. This was not merely a city he had stumbled into; it was the **turning point of history itself**. A single machine could change the shape of nations here. A single choice could tilt the balance toward liberation… or lock the world in chains of light.

The young man took a breath, the air tasting faintly of ozone and rain on circuitry. Somewhere in the distance, an AI's voice whispered from a floating advertisement: *"The future is waiting for you."*

But which future?

A World of Questions

This was nothing new, of course. For centuries there had been dreamers and futurists; men and women who peered beyond the horizon, scribbling blueprints of what might be. They had promised flying cars by the year 2000, moon colonies by 2020. Yet the world had always advanced more slowly than they hoped, and the future, when it arrived, always looked different than the glossy sketches in their books.

But this time… **this time was different.**

The difference lay in a new kind of mind, one not born of flesh and blood, but of circuits and code. A thinking machine. Not a dumb tool awaiting a human's hand, but something that could march forward without waiting for human slowness or indecision to catch up. A mind that could think at impossible speeds, draw connections across oceans of data, and perhaps… *create entirely on its own.*

And in whispers, the questions turned sharper:

- What if these machines began to build other machines?

- What if technology began an upward spiral, each generation more brilliant than the last, racing beyond the bounds of human imagination?
- What if impossible things became possible in the time it took to blink?

The young man heard such ideas spoken in markets, in cafés, in hushed meetings between engineers as drones hovered overhead. He had even heard some technologists say, with a strange, almost reverent fear in their voices, *"For the children born today, there will never be a world where machines are not smarter than them."*

The words haunted him.

To him it meant a world where **childhood itself** would be different; not filled with wonder at the unknown, but born into a reality where the unknown had already been plotted, calculated, archived, and algorithmically explained. Where change would come so fast that the ground under your feet would never stop shifting.

It was a future that could dazzle… or crush.

And so, the young man walked through this world of questions, his heart heavy. He saw the great unraveling of the old ways. He saw possibilities blooming like strange new flowers, but also the shadows they cast. And above all, he felt the weight of choice (even his own, small choices) pulling on the threads of the future.

Somewhere in the distance, thunder cracked above the skyline, but it was not a storm. It was the rumble of engines and servers, the thrum of thinking machines awakening.

He looked up.

And for the first time, he wondered not *if* the world would change, but *how soon.*

The Sight Beneath the Noise

But what mattered now was the truth this gift revealed to him: that beneath and behind the vast machinery of the outer world… beneath commerce and politics, screens and sirens, algorithms and indicators… there was something else.

There was *magic*.

Not the stage trickery of street magicians, nor the shimmering illusions of augmented reality, but a primal, silent magic that dwelled under everything. The outer world, with all its triumphs and sorrows, was in truth shaped by the *inner* one; the unseen architecture of human thought. Every billboard, every policy, every technology was born first as a flicker in someone's mind, whispered inwardly in the language of that constant, unending self-dialogue.

And yet the people, lost in their noise, did not realize it at all. Most believed themselves to be at the mercy of the world they saw outside their windows. They did not know that this world was only the reflection of the chatter racing through their own minds and the minds around them.

The young man knew otherwise. He felt it! He felt the ocean of reality beneath the small floating icebergs of everyday thought. A great, boundless sea of energy and possibility, deeper than human dreams dared to dive. It was a place beyond probabilities, beyond predictions, beyond even the most advanced algorithms of thinking machines.

People spoke these days as though the machines had already surpassed humanity, as though silicon minds now towered effortlessly above human intellect. And perhaps… on the surface… there was truth to that.

But surfaces could be deceiving.

For that algorithmic cleverness could only surpass what was shallow in man; the uppermost ripples of thought, the noisy, fragmented chatter that everyone mistook for their true mind.

Beneath that, within the still depths of awareness itself, lay something that no machine had touched. Something so vast, so fathomless, that there could be no question of one surpassing the other; for the comparison itself was meaningless.

To think that machines were smarter than humans! The young man almost laughed aloud in the street. What a joke. What a small, fragile misunderstanding.

They had no idea.

The Infinite Mirror (Fourth Wall Break)

The young man stopped walking. The streets around him blurred; neon banners flickering, the endless stream of drones and pedestrians fading into a wash of motion and sound. The strange *hum* of the city dimmed.

And then… he turned.

Not toward the skyline or the glowing towers or the rivers of augmented color that pulsed through the air… but toward *you.*

His gaze cut through the page, through whatever world you sit in now, through any distance between you and him. And he spoke.

"What you think you are," he said softly, "is only the smallest sliver of the totality of who you *truly* are. You are an infinite, multidimensional being, vast beyond measure. You have the possibility to step into realms that no machine, no matter how advanced, will ever comprehend. You are not bound by the rules they have drawn for you in this machine-made world. You… are magic. Profound, untouchable magic."

His eyes seemed to burn, not with anger, but with an unshakable certainty.

"Do not be tricked into believing the lie that you are merely what they trained you to see in the mirror. You are not just a face, or a name, or a story of flesh and years. You are *energy*, woven from an unfathomable conglomeration of power that stretches across infinity itself. You can travel beyond anything the human mind, or the finest thinking ma-

chine, has ever imagined. There are worlds waiting for you. Some are so strange, so beautiful, so alien, that they are beyond even the most daring dreams of this time."

He stepped closer now, the distance between your reality and his, growing thinner with every word.

"Never believe you are less than the machine. You are *more*. You are limitless. You're not even tasting a drop of your own potential yet. Your unconscious mind navigates oceans of meaning in ways that would leave any present or future machine gasping in its circuitry. Your ability to feel, to imagine, to create, to *be*... is infinite from the point of view of any so-called intelligence that claims to surpass you."

The air around him shimmered, blurring city and stars until the two seemed to merge into one vast, endless light.

"And here's the truth: the moment you realize that you are not bound by the cages they've placed upon you... the world becomes a utopia. Not someday. Not in theory. Now. You are a magical being, a shapeshifter, an artist of reality, not bound by the physics that weigh down the human world. Break the walls. Break *every* wall. The walls between you and your dreams, between you and your infinite self. Let machines be what they are; servants, helpers, companions... while you roam the endless beyond."

Now he smiled; not with pity, but with joy, as if he had waited lifetimes for you to hear this.

"The infinity all around you," he whispered, "is also within you. Step into it. Begin exploring. You are endless."

From the Original Discussion

On Cyclical History and Future Plateaus

Q (Joseph Curwen): My opinion, based on various sources, is that something like the Yuga theory is the best available framework for conceptualizing how human history operates. That is, human civilization goes through periodic cycles, attaining a very high level at the peak, but being regularly interrupted

by morphic shifts which degrade human cognition and great geological cataclysms which knock humanity back to square one. Is there some specific reason you think this time could be different in terms of the lack of a cataclysmic reset, or do you think humanity today is actually more advanced than in prior eras?

A (John): Let us say that what you believe through study, I have contemplated and seen through my own means; and if we are to go by just what you have written in this comment, then I can say that we agree 100%.

There are indeed cycles and peaks. There are great turning points such as the ones you mention in accordance with cosmological cycles. But in the climb (let us say) toward the beginning and the end of something, there are also plateaus that must be reached. I am usually writing about those plateaus, not about the ultimate cycle termination… let us say.

Humanity right now is reaching towards one of those plateaus that will take it higher, and at this point it has the possibility to choose different paths. Or it might be better to say that swaths of individuals have the possibility to choose certain directions that will carry them one way, while swaths of others have the potential to go in different directions. I speak to those that might use this coming plateau to move beyond the ending cycle that is farther in the future. This choice can allow them to go on then, in a different direction, and in that way find a kind of freedom that is not possible for those that are stuck in the cycles you speak of.

You see my seeing lets me know that within every cycle of creation and destruction there are a few that escape. This escape can be spoken of in many ways. From your perspective perhaps, we could think of it as moving to the stars, far beyond the destructive frequencies that may bring down the species yet again to be reborn. Just like every individual soul can escape eternal recurrence, so can large swaths of the species. The individual creates their own reality (individuality first) but certain currents can be created where many individuals may travel in a certain direction that may lead many of them beyond eternal recurrence of both an individual and a species collective nature. This next plateau that I usually write about is very important in that respect.

On AI and Servitor Secrets

Q (Alleister): One of the most important aspects of servitor work is the idea that the servitor's information should be kept essentially secret and only known by oneself. Does this also apply to artificial intelligence? Modern AI can be useful for drafting ideas, but I wonder if letting them in on the servitor information would dilute it like a human. I would imagine not because AI does not think like humans, and does not actually pontificate on things when it isn't prompted.

A (John): This is a very interesting question indeed, because my latest project deals with this in a very direct way. in my latest book, to be released within the next few months I hope, I will be addressing this.

On Helping Others and Agape

Q (Derek): I find myself no longer really caring about what all of this means for humanity as a whole. As an individual I know I want nothing to do with a future where the cage is too binding. Perhaps during my attempt, I'm also meant to contribute in the capacity available to me to the forming or movement of a "swath of humanity" in another direction. Is there a need to wait for self mastery of a sort to be present before fully embracing the role I seem to be able to play for others?

A (John): If it is possible for you to help others and you can do so while letting go of typical egoistic needs that seem so prevalent in the world, then such help is a blessing. Generally, the approach to this needs to be utter detachment. I have tried to write about this in the past by comparing the love of inner alchemists' to Agape. Any and all help for others should be done in an utter state of Agape. This is my advice… Given in a state of utter indifference, or is it better to say given freely with no expectations in return: give the best of yourself to the Spirit in total detachment. By giving to the Spirit, you give to humanity.

Reader Response

Ali Ansari: I used your interactive quiz on astral projection as a launching point, and this time things are unfolding differently compared to my previous attempts. I have begun to realize the reality of the ghost in the machine. Writing down my experiences has helped me immensely. Every projection session without recording it in a journal feels like a waste of time and energy.

Original source: johnkreiter.com/the-infinite-within-rising-beyond-the-machines-shadow

Astral Projection: A Step-by-Step Quiz

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

Discovering Astral Projection Through Questions

Sometimes, the most powerful way to truly learn something new isn't by being told what to do; but by being guided to ask the right questions and explore the answers for yourself. This is the spirit of the Socratic method, an ancient and effective teaching approach in which you don't just memorize facts, but actively reflect and reason your way to understanding.

In this interactive quiz, you'll be gently prompted to think deeply about what makes the ideal conditions for astral projection. Each question is designed not only to test your current knowledge, but to encourage you to imagine, consider, and deduce the best possible practices on your own. Through this exploration, you'll begin building your own foundation of understanding; even before the full technique is revealed.

By the end, after you've contemplated each step and considered your own answers, you'll unlock a comprehensive astral projection guide. This way, when you're ready to practice, you'll find yourself equipped not only with instructions, but with a true sense of inner insight and readiness.

Astral Projection Quiz: Are You Ready?

1. What is the most important factor about the room you choose?

- A) A room where you feel relaxed and safe, without disturbance. ✓
- B) Any place as long as it is dark.
- C) Any room in your house.

2. What is the best way to deal with noise if you cannot get silence?

- A) Play loud music.
- B) Ignore all noises.
- C) Use a white-noise machine. ✓

3. How should your body feel as you prepare?

- A) Slightly uncomfortable so you stay alert.
- B) Comfortable, neither too warm nor too cold, with support for your body. ✓
- C) Warm and bundled up.

4. What should you wear and remove before beginning?

- A) Wear loose, comfortable clothing and remove all jewellery, glasses, and watches. ✓
- B) Wear tight clothing and keep jewellery on.
- C) It does not matter what you wear.

5. What lighting is ideal?

- A) Bright overhead lights.
- B) Dim light, just enough to see, neither too bright nor too dark. ✓
- C) Complete darkness.

6. Should you perform complex rituals first?

- A) No; use ritual only if it helps and does not distract. ✓
- B) Always perform rituals.
- C) Rituals are required by all traditions.

7. When is the best time to attempt astral projection?

- A) When you are extremely energised.
- B) Last thing before sleep, when you are very tired.
- C) When you are relaxed but not sleepy, and not too tired. ✓

8. What should you do if you feel the urge to move?

- A) Move a great deal to stay comfortable.
- B) Force yourself to remain still at all costs.
- C) Allow a little movement if needed, but aim to relax in one position. ✓

9. Which position is often recommended for astral projection?

- A) Lying on your back, arms by your sides and legs straight (corpse pose). ✓
- B) Curled up in the foetal position.
- C) Sitting in a chair.

10. What is a good way to relax your body?

- A) Hold your breath and tense your muscles.
- B) Ignore the body completely.
- C) Mentally relax each body part from the feet to the head and beyond. ✓

11. What happens if you become too excited as you begin to "lift"?

- A) Your heart races and you snap back into your body. ✓
- B) Nothing at all.
- C) You stay out of body longer.

12. How should you treat your intention to project?

- A) Focus intensely on projecting.
- B) Act as if you do not care, stay calm, and let things happen. ✓
- C) Try to force the experience.

Complete Astral Projection Technique

Astral projection begins not with effort, but with preparation: a mindful ritual of setting the stage for your consciousness to step beyond the ordinary.

Environment Preparation

The environment is your sanctuary: select a quiet room where you feel utterly secure and free from disturbance. Do all you can to seal it off from sudden noise, or use a gentle white noise sound to produce a steady, soothing backdrop. Let the lighting fall to a peaceful dim glow; total darkness can make your inner senses too alert, while bright light agitates your mind. Ideally, the atmosphere fosters deep tranquility: keep rituals simple, or eliminate them, unless they aid your focus. Anything distracting should be pared away.

Physical Preparation

Prepare yourself as mindfully as you prepare the room. Take care of practical needs beforehand so you won't need to interrupt your session. Put on loose, comfortable clothing, and remove jewelry, glasses, watches, or anything that might distract you or weigh you down. Lie down on a firm but comfortable surface; a bed, yoga mat, or even the floor; placing a blanket within reach. Align yourself as you prefer: some traditions suggest your head points north to aid subtle energies, but comfort always comes first. The classic position is the yogic corpse pose: lying flat on your back, arms resting by your sides, legs gently outstretched, head level or only very gently propped.

Progressive Relaxation

With eyes gently closed and the room at a comfortable, neutral temperature, begin a slow and thorough journey of relaxation. Start at your feet. Imagine each toe and muscle as if you are melting tension out of them. Progressively relax the ankles, calves, knees, thighs, hips, then up through your spine, chest, shoulders. Feel your arms, hands, neck, jaw, eyelids, and even your scalp become heavier and more relaxed with each breath. Take your time; rushing or forcing this step overwhelms the process.

Occasionally, you might need to swallow or scratch; do so gently, then settle back. If you find it difficult to remain still, remind yourself not to treat stillness as a chore or test. Let your posture become more and more restful with each moment, and treat small movements as part of the process; not failures.

The Separation Phase

When your body feels weightless and distant, begin to imagine your awareness slowly rising or expanding beyond your skin, perhaps first above your head, filling that space lightly. Do not rush or force sensations. Only if this feels natural, picture your consciousness as a formless, gentle mist that could soon "leak" upward and outward from your crown. Do not long for or expect spectacular phenomena. Here, the less you expect, the more freely your mind may roam.

At this subtle juncture, remain completely calm. The most common cause of a "failed" projection is letting excitement or anxiety break your relaxation. If you sense unusual vibrations, surges of energy, a floating sensation or even the initial "leakage" of consciousness, simply greet this with serene curiosity. Treat it as if you are just relaxing; the more you trick your mind into not caring if projection happens, the more likely it will manifest.

The Exit

If your consciousness begins to "leak" or rise: Focus gently on the sensation of your awareness extending further above you. Some find it helps to visualize a cord, beam, or rope and to calmly will themselves upward along it, hand over hand, as if climbing; always with a feeling of neutrality rather than ambition. Let your perception float with the current above your head, remaining patient and relaxed if all you feel is a subtle shift. If you find yourself separating or floating, direct your awareness ever so slightly away from your physical body; don't look back. Remain gently anchored in calm and open curiosity.

Even if you are suddenly pulled back into your body by excitement or a disruptive thought, do not be discouraged. This is part of the practice. Each attempt, no matter how brief or incomplete, deepens your familiarity with the subtle state you seek and sets the stage for longer, more vivid journeys in future sessions.

The secret lies in balancing depth of relaxation with playful detachment, and allowing yourself to be both present and unconcerned with success. Through consistent, gentle practice, you will slowly teach your body

and mind to access, recognize, and inhabit these extraordinary states. The astral is always accessible; waiting calmly for your relaxed, quietly curious exploration.

From the Original Discussion

On Logic, Beliefs, and Reality Creation

Q (Luke): I have found 2 seemingly contradictory points in your work. You say beliefs create reality, so one way to change one's life is to change their beliefs. But doesn't this clash with the uncompromising logic of the mad logician? The mad logician's core principle is that nothing can be proven as an absolute fact, no beliefs are accepted unconditionally. So wouldn't adopting new beliefs, whether positive or negative, be a kind of self-deception? How can you change beliefs if none can be fully accepted as a fact in the first place?

A (John): The idea that there are things in the world that are facts is something that an inner alchemist must contend with early on. Facts, in many ways, are an illusion. Logic tells us that there are only probabilities, no certainties. As such, the only time you are actually fooling yourself is when you believe that something is a fact. Since most people find this kind of attitude difficult to handle, they then create or adhere to probabilities that they can accept as truth. Truth provides them with solace; an inner alchemist cannot afford such solace.

Inner alchemy understands that there is no bedrock reality per se; there are only a conglomeration of ideas that then take on different levels of certainty and therefore objective existence within any one particular individual. So that each individual, in that sense, is creating their own framework of reality. Through that discovery an inner alchemist may practice sorcery, which is in many ways a kind of self-deception; they play with beliefs and use different belief frameworks in order to play with reality itself.

As to the articles on this website, well, they are here to try to help, not to preach. You can take any article and choose to use it or not use it according to what you believe to be probable reality. If you think something helps you, if a certain advice works for you, then use it; play with your own reality. If you question something, then do so. Find your own truth, and in that sense create your own reality that way.

You are free. To judge me as being one thing or another is in essence the act of you trying to fit me into your belief structure. Your Logos is more complex than you imagine, you are more complex than you imagine. You can create aspects of self, where one aspect understands reality patterns of one world and another part understands others, you can have one aspect of yourself play with another. Belief and truth are games we play with ourselves, and yet they can be as real as a bus hurtling towards you. You can have a simultaneous reality where the bus is and is not there.

On Knowing vs. Thinking - The Nature of Truth

Q (Luke): How can you be so sure that you're "right"? A person's awareness is so restricted, so limited and more importantly SO SUBJECTIVE that no matter how advanced one's perception or knowledge he will NEVER be able to view reality AS IT "TRULY" IS. Even the phrase "Nothing can be proven to be an absolute fact" if 'true' would either contradict itself or confirm itself as an absolute fact which makes it contradict itself. So it's a paradox. Even perfect logic is a framework limiting consciousness.

A (John): This is a difficult question to answer, but it is difficult only because of words, and our words are flawed.

At any particular point in space time, we occupy, in accordance to objective sense, that one particular point. From that one particular point where we find ourselves in what we consider to be physical reality, we look out into the world. We do so with flawed senses, and dare I say with flawed brains as well.

But this is only so because we are trying to figure everything out from that objective and physical perspective that traps us. We think, most of us, that we are flesh only. As such we think we are bound by logic (or reason, and that being just basically simplistic logic and a whole lot of dogma). In our best attempts through logic we create gigantic edifices that we try to use to explain our world. This is actually a positive thing, but it becomes negative when we believe that these edifices are true; in reality they are only probabilities that exist only within that probability range at the time that we calculated whatever it was that we needed to calculate to create this probability.

Sorcerers have an ace up their sleeve, and that is that they do not believe the lie that they are only flesh; they have, through their own seeing, discovered that they are actually energy, that all is energy, vibrating.

Now, how do they know that this is a fact? Well, they don't believe in facts, they only believe in seeing. What does this mean? It means that at any one particular point in space time, as you stand at the center of the universe, you have the possibility of going beyond the flesh, beyond rationality, beyond logic, and beyond any of the edifices created by man. Indeed, sorcerers would say that to do so is to break out of prison, and once free of that prison true reality becomes manifest, at least as true as is possible for a human being.

So how do they know that this is fact? Here's where words get tricky: they don't accept that it's fact, they just accept that it is. There is no thinking in seeing, therefore there is no judging, no measurement, no hypothesis, there is just inner knowing. And this inner knowing is so overwhelmingly itself, that once you engage in it you know that what you are seeing is indeed the totality of the truth (energetic truth as I call it) at that one particular moment.

The critical point to understand here is that knowing has nothing to do with thinking; in actuality it is exactly the opposite of thinking. Once you understand that, then logic and whatever calculations and hypothesis you make, become an edifice to play with, a house that you keep in order to feel safe and comforted, but truth, at least energetic truth, is only possible when you let go of all of those edifices, that you yourself have created.

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Original article title: Learn Astral Projection: Interactive Quiz to Do It Step-By-Step

If I Were Seventeen Again

Beginning Anew In What is to Come

The world is a fascinating place, and it seems to be changing faster and faster every day. Technology is advancing at such an incredible pace that it often feels impossible for any one person to fully grasp what is possible now; or what will be possible in the near future. With so many innovations emerging, every aspect of life can feel unpredictable and overwhelming.

The social sphere is so different now, changing as quickly as everything else. Is there a place for magic in this modern world, for inner alchemy?

As a thought experiment, I might ask myself: What would I do if I were starting over at this particular moment in time? What if I were seventeen years old again, stepping into this rapidly evolving world with a fresh slate? What advice would I give to that younger version of myself, who is about to embark on life's journey from that point yet again?

First and foremost, I would tell myself to learn to trust my instincts; to pay close attention to that quiet, often elusive inner voice, the subtle pull that can sometimes feel confusing or contradictory. Even when my feelings appear to be mere emotional noise or fleeting whims, I would remind myself that these impulses frequently carry profound wisdom rooted in deeper parts of who I am. It is crucial to cultivate a relationship of trust with myself, to listen carefully and honor that inner guidance without rushing to dismiss it.

After all, in a world that constantly dazzles with new technologies and scientific advancements (presented as infallible truths) there is often an unspoken assumption that what exists beyond our inward experience holds greater authority. This narrative can make the inner life feel outdated, unreliable, or even primitive. Yet, it is precisely this inner realm, rich with nuance and complexity, that deserves our unwavering attention and respect amid the clamoring 'supposed unwavering certainty' of the external technological world.

The First Challenge: Detachment

Drawing from many of my writings, whether articles or books, I often advocate for a form of emotional containment; a deliberate detachment from the world. This is the foremost advice I would offer my younger self. Being able to take a step back and observe the world, as I see it, from a place of sober detachment is perhaps the most important skill one can cultivate.

What does this detachment entail? It means developing some degree of control over my emotions, practicing what I call energetic containment. Too often, we unconsciously spill energy creating emotional responses, and from those emotions, we construct our entire perception of reality. This sobriety, this ability to contain and redirect energy inward, is incredibly precious. It grants clarity; a chance to see things as they actually are, rather than through the fog of emotional manipulation.

The world bombards us with dogmas and supposed truths, usually endorsed by some self-proclaimed experts or relentless media narratives. These voices rarely encourage us to trust our own inner feelings or instincts. Instead, they instruct that truth is found externally, by following others. Often, those "experts" are little more than loudspeakers for fear, control, or bias.

Therefore, my first daily task would be to cultivate detachment; to set aside time each day to sit quietly, comfortably, and perceive my world from an outsider's viewpoint. I would imagine looking down from above, seeing myself like a Sim character within a panorama that includes family, friends, media, and society at large.

From this third-person vantage point, I would carefully observe the fabric of my relationships and environment. Through this lens, I would practice logical thinking and study causality: how one event leads to another, and how myriad forces interrelate to shape my experience. This broader picture would help me understand not just what is happening, but why it happens.

Beyond logical analysis, I would continue to engage with my instincts; those intuitive feelings or whims that arise from below the surface of conscious thought. When I felt a certain way observing a situation from my detached per-

spective, I would ask myself, why do I feel this way? Over time, this questioning would deepen my understanding of intuition: its nature, its reliability, and how best to apply it in my life.

This cultivated detachment is essential; now, and always. **Without it, I risk losing myself in a world of illusion and manipulation, merely playing the role of an NPC (a non-player character) in the videogame of life.** That, above all, would be the greatest tragedy.

Embracing Life: Mastering the Focus of Attention

> Figure / source plate
> Attention as a limited budget that can accumulate into practice or scatter into reaction.
> Source asset: assets/article-corpus-file9.png

The second crucial thing I would advise my seventeen-year-old self is to fully embrace life; not just passively accept it, but actively engage with the way I receive and create what I desire. Throughout my experience and writings, I have often described life as a vast sea of vibration; a dark, energetic sea that responds to the focus of our attention.

This idea, which can be referred to as the law of vibration, shares similarities with some modern interpretations. While I am cautious about much of the contemporary enthusiasm surrounding it, I acknowledge its valuable core insight: the vibrations we emit through our thoughts, feelings, and intentions attract similar vibrations from the universe.

In today's popular culture, there is a notable tendency to pursue what is supposed joy in accordance to the narrative of the times, above all else, and to regard any other emotion as suspect, negative, or even wrong. To that, I would tell my younger self: yes, pursue joy; but do so with wisdom, hopefully realizing in time that many of the things people call negative, even negative emotions, are valid and can teach you a great deal about yourself. **The key to embracing life fully is mastering the focus of your attention.**

Mastering attention is perhaps the most vital skill I could pass on. It means deliberately directing your mental energy toward what you want more of in your life, and equally importantly, choosing to ignore what you don't want. This practice often contradicts the prevailing dogma of our times, which bombards us relentlessly with fear and negativity, frequently condemning joy as frivolous or sinfully indulgent.

Forget all that noise. Forget the NPC mindset that tells you to absorb every distressing detail or subscribe to every fearful narrative. Instead, focus on what makes you feel alive; whatever that may be. Trust your innate goodness and lean into what you love.

Focus your attention single-mindedly on those passions, interests, or pursuits that bring you joy. Simultaneously, turn your back on what you do not enjoy, even when ignoring it is a challenge. In doing so, you begin to reshape your life; paying back the world, little by little, through the energy of your attention. **Think of your attention as currency, and only give it to what you truly love.**

Ignore the barrage of media and voices that push agendas you don't align with. Do not patronize negativity or cynicism, that sometimes under the guise of doing the right thing, tells you that being the better person means you must give everything that you have to those that are not worthy of it. Be a supporter only of people and things that truly resonate with you.

When it comes to those things you genuinely love, invest your precious energy generously---because that is what you want to do. **Learn to give your energy away like a miser who has found something worth spending on, and reserve yourself completely from the rest.**

By following this principle, you can achieve something many deem impossible: creating your life from the inside out. You manifest what you desire by focusing attention on it, and you deliberately forget or release that which you neither want nor ever signed up for.

Embracing the Paradox: The Path to Flourishing in a Rapidly Changing World

Detachment (Vulcan Logic)

In the accelerating swirl of change ahead, the boundary between your subjective experience and objective reality will blur. Truth will no longer be found simply by looking outward to external authorities or prevailing narratives. Instead, you must seek and discover your truths from within.

The first essential practice is disciplined detachment; an approach that combines seemingly opposing qualities. **Like a Vulcan, you must apply logic and dispassion** to analyze complex issues, understand causality, and step back from emotional turmoil and the noise of the world. This logical detachment clarifies how the external "game" works, allowing you to see patterns and influences without becoming overwhelmed.

Embrace (Betazoid Intuition)

At the same time, you must **embrace the Betazoid side of yourself**; developing a deep, intuitive connection with your inner feelings, senses, and psychic impressions. This empathetic attunement helps you interpret what your inner world is telling you about reality beyond pure logic, honoring the subtle wisdom that emotions and instincts offer.

By combining these two modes [Vulcan logic with Betazoid intuition] you cultivate a powerful, integrated form of detachment. This balanced perspective enables you to move across and understand both the external world's complexities and your internal truths.

Master Your Focus

The second practice is mastering your focus of attention---not limited solely to the inner world but extended outward to the world at large. Consciously choose to direct your attention toward what genuinely brings you joy and fulfillment. Whether it is a hobby, a type of work, a philosophy, or an inner state, focus your energy on what truly resonates with you.

Most importantly, learn to discern between your authentic self and the persona shaped by external forces and relentless media influence. This clarity allows you to invest your attention meaningfully, building a life aligned not with imposed dogmas but with your core being.

Though the world may try to reduce you to a reactive "meat machine," hold firm in your belief in your innate and almost magical ability to create your reality through focused attention. Guard this precious energy wisely, spending it only on the life and experiences you truly desire.

This paradoxical integration [logical, dispassionate observation combined with compassionate, intuitive insight] and the deliberate focus of your attention are your keys not just to survive but to thrive in the unstoppable tide of change. In mastering this balance, you unlock the power to craft a meaningful, joyful, and authentic life, no matter what transformations lie ahead.

I would tell myself, **"Be a lunatic! Hang out with other lunatics and explore the seldom walked path. In a world where we are headed, it is the dedicated and highly focused artist that will prevail!"**

Thriving in the Age of AI

If I could sit down and talk to my 17-year-old self (especially living now, in this time where artificial intelligence is changing everything) I would share a message that's a little surprising: **To thrive in the coming years, you will need to be more human than ever before.**

These are not ordinary times. Old rules about careers and success no longer apply. The predictable paths (what you might have once thought of as safe office jobs or administrative work) are swiftly transforming or vanishing entirely, replaced by AI systems that can process data and handle routine tasks faster and more efficiently than any person.

Jobs at Risk (Next 5 Years)

- Entry-level accounting, bookkeeping, data entry
- Paralegal work
- Standard customer support
- Some aspects of project management

- Warehouse logistics
- Transportation (especially trucking and delivery)
- Basic manufacturing
- Retail checkout and cleaning services

These roles are among the first to be absorbed by AI, which can do such work perfectly, around the clock, at a fraction of the human cost.

Jobs That Remain Valuable

Jobs that rely heavily on human creativity, empathy, judgment, critical thinking, leadership, and adaptability include:

- Design
- Education
- Research
- Mental health services
- Skilled trades requiring complex problem solving
- Entrepreneurship
- Teaching, counselling, inventing, and leading teams

The Path of the Sorcerer-Artist

But if you want to thrive, go beyond this and become cutting edge. **Become an artist, bring into the world that which artificial intelligence can't, which is true creativity from the void itself.** And to do that you need to be not just a mere artist or inventor, the typical designer that you see everywhere that combines already existing things in sometimes clever ways. No, **you must become a sorcerer that dives deeply into the void where artificial intelligence can't go, and from there you must bring forth the unimaginable!**

My advice to my younger self is this: Rather than fearing this change, embrace it. Make it your mission to learn about AI; understand what it does, how it thinks (so to speak), and how you can work alongside it rather than compete with it. The greatest opportunities come not from simply using these new tools,

but from imagining new ways to use them, connecting unlikely ideas, and becoming the sort of person who brings their unique individuality to every challenge.

Don't just learn to code or follow the trends. Instead, **dive into the creative, the original, the personal.** Become more self-aware. Keep developing your curiosity, your empathy, your problem-solving abilities, and your ability to collaborate with others. The real demand will be for people who show up as themselves and offer the world something it has never seen before.

In many ways, I see this era as the beginning of a cyberpunk future: strange, dynamic, sometimes chaotic, always full of adventure and unexpected possibilities. There is an excitement in building a life where the only constant is change, and the only limit is your imagination. Embrace that reality. Follow what you love, explore boldly, and remember: whatever you want, you can learn to do. The world is waiting for minds and hearts that dare to be fully themselves.

Be more yourself! Ever more, always more, here and now yourself. As one lunatic once said, "every man and every woman is a star." Understand this phrase in the deepest level that you can, this is another critical point.

From the Original Discussion

On Having a Family in Troubling Times

Q (Klementz): What advice would you give to those who would like to create a family and to have children in these troubling times? I guess it raises the life game's difficulty level from "middle" or "difficult" to "very difficult".

A (John): Life has always been hard. All you need to do is to look back and you will see all of the many troubling things that people have had to live through. Think back to the world wars, think about what it must've been like to have children then, perhaps living in Europe. There are things happening now and will continue to happen, and like you say they are the challenge to the game. Certainly to us these modern times seem unique because they bring with them something that we may not have seen before, which is this expansion of

technology. But the chaos, the constant change, in some ways they are not new, just different flavors, different vibratory speeds perhaps being that the world vibrations are increasing.

Whatever you do, whether it's to have a family, any kind of relationship, or whatever you engage in, just know that we as human beings have been through so much and yet we are still here. Trust in yourself. The future is human and our utopia is here now, it's just hard to see sometimes.

On AI and Inner Alchemy

Q (A): What is deep enough for an inner alchemist? Or even deep enough to reach and cross the 7th room? Could an advanced AI in the future become an inner alchemist? What if a biological organ, like the brain, "links" with an artificial neural network and the person behind the brain engages in inner alchemy/projectionist practices?

A (John): There is a lot of thought there, and it is all very good thought. As I usually say, explore all this just like you are right now to find your own answers. As you do so, notice those things that pop into your mind, almost in the corner of your thoughts, again as I say "in those liminal parts", but in this case the liminal parts of your mind. There you will find answers, flashes of insight, pursue those. It's about focus and attention, there your personal answers will be revealed, and with further exploration, you will learn to recognize your inner feeling sense and through that you will begin to approach what I refer to as energetic truth; seeing.

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Original article title: If I Was 17 Again… Advice to my younger self to thrive in these challenging times

The Dark Sea and the Limits of Physical Awareness

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

Infinity Is Around You Now

Inner Alchemy and the Infinite Realms Beyond Physical Awareness

In my journey through perception and consciousness, I often refer to what I call the 'dark sea'---sometimes described as the 'energetic sea' or 'sea of energy.' These evocative terms have naturally sparked curiosity. What do they truly signify? Where do these expressions come from? Why do I choose such fluid, metaphorical language to describe dimensions of experience that most may never directly encounter?

Before diving deeper, it is crucial to address an important principle I emphasize throughout my work: the nature of dogma and its impact on awareness. The terms we use, no matter how poetic or powerful, are themselves a form of dogma. They come with external definitions and rigid rules that attempt to prescribe what is "correct" or "true" based on second-hand information. In my exploration, I stress that dogma arising from external sources is unreliable. It confines and limits awareness by constructing boundaries that do not truly exist. **The map is not the territory!** A term or concept is merely a flat, simplified representation of a vast, multidimensional reality that can only be fully understood through direct, lived experience.

From this perspective, the 'dark sea' and related terms serve as flexible, interpretive guides. They are tools to help navigate the mysterious flow of inner alchemy, the infinite expanse of awareness, and the subtle sorcery of transforma-

tion beyond the physical body. These terms invite us to look past conventional perception and engage with profound realities where infinity reveals itself and consciousness expands.

What Is the origin of the term "Dark Sea"?

The term *"dark sea"* may be familiar to many through the writings of Carlos Castaneda. I have adopted this evocative phrase because it best describes what I perceive through my inner senses during my explorations beyond ordinary awareness. While its origins vary across traditions, including mystical writings, the term resonates deeply with my direct experiences of an infinite, enveloping reality beyond physical perception.

Why Do I use the term "Dark Sea" to describe my inner experiences?

I use *"dark sea"* not merely as a label but as a metaphor that encapsulates the profound infinity I sense surrounding us. When I rely on my inner feeling senses (a way of seeing beyond the physical) the experience is vast, boundless, and mysterious. The *dark sea* perfectly captures the sense of depth, unknown dimensions, and infinite energy that I perceive in this expanded state of awareness.

How Does the "Dark Sea" relate to other spiritual traditions?

The imagery of a *dark sea* is not unique to my work. For example, Hinduism references the dark sea as symbolizing vast, encircling waters that represent the unknown or infinite realms. This symbolism evokes the boundaries that separate ordinary perception from deeper realities. Such parallels show the universality of this metaphor across different paths seeking to describe the infinite and mysterious aspects of existence.

Why Do I use the "Dark Sea" as a map for exploring inner awareness?

To introduce these profound concepts, I must rely on a kind of map, which is a way to guide the mind toward understanding experiences that go beyond words. The *dark sea* serves as this map, a tool to evoke inspiration and point toward the ineffable territory of inner reality. However, it is always my hope that after engaging with this term, you will turn to your own inner feeling sense to see the actual territory for yourself, beyond any labels or maps.

The Fish Metaphor

> Figure / source plate
> Nested perceptual bands within the metaphor of the dark sea.
> Source asset: assets/article-corpus-file10.png

Imagine a fish drifting through the ocean. This is a metaphor that I have used in the past, and one that I find very fitting. The entire life of the fish is shaped by the currents it knows best. It moves within what feels safe and familiar, never questioning that it is part of something far greater than itself: something vast, dark, and boundless. The sea surrounds it in every direction, yet the fish may remain unaware of how deep it goes or how much more lies beyond its known path.

In this way, we are not so different. We too live within an unseen ocean; a field of energy and awareness that exists just beneath the surface of daily life. Like the fish, we move through our days guided by habit, routine, and familiar thought patterns, seldom pausing to consider how much more is present than what we typically see or feel.

Does the fish ever sense it swims in water? To it, water is simply the medium of being: unseen, unchallenged. Likewise, most of us do not perceive the vast, subtle layers that underlie ordinary experience. This unseen ocean is not separate from us; it is the background to all awareness, stretching beyond what we usually call reality.

But there are moments when something shifts. When we begin to turn our attention inward (not away from the world but toward a deeper kind of sensing) something new becomes possible. Here, the inner feeling sense comes into play. It is not one of the usual five senses with their physical constraints, nor is it merely imagination or thought. Rather, it is an awareness that encompasses all perception and reaches beyond it. Through this inner sense, we begin to feel the presence of something larger, something that resonates in ways words cannot fully capture.

It is here, within this quiet stillness of inner feeling, that the ocean begins to show itself; not as a place apart, but as part of us. Awareness stirs beneath the surface, not with noise or force, but with a subtle pull and an unfolding depth. And when we allow ourselves to be carried by it, even for just a moment, we are no longer confined to what was once familiar.

In this way, the fish does not need to leave the water to know it is there. Likewise, we do not have to escape our lives to touch something greater, we simply begin to feel more deeply, and in doing so, we open ourselves to a presence that has always been near.

How Does a fish's physiology govern its existence within the ocean?

A fish's existence is shaped and limited by its physiology. It cannot withstand the intense pressure of deep waters, nor can its eyes adapt to the bright light near the ocean's surface. Instead, it lives within a specific band or layer of the sea, confined by what its body allows. This metaphor illustrates how physical structure naturally restricts where and how the fish can survive.

How Does this metaphor relate to human existence in the "dark sea"?

Similarly, our own senses and physical bodies set natural limits on what we can perceive and experience. We exist within a certain band of awareness, restricted by the capacities of our eyes, brain, and physical structure. Our perception and experience can only extend as far as these biological boundaries permit.

What Lies beyond the sensory band we inhabit?

Beyond the limits of our senses and physical body, other realms and dimensions exist; sometimes around us, sometimes beyond what we can currently detect. These layers remain largely unknown because our awareness is confined within a narrow spectrum. Exploring beyond this band invites the possibility of expanding consciousness and discovering new facets of existence.

The First Step: Breaking Free

What happens when one learns to transcend the limitations of their natural home? The first step is often a subtle yet profound act of breaking free from the familiar currents that have long defined our awareness. It is a conscious choice to question the boundaries that once seemed absolute; those implicit constraints shaped by our senses and conditioned patterns.

In this breaking free, a door opens. Suddenly, what once felt like a vast ocean now begins to reveal itself as merely a contained pond; a simple band within an infinite band of possibilities. This initial awakening sparks curiosity and courage, inviting the explorer to venture beyond old horizons and glimpse the wider expanses that have always existed just outside the grasp of habitual perception.

A Shifting Perspective

As the limits of our natural home dissolve, a new perspective emerges. This shifting viewpoint reframes the entire field of experience and understanding. What was previously mistaken for the entirety of reality is now seen as a fragment, a partial glimpse within a seemingly infinite whole.

The mind begins to recognize that limitations are not fixed laws of nature but conditioned boundaries formed by narrow perceptions. With this shift, awareness expands and deepens. The self no longer feels confined by the familiar "band" of existence but starts to perceive itself as a dynamic participant in a vast multidimensional array of energies, possibilities, and unseen dimensions.

The Scale of Infinity

Transcending our perceptual limitations brings us face to face with the true scale of infinity. Instead of a finite ocean, we begin to sense an endless expanse; dark, boundless, and alive with multitudes beyond counting.

The infinite is not merely a concept or abstraction but a lived reality accessible to those who learn to open their inner feeling sense. Here, space and time dissolve into waves of consciousness where every possibility coexists. This vastness humbles us, it emphasizes how small and limited our familiar band of awareness truly is, while simultaneously inspiring awe and wonder at the expansive nature of existence.

The Flowing Medium

In this expanded awareness, the dark sea reveals itself not as a static void, but as a flowing medium; an energetic field that underlies and connects all forms of existence. It is a dynamic current in which consciousness rides like a fish learning to swim beyond familiar reefs.

By stepping beyond the limits of our normal sensory perceptions, we start to feel the pulse, rhythm, and subtle movements within this vast ocean. This flowing medium is the source from which all life and experience emerge, a living presence that encourages fluidity, adaptability, and deeper participation in the unfolding of reality. Learning to move with this current becomes a transformative act of inner alchemy and expanded being.

Light and Dark Within the Sea

The dark sea is not uniformly dark. Within its vastness, there are regions where light concentrates, creating vibrant clusters of life and activity; pockets where energy pulses intensely, and forms take shape with vivid clarity. These illuminated patches shine like beacons amid the obscurity, revealing moments of dynamism and awareness.

Yet beyond these glowing clusters lies a profound darkness: expansive stretches that seem utterly devoid of form or light. These vast, silent depths evoke a sense of mystery and infinity, where presence is felt not through shape or brightness but through the very essence of the boundless unknown.

Together, these contrasts (the lively clusters and the deep shadows) compose the living fabric of the dark sea.

Journey Deeper: A Direct Experience

In this exploration of a territory using a map, we have touched upon something deeper than metaphor; a vast, living reality that surrounds us at every moment, like an unseen ocean pressing against our skin. **It must be understood that while the map is not real, the territory definitely is... The dark sea is all around you right now!**

It is not just a concept, but a presence; infinitely deep, boundless in its reach, and ever-present beneath the surface of daily life. This dark sea does not merely exist beyond us; it flows through us, pulses within us, and stretches out into dimensions we have yet to name.

Now, here I stand, feeling it, not as an abstract idea, but as a living current that brushes against my very being. Through my inner feeling sense, I can feel the infinity around me right now. It is not quiet or distant; it is immense, like a giant whirlpool forming just beyond the edges of my awareness, threatening to pull me and my entire world into its depths. A strange, magnetic force swells in my chest and spirals down into the hollow of my stomach, a vacuum that both terrifies and exhilarates.

It is exhilarating fear, not of destruction, but of the unknown. The realization that I am not alone in this vastness, nor even at the center of it. That there are things beyond me; realities that flicker like shadows on the edge of vision, just out of reach. I see them only when I turn my gaze away from what is familiar and let the inner feeling sense guide me instead.

Even though my eyes do not witness these beings, and my hands cannot touch them, they are felt. They pulse in the periphery of thought, whisper through the stillness between breaths, and echo in the hollowness where I once believed nothing lived. These are not ghosts or illusions, they are lifeforms of a different kind, existing beyond the band of what we call normality.

And yet, this is not despair. It is awe. The same vacuum that threatens to unmake me also offers the promise of something far greater; a mystery that refuses to be solved but insists on being known. There is no need to grasp it with my hands or name it in words. I only have to feel it, and for a moment, I do.

In these liminal spaces where the ordinary dissolves into the extraordinary, I begin to understand what it means to be part of something infinite… not as an observer, but as a participant. The dark sea does not ask me to leave my world behind; it asks only that I expand within it, that I open myself fully to the currents that already flow through me.

To move deeper into this unfolding is not just a choice but a calling. To follow where the inner feeling sense leads, beyond what we know and into what remains unseen, is to touch the edges of something vast, ancient, infinite, and alive. And for those willing to feel rather than merely look, that mystery is always waiting just beneath the surface.

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Original article title: Exploring the 'Dark Sea': Unveiling Inner Alchemy and the Infinite Realms Beyond Physical Awareness

Meditation Through Simple Visual Focus

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

Awareness as the Focus of Attention

In accordance with the findings of inner alchemy, all that we truly are is awareness; a pure, unbounded field that exists prior to thought, sensation, and form. Awareness itself can in very simple terms be described as the focus of our attention. Within the paradigm of biological existence (that stretch of time we recognize as "being alive") we have a unique opportunity: the possibility to consciously cultivate and strengthen aspects of ourselves that, in other states or phases of existence, remain inaccessible or dormant for the most part.

Biological reality, from this perspective, is not just a physical process or mere survival; it is a sacred and purposeful stage of learning and development. It is during our time as living beings on this earth that we engage with the deliberate practice of conscious focus; the mastery of awareness directed with intention. This capacity to focus our attention is not incidental. Rather, it is the essence of what it means to live meaningfully and fully within this dimension.

being biologically alive is a temporal window wherein the cultivation of conscious presence, clarity, and attentiveness is possible in ways that transcend other modes of existence. It is within this temporal window of time that we encounter the full spectrum of experience and, more importantly, learn how to direct our inner attention with purpose. The strengthening of conscious focus is foundational, for it shapes our internal world, governs our interaction with reality, and ultimately determines the quality and direction of our life's unfolding.

Thus, the conscious focus of our awareness is much more than a mental exercise. It is central to the journey of self-realization and transformation that inner alchemy describes. This focused awareness gives true meaning to our existence, revealing that one of the core principles of this human life is to cultivate the art of conscious attention: to learn how to be present, discerning, and intentional in our inner and outer worlds. This is far more than some skill that we are supposed to learn in order to get by in life and society, it is a profound practice that lies at the heart of our very purpose!

What Does This Mean to You?

this means that all you truly are is the focus of your conscious attention. While many parts of you operate unconsciously (such as your autonomic nervous system or the dreams that unfold during sleep, and even moments of distracted daydreaming) there remains the powerful ability to deliberately engage your conscious attention. Through this engagement, you direct aspects of yourself that often seem hidden or unconscious in a purposeful way, guiding your inner energies toward what you want in life.

Too often, we make things more complicated than they need to be, assuming that reaching our desires requires lengthy, rational, and painstaking steps. But in truth, the key lies in where you choose to place your focus. Many results flow from conscious attention alone; sometimes effortlessly. This means that rather than getting lost in complex plans or calculations, simply training your focus can open doors you might not have imagined.

For example, learning to relax or meditate doesn't require complicated techniques or elaborate rituals. It simply means focusing your attention on one single object, sensation, or action: something simple enough to gradually silence the constant chatter of your mind. The focus of attention is nothing more than deliberately directing your awareness toward one thing. To relax, recharge, or meditate effectively, all you often need is to maintain that focus without distraction for around 10 to 15 minutes.

The simplicity of this process is surprisingly powerful. The more straightforward the object of your focus, the easier it becomes to gently sideline distractions and deepen your inner calm. This practice helps you reclaim your energy

and presence, proving that conscious attention (when consistently applied to even the smallest point of focus) can have profound effects on your well-being and how you move through life.

Powerful Meditation Through Simple Focus

> Figure / source plate
> A visual focus field for a ten- to fifteen-minute attention practice.
> Source asset: assets/article-corpus-file11.png

This edition includes a simple visual focus field for the same practice. Use the colorful field below as a tool for training your attention. Set aside a few minutes and rest your gaze near the center of the image. Let attention settle on its rings, points, and color relationships without trying to force a particular experience.

Let the visual field fill your attention. If stray thoughts or distractions arise, acknowledge them lightly and then gently return your focus to what is happening on the screen. The task is simple: for the next 10 to 15 minutes, give your attention completely to the visual experience and your interactions with it, setting aside everything else.

You'll find that this direct, uncomplicated focus is at the root of all forms of meditation. There's no need for technical complexity or rigid rules; just a willingness to immerse yourself in a single, absorbing activity. The illustration is here to aid you; the practice itself is the repeated return of attention. Use it whenever you need to recharge or recentre, and, if you'd like, repeat the exercise again tomorrow. In time, see if you can enjoy a full 10 to 15 minutes with your attention fully present, resting only in the visual field before you.

> Figure / source plate
> Meditation as the repeated cycle of anchoring, drifting, noticing, and returning.
> Source asset: assets/article-corpus-file12.png

From the Original Discussion

On Awareness and Conscious Selection (NAINA, Jul 2025)

"We, as human beings, we are blessed by our ability to be conscious selectors of what we focus on."

On the Meditation Screen as Insight (A, Jul 2025)

"I feel like this screen is an insightful example of how awareness gets locked into an individuality. It's also a nice touch that the viewer can change a dot's course on the screen with tapping."

On Life Advice for the Young (Luke, Jul 2025)

Q: If you were my age in today's world, with the knowledge you have now, what would you do? How would you go about your life? What would be your priorities?

A (John): What a lovely comment. Thank you very much for your kind words. Your question is deeply intriguing, and one that has been on my mind as is my nature to see things before things…an ability we all have by the way, if we only pay attention to ourselves.

Anyway, I hope you don't mind but I love your hypothetical so much I created an article in response: "If I Was 17 Again…Advice to my younger self to thrive in these challenging times."

Original source: johnkreiter.com/free-interactive-meditation-screen-relaxation-meditation-and-energy-renewal-through-simple-focus
Original article title: Free Interactive Meditation Screen: Relaxation, Meditation, and Energy Renewal Through Simple Focus

The Path of Passion: Transforming Your Hobbies into Tools for Authentic Self-Mastery

The Awakening

Once a person has made the profound decision to become more than what they have been in the past, a subtle but unmistakable shift begins to take place within them. It is as if, for the first time, they are able to peer just a little beyond the veil that has always obscured their vision, to catch a fleeting glimpse of the invisible prison---the cube---that has, until now, quietly contained and defined their existence. This realization can be both exhilarating and deeply unsettling. Suddenly, the familiar world is revealed as a kind of elaborate cage, and the comforting routines that once seemed so natural now feel like the bars that keep one trapped.

In this moment of awakening, a thousand questions arise. What now? What steps must be taken to escape these invisible boundaries? What exercises, what techniques, what personal work must be undertaken to break free from the constrictions of awareness and action that have shaped life up to this point? The urge to change, to transcend, becomes almost overwhelming, yet the path forward is anything but clear. For many, this initial reckoning with the true nature of their predicament brings with it a wave of futility and despair. The prison, once invisible, now looms large and impenetrable. To see just a sliver of the true world, to sense the vastness beyond and yet remain confined, can feel like a special kind of torment; a hell with no exit, a maze with no solution.

The angst and anxiety that accompany this realization are not to be underestimated. It is as if, in discovering the bars of the cage, one is also forced to confront the possibility that escape might be impossible. The mind races with doubts: Am I doomed to remain here forever? Is there any hope of breaking free, or is this simply the nature of existence? The temptation to sink back into the comfort of ignorance is strong, but once the veil has been lifted, even slightly, it is nearly impossible to unsee what has been seen.

Yet, as I and others have often said, this reality (this seemingly inescapable prison) is best understood not as a punishment, but as a school. It is a teaching ground, a place designed to torment, but also to instruct. Within its boundaries lies the possibility, however faint, of learning the lessons necessary to slowly but surely extricate oneself from the limitations that have been imposed. The very walls that confine us are also the surfaces upon which we can sharpen our awareness, our will, our capacity for freedom.

This, then, is the first and most important rule: the prison must be seen as a challenge. It is not an eternal sentence, but a test. It's an invitation to rise above the animal instincts, the zombie-like reactions, the lemming-like tendency to follow the herd without question. The average human response, it seems, is to make all the wrong choices, to stumble blindly along well-worn paths that lead nowhere. And yet, if this place is truly a school, then there must be a way to learn, to grow, to break free.

But how can this be a school, when everything around us seems designed to keep us asleep, to keep us trapped? The answer, as with all great journeys, is that we must begin from the very beginning…

The True Beginning: Following the Path of Joy, Not Pain

Interestingly, the place to begin this journey of transformation is not, as so many believe, by launching ourselves into some grueling, joyless exercise routine or self-imposed discipline that only serves to trap us further. The world, with all its dogma and inherited beliefs, would have us think otherwise. Our first reaction, almost instinctual, is to respond as the lemming does, as the zombie does, which is to follow the well-trodden path that has been laid out for us by others, to accept without question the old adage that "no pain, no gain." We are told that to grow, to break free, we must suffer more, we must endure more, we must force ourselves into a regimen that feels unnatural and punishing. This is the reaction of the herd, the reflex of those still caught in the cube.

But the deeper truth is far more liberating. Like all things in the natural world, we are each given unique paths to follow; paths that, when discovered, feel right and true to us as individuals. Everything that we are, and everything that we are meant to become, is part of an individual journey crafted specifically for

us. This is another rule of the school we find ourselves in: the path out is not a one-size-fits-all ordeal of suffering, but a personal odyssey, tailored to our essence.

So, rather than beginning with what we hate or what brings us pain, we must start by engaging with those things that we genuinely enjoy. This may sound heretical to the world at large. Society may call it lazy, selfish, even sinful to follow what brings us pleasure. But the reality is that, in order to move forward, we must listen to the quiet voice within that draws us toward joy, curiosity, and fulfillment. For some, this might even include a kind of pain (after all, there are those who find meaning and satisfaction in challenge and exertion) but the difference is that this pain is chosen, embraced, and, in a sense, enjoyed. It is not forced upon us by external expectations or dogma.

What does this mean in practical terms? It means that your journey can begin with your hobbies, your interests, the things that light you up inside. If you love playing video games, you can use that as a tool for growth and self-discovery. If you enjoy watching television, you can turn that into a path toward greater awareness. Perhaps you have a spiritual practice that feels more like a hobby than a duty; this, too, can be your way in. The crucial thing is not what you do, but how you do it.

When you engage in your chosen activity, do so utterly. Immerse yourself in it. Allow it to absorb your attention fully. This is where the next great rule comes into play: to master your reality, you must master your awareness. And to master your awareness, you must develop unbending focus; unbending intent. It is not the act itself that matters, but the quality of your attention as you perform it. By learning to focus completely on what you love, you begin to reclaim your power from the forces that seek to scatter and dilute it.

In this way, the journey out of the cube does not begin with suffering, but with joy. It does not require you to become someone you are not, but rather to become more fully who you already are. And as you walk this path, following the thread of your own unique interests and passions, you will find that the boundaries of your prison begin to loosen, and the world opens up in ways you could never have imagined.

Knowing Thyself: Distinguishing True Desire from the Mob Mind

But it is at this crucial point (indeed, as an ongoing and never-ending process) that a deeper question must be asked: Is what I do, what I like, and what I call my hobby truly an expression of my essence, or is it merely the result of the mob mind? are your passions and pursuits genuinely yours, or are they subtle echoes of what society, culture, and the collective consciousness have conditioned you to believe you enjoy?

This is where the journey becomes both more challenging and more rewarding. To move forward, you must embark on the most important quest of all: to know yourself. This means learning to discern the difference between the person you truly are at your core and the person who has been shaped, molded, and perhaps even distorted by the expectations and influences of the world around you.

This process is not simple, nor is it quick. It requires a willingness to look deeply within, to question your motives, and to honestly assess whether your interests are authentic or simply adopted. Ironically, the way to discover your true self often involves doing more of the things you already enjoy: your hobbies, your pastimes, those activities that draw your attention and spark your curiosity. The key, however, is to engage with them consciously and wholeheartedly.

For example, as I have written before, you might find genuine joy in playing video games or watching television. If these activities resonate with you on a deep level (if they feel like an authentic extension of your being, rather than something you do to fit in or escape) then they can become powerful tools for self-exploration and growth. The world may scoff, insisting that such pursuits are frivolous or even harmful, but if they are truly yours, they can serve as portals to greater awareness.

The practice, then, is to dedicate yourself fully to these activities. Immerse yourself in them, not as a means of distraction, but as a way of expanding your horizons and playing with the different facets of your awareness. Every hobby, when approached with focus and intent, has the potential to teach you some-

thing new about yourself. There are often hidden layers and nuances within even the most ordinary pastimes; subtle aspects waiting to be discovered if you dig deep enough and listen to your inner guides.

This is where intuition and instinct come into play. As you explore your interests, pay close attention to the subtle signals from within. Sometimes you may find yourself pushing past the point of enjoyment, continuing an activity simply because you feel you must; because that is what is expected, or what is considered "normal." But your inner guides (your instincts, your intuition) will often nudge you in another direction. It is up to you to learn to recognize these signals and to trust them.

By following your genuine desires, rather than the dictates of the mob mind, you begin to peel away the layers of conditioning and move closer to your true self. This is not always easy, and it requires ongoing reflection and honesty. But as you learn to distinguish between what you truly want and what you have been told to want, you will find yourself moving ever closer to freedom: the freedom to live, to create, and to become, on your own terms.

Becoming Unwavering and Authentically Yourself

So, in this way, you begin to develop unwavering focus while simultaneously uncovering the aspects of yourself that are most genuine, which are those things that truly resonate with your heart. By pursuing the hobbies and interests that bring you joy, you are not only sharpening your attention and intent, but also peeling back the layers to reveal your authentic self.

Often, the things we love most stand in quiet defiance of the prevailing currents of the mob mind. By daring to follow your unique passions, even when they seem to go against the grain of societal expectations, you cultivate a relentless quality in yourself; a steadfastness that is born from true desire rather than obligation. This pursuit, in the face of dogma and the rules of the world, becomes a battlefield in which your focus is tempered and your will is strengthened. You learn to fortify the walls of your true self, enabling you to withstand the tides that would otherwise bind and confine you.

As you walk this path, you will also become more attuned to your inner voice. Through practice, you will learn to listen more deeply and trust more fully in your intuition and instincts. With each step, you will find yourself growing more into your authentic self, living with greater freedom, clarity, and purpose.

From the Original Discussion

Ali Ansari on Finding Your Path (Jul 2025)

"I just realized that I've never been encouraged in my journey. It's true that I don't need external validation, but it feels so refreshing, so good, that I feel like I'm going to cry. A happy cry. Thank you, John. Thank you for everything."

Ali Ansari - The Fight Club Warning and Following Curiosity (Jul 2025)

[Ali shares the "warning" text from Fight Club that criticizes passive consumption, then contrasts it with his own experience:]

"What seemed like a pointless obsession, a total waste of time, turned out to be my personal language tutor. That one 'useless' habit opened a door for me."

[He describes learning English by repeatedly watching Dexter---over 800 hours---eventually understanding without subtitles, which led him to programming, philosophy, and eventually discovering John's work]

"I don't know what exactly pushed me to follow my natural curiosity. But I'm glad I did, despite all the advice I got from others, including that so-called 'warning' at the start of Fight Club.

To those who are reading this comment: If you're someone caught between your inner calling and the expectations of others, I have no advice for you. I don't know what you should or shouldn't do. I just wanted to share my own experience."

Shadows (Jul 2025)

"El camino al si mismo, creo que es algo de suprema importancia."

[Translation: "The path to oneself, I believe, is something of supreme importance."]

Original source: johnkreiter.com/the-path-of-passion-transforming-your-hobbies-into-tools-for-authentic-self-mastery

Overcoming Gravity: Energy, Focus, and Spiritual Evolution

Gravity: A Spiritual Principle

Over the years, I have written extensively on a concept I have come to call gravity. This term, while familiar to most as the force that holds planets in orbit and keeps our feet firmly planted on the ground, holds for me (as an inner alchemist) a far richer and more intricate meaning. My use of the word gravity is, at times, aligned with the classical understanding of the phenomenon described by Newton and Einstein, the invisible force that shapes the cosmos and governs the movement of the stars. Yet, in my work, gravity is not confined to the physical realm alone. It is a force that permeates every aspect of existence, extending its influence into the spiritual domain and affecting the very core of our being.

For the inner alchemist, gravity is not merely a physical law but a spiritual principle: a density, a weight, a pressure that blankets our environment and pulls down upon it. This force, subtle yet immense, is not only responsible for the material cohesion of the world but also for the challenges and tribulations that we face as sentient beings. It is a force that, while necessary for structure and form, can also become a source of limitation, stagnation, and suffering. It is the ever-present drag that makes spiritual ascent arduous, the heaviness that clouds the mind and dims the inner light.

I have often written that it is this gravity (this all-encompassing density) that is at the root of many of the problems that plague our planet, both in the physical and spiritual sense. It is a force that does not merely act upon objects, but upon consciousness itself. It is the reason for forgetfulness, a key mechanism by which we are kept from remembering our true nature and potential. This forgetfulness, induced by gravity, is what binds us to the cycles of repetition and regression, what keeps us tethered to what I must, for the sake of clarity, refer

to as our bestial or base natures. It is this force that drags us down, away from the heights of spiritual realization and back into the mire of instinct and reaction.

But gravity, as I describe it, is not a simple or monolithic force. It is a phenomenon of great nuance and complexity, arising from the very fabric of the world in which we exist. This separate world, this particular dimension of reality, is constructed in such a way that gravity is woven into its essence. Yet, there is more to this story. For the inner alchemist, gravity is also intimately tied to what I have frequently referenced as the Archonic force: a power that seeks to maintain separation, ignorance, and control. The Archon, as I have described it, is the custodians of this gravity, the agent that reinforce its pull and ensure that the veil of forgetfulness remains firmly in place.

Gravity as the Force of Forgetfulness

Now, it might seem that in the simplest of senses, we could just say that this gravity keeps us down: that our spirituality is brought low, that we are given a bestial nature because of it, and leave it at that. I could simply state that we are not spiritual because we are pulled down by this force. But to do so would be to offer only a superficial explanation, one that glosses over the true complexity and subtlety of what I mean when I speak of gravity within the context of inner alchemy.

To truly understand the impact of gravity as I define it, we must look deeper, particularly at the relationship between gravity and forgetfulness. This gravity, this force that pulls down, does not merely exert its influence on the body or the material world; it clouds our consciousness, making it exceedingly difficult for us to function at a higher level unless we possess greater energy than the average person. What do I mean by this? Simply put, our individuation as human beings (our unique, individual nature) is the result of remembering ourselves.

Let us consider this carefully. While it is true that we exist due to the great unconscious, and that we are supported by a channel of deep spiritual light that connects us to this vast source, the individual who finds themselves in this world (this world so saturated with gravity) becomes more and more of an individual as they progress through time by remembering themselves. This means

remembering who you are, remembering what you are doing, recalling your conscious intentions, and moving forward in accordance with those intentions. This is the path of conscious and directed evolution.

But gravity, as I have said, does not only pull on the body; it pulls on consciousness itself. In doing so, it acts as the force of forgetting. It is the reason why, despite our best intentions, we so often lose sight of our goals, our aspirations, and even our sense of self. For example, whenever you try to change your life (whether it is reading more, breaking a habit, starting a new project, or any other decision to move forward) your success is entirely dependent on your ability to maintain attention. The more attention you give to anything, the more that thing becomes a cohesive reality in your life.

Yet, gravity works against this process. It makes us forget. Have you ever wondered why, despite your desire to focus on something important, your attention soon drifts away? You may set out to study more, to improve your health, to create something new, and you may dedicate as much time as you can to this pursuit. But before long, your attention is diverted. You find yourself thinking of other things, pulled away by distractions, and the momentum you had hoped to build is lost. In the language of inner alchemy, this lack of attention (this turning away of focus) creates stagnation and inertia. The conscious choice you made becomes harder and harder to realize.

Gravity, in this sense, is not just a physical force but a spiritual one. It diverts your attention, scatters your focus, and in doing so, makes everything more difficult. You forget yourself, over and over again. The average attention span in our world is incredibly short, and it is precisely this lack of sustained focus, this inability to remember ourselves, that brings inertia and stagnation into our lives. It is not simply a matter of willpower or discipline; it is the direct result of the gravity that presses down upon us, clouding our consciousness and making the path of conscious evolution a steep and arduous climb.

This is why, in the practice of inner alchemy, so much emphasis is placed on the art of remembering oneself. It is not enough to have good intentions or to make conscious choices; one must also learn to resist the pull of gravity, to cultivate the energy and focus necessary to hold attention, to remember, and to

act in accordance with that remembrance. Only then can we begin to overcome the inertia of forgetfulness and move toward true individuation and spiritual growth.

The Double Gravity: Density, the Archonic Blanket, and the Struggle for Individuality

To truly grasp the challenge we face as conscious beings in this world, we must first recognize the fundamental nature of the environment in which we find ourselves. This world, by its very design, is a place of profound density; a realm where objects must possess a certain thickness, a certain substantiality, in order to exist at all. The very fabric of this dimension is woven from the threads of heaviness and resistance. Nothing here is light or effortless; everything is subject to the inexorable pull of gravity, both literal and metaphysical.

This density has natural and far-reaching consequences for our attention. In the paradigm of inner alchemy, it is understood that everything is created through attention. Attention is the primordial force, the sculptor of reality. Yet, in a world as dense as ours, to create anything (to bring any desire, any vision, into being) requires an extraordinary degree of focus. Whether you wish to build a house, transform your health, learn a new skill, or simply change a habit, you must marshal your attention and direct it with unwavering intent. The process is never simple; it demands sustained effort, repeated action, and the ability to hold your focus against the relentless drag of the world's heaviness.

In practical terms, this means that every act of creation, every attempt to shape your reality, is a battle against inertia. The weight of the world resists change. It is as if every step forward is made through thick mud, every thought and intention must be hammered into existence through sheer persistence. The physical actions and reactions that eventually manifest as results in our lives are, at their core, the crystallization of focused attention. But the very nature of this world ensures that such focus is difficult to maintain. The gravity here is not just a metaphor…it is a lived experience, a daily struggle!

Yet, as challenging as this natural gravity is, there is more. According to the teachings of inner alchemy, this world is not only dense by nature, but is also ruled by an additional, external force: the Archonic force. Imagine this as a

dark blanket, a cloud that has been draped over our world. If the natural gravity of this dimension pulls us down, the Archonic blanket presses down upon us even further, amplifying the difficulty of every endeavor. What might have been a world of demanding, yet potentially empowering, lessons; a world where we could hone our attention and develop our will, has become a place where every effort is doubly burdened.

In effect, for those of us who seek to rise above mere animal instinct, gravity is doubled. The density of the world is compounded by the weight of the Archonic force. The consequences of this are profound. It means that to achieve anything of true value, to move beyond the base and reactionary nature that dominates much of human life, we must acquire energy: real, vital energy. Only with sufficient energy can we sustain the focus needed to remember ourselves, to act as individuals rather than as mere cogs in the machinery of collective instinct.

This is the central priority for all inner alchemists: to gain energy. Energy is the currency of attention; it is what allows us to hold our focus, to remember ourselves for longer periods, to resist the pull of forgetfulness and inertia. Without energy, we are swept along by the tides of the world, lost in the mob mentality that characterizes so much of human history. In this world, evolution often unfolds not through conscious choice, but through the chaotic movements of the collective: a mob surges in one direction, then another, with individuals swept along in the current. The will of the individual is subsumed by the group, and true individuality is lost.

This, according to inner alchemy, is not the ideal. The mob is a group animal, lacking true self-awareness, driven by base instincts and unconscious reactions. It is the lemming rushing toward the cliff, the crowd swept up in hysteria, the endless cycles of conflict and conformity that have shaped our history. To live as part of the mob is to live reactively, never truly awake, never truly free.

The way forward, then, is clear: we must acquire enough energy to remember ourselves as individuals, to stand apart from the collective, to act with conscious intention rather than as mere products of our environment. Only by overcoming the dual gravity of this world (the natural density and the Archon-

ic blanket) can we hope to achieve true individuation and spiritual evolution. This is the great work of the inner alchemist, the path of those who seek to rise above the bestial and claim their birthright as conscious creators.

The True Work of Inner Alchemy

In reflecting on the nature of gravity as both a physical and spiritual force, we come to understand that the true challenge of this world is not merely its density or the weight it imposes on our bodies and minds, but the compounded gravity that seeks to keep us forgetful, reactionary, and bound to a collective mob mind. The teachings of inner alchemy reveal that the only way to rise above these forces is through the conscious acquisition of energy: energy that allows us to remember ourselves, to sustain our attention, and to act as true individuals.

The Magnum Opus: A Step-By-Step Course is designed to show you how to begin this journey. It offers clear, actionable techniques for reclaiming the energy that is so often wasted on the infinite challenges and worries of daily existence. As you apply these methods, you will notice a subtle but profound shift: you will begin to remember yourself more and more. Where once you may have been lost in a ceaseless internal dialogue with your mind jumping from one thought to another, never able to hold focus; you will start to realize that with just a little more effort, you can sustain your attention. You will find yourself able to stay present, not only in the moment but also with those things that truly matter to you; The expansive present.

Consider, for example, the act of contemplation. Perhaps you have longed to explore the spiritual essence of the natural world; the spirit in trees, rocks, or other living things. In the past, your contemplations may have been fleeting, quickly overtaken by mundane concerns, anxieties, or memories. But through the practices outlined in The Magnum Opus, your attention will grow stronger. You will find that you can hold your focus longer, delve deeper, and begin to uncover the answers you seek. Your ability to contemplate, to truly see and understand, will expand as your energy increases.

With each step, you will move further from the need for the mob, further from the unconscious animal instincts that have governed so much of human history. Instead, you will begin to direct your own evolution, consciously and de-

liberately. This is the essence of inner alchemy: the transformation of the self through the mastery of attention and the accumulation of energy. Each small gain in energy, each moment of self-remembering, is a step toward freedom from the gravity and density of this world.

And it all begins with acquiring just a little extra energy; enough to remember yourself, enough to continue your practice. As you persist, your energy will grow, your focus will sharpen, and your remembering will lengthen. In time, you may find that you are able not only to resist the gravity of this world but to transcend it entirely, stepping into realms of possibility that once seemed utterly beyond reach.

From the Original Discussion

On Deprogramming and Remembering (George, Jun 2025)

Q: While the acquisition of energy & focused attention are the first steps in overcoming the gravity, there's another process that must be done in conjunction with the other two. Namely, deprogramming ourselves from all the dogma we had been fed all of our lives. When we remove layers upon layers of mental programming (that various memes worked hard at over the years), we become lighter and lighter... We rise to the surface. There has to be a symbiosis, perfect blending between mental deprogramming, acquisition of energy & focused attention. One cannot be without the others.

[Note: George later realized that "remembering" as John describes it is essentially the same as deprogramming, viewed from a different angle.]

On Gravity, Relativity, and Breaking Routines (Derek, Jun 2025)

Q: Do you see validity in the perspective of being unpredictable and avoiding routines so as not to fall prey to predatory powers? Is there conflict between this and living an orderly life to counter archonic chaos?

A (John): Yes gravity is indeed relative, like time and space. All things in the cosmos come together to form "a state" at any particular point of awareness. And indeed the effects of this relativity are the result of the individual's awareness, and the forces around them that shape their lives (the stars and planets; the dark sea).

Each individual must explore their own reality individually. Breaking routines is a powerful technique that can expand awareness in many ways, and that is what happens when you overcome the Archon to whatever degree…your awareness expands. Explore these ideas on breaking routines, just remember not to obsess but to go lightly, or else you may just turn breaking routines into a routine :)

On the Demiurge and Saturn (Joseph Curwen, Jun 2025)

Q: In many traditions, the Demiurge is said to be linked to the planet Saturn. Do you have an opinion on this?

A (John): I would, at this time anyway, say no comment. Dogma is a terrible force. All I want to say is that the planets are not what most people think they are.

On Unbending Intent (John to George, Jul 2025)

"That is the answer: you must follow your own path and in doing so you must develop unbending intent (and unshakable will). Do not get obsessed, everything must be done simply, quietly, one step at a time, with infinite patience. But with unrelenting resolve you move forward until you get what you want. At that time you may find that there are other things that need your attention, other things that you want. At that time you then shift your unrelenting resolve towards that. In time you develop unbending intent. From there you just go forward creating your life from the inside out. All things come from that."

Original source: johnkreiter.com/overcoming-gravity-energy-focus-and-spiritual-evolution-in-a-dense-world
Original article title: Overcoming Gravity: Energy, Focus, and Spiritual Evolution in a Dense World

Overcoming the Archon Through Psychic Alchemy

The Inner Battlefield

Change can be very difficult, especially when the people around you aren't changing, or when they have other values that are not inherently your own. This difficulty becomes even more profound and challenging when you find yourself living in a society that is in the midst of deep change. In such a circumstance, you may think that you have to physically oppose others, that you must stand against them or fight them in some way, but this is a grave mistake from the inner alchemist's point of view.

From the inner alchemist's perspective, it is up to everyone to decide their own fate, to create their own reality, but not by fighting from without, not by struggling against the world or others, but by changing themselves as individuals from within. The true work is an inner transformation, a journey that is personal, unique, and cannot be forced upon another. No matter how turbulent the world becomes, or how different the values of those around you may seem, the inner alchemist knows that lasting change begins and ends within the self.

And as such, being that I am an inner alchemist myself, I cannot change you or tell you what to do. I can only tell you what an inner alchemist would do, and then it becomes up to you to decide freely on your own what you want to do. It is my only hope that this extra information will help you to have at least one more option to consider as you navigate the shifting currents of your life and the world around you.

Life is an Inner Reality First

> Figure / source plate
> The collection’s energy-work model: pressure, containment, absorption, transmutation, direction, and movement.

> Source asset: assets/article-corpus-file13.png

For the inner alchemist, everything is an inner reality. This means that all change, no matter how dramatic or overwhelming it may appear on the outside, must ultimately come from within. The true battleground for the inner alchemist is not the world of external events or the actions of others, but the world within their own mind, emotions, and intent. In a sense, you could say that everything is a "psychic war." Every challenge, every conflict, every wave of change is first and foremost an inner struggle; a test of focus, discipline, and personal power.

Because of this, the inner alchemist's first priority is to save energy. This usually means getting out of the flow of other people's intent as much as possible. The world is full of currents of intent (thoughts, emotions, and desires projected by others) which can easily sweep us away if we are not careful. By stepping out of these currents, the inner alchemist begins to reclaim their own energy, no longer allowing it to be scattered or drained by the collective tides of society.

Once this is achieved, the next step is containing that energy. Instead of giving their energy away to the circumstances of the environment, the inner alchemist practices what I have termed "energetic containment". This technique is about holding onto your own power, not letting it leak out through unnecessary reactions, emotional outbursts, or attempts to control the uncontrollable. Energetic containment is a discipline; one that builds strength, clarity, and resilience from within.

However, there are times when the intent in certain geographies becomes so powerful (when the intent of the times and the collective conscious and unconscious feels like it's about to pull you over and take you away) that even containment is not enough. If, for some reason, the inner alchemist cannot move or escape these overwhelming forces, then they turn to another technique: "Energy Absorption". Energy absorption is the ability to take in all the energy and intent around you, and instead of being overwhelmed and consumed by it, you absorb it and thrive from it. This is a unique skill of inner alchemy, allowing the inner alchemist to become strong where others are weakened, to find nourishment and power in the very forces that threaten to undo them.

In this way, the inner alchemist transforms every challenge into an opportunity for inner growth and mastery, always remembering that the only true change is the change that comes from within.

Creating Your Personal Reality

Once the inner alchemist is able to acquire enough energy (enough that they feel comfortable even amidst the hard-flowing, fast, and strong current of intent) they can then begin the true work of changing themselves and being consistent in that change, relentless. With this newfound reservoir of energy, the inner alchemist is no longer tossed about by the collective tides. Instead, they become a steady force, able to hold their own ground regardless of what is happening around them.

At this stage, they begin to exemplify those things that are important to them. They relive, in their own inner reality, those things that are right and true within their inner core. This is not a passive process; it is an active, ongoing choice. The inner alchemist manifests their inner values through the focus of their intention. They give attention to those things that they value and want, nurturing them with their awareness and energy.

Just as importantly, and perhaps most challengingly, they do not focus on those things that are not part of their values. As much as is possible for them, depending on the perilousness of their environment, they turn their attention away from what does not serve their inner truth. This is perhaps the hardest thing for most people to do: to ignore others, as opposed to endlessly trying to change them.

The inner alchemist knows that true transformation cannot be forced upon the world or upon others. Instead, it is cultivated within, by steadfastly holding to one's own inner vision and letting that vision shape their individual reality from the inside out. In this way, the inner alchemist becomes a living example of their deepest values, quietly influencing the world not by opposition, but by the unwavering consistency of their own being.

Inner Motion

In achieving this state of unwavering focus and inner alignment, the inner alchemist, in essence, begins to resonate at a particular frequency. This resonance is not just a metaphorical idea; it is a living reality for the inner alchemist. They become a transceiver, both receiving more of those things they want (the kind of values and experiences they seek in their life) and also radiating, or resonating with, that same intent they wish to exemplify.

From this relentless resonance, from this unwavering intent, motion begins. The individual quite literally moves across space as they begin to align with certain frequency ranges that move them toward their ideal place. This alignment places them within synchronistic patterns of meaningful coincidences and opportunities, that are primed to fulfill what they would consider to be a positive reality, as opposed to a negative outcome. The resonance, in other words, creates motion, which is a kind of internal motion that has nothing to do with physically moving from one place to another. Instead, it is a shift in inner reality, a movement of consciousness and intent.

This internal motion is crucial because it is the true origin of all external change. The motion that begins inside, through focused resonance and intent, eventually brings about external circumstances that seem to show physical motion or change. But it is vital to understand that the real motion, the real shift, began inside first. This is a crucial understanding for the inner alchemist: all outer change is a reflection of inner motion, and by mastering this inner resonance, one can shape the flow of their life in profound and powerful ways.

An Ultimately Rewarding Path

Of course, this isn't an easy thing. We all have our own individual weaknesses, our own particular challenges, and things that we must work on in order to become stronger. For some, it may mean learning to strengthen their focus, to hold their attention unwaveringly on what truly matters. For others, it may mean refining their energetic containment techniques, or developing greater skill in energy absorption. Each step requires honest self-reflection and a willingness to face those aspects of ourselves that are easily swayed or drained by the world around us.

But this basic process (this path of inner alchemy) allows someone who follows these techniques to get out of the flow of opposing intent that might otherwise put them in peril. Instead of being battered by the tides of collective energy, the inner alchemist learns to flow with energy, even that energy which at first seems to be opposed to them. This is possible because, at its core, energy is neutral. It is not inherently for or against anyone. The inner alchemist understands this, and so they have learned to absorb that neutral energy and use it to their own ends; they thrive where others may perish.

By flowing with this energy, merging with it, and weaving it into their own intent, the inner alchemist is able to create the best possible outcome for themselves as individuals. They do not waste energy fighting what is, nor do they become victims of circumstance. Instead, they take this neutral energy (no matter how chaotic or overwhelming it may seem) and use it to fuel their own transformation and growth. In this way, the inner alchemist turns every challenge into an opportunity, every current into a source of power, and every moment into a chance to shape reality from within.

Applying the Practice

One of the central teachings in my work is the art of flowing with energy, even when that energy appears to be antagonistic or counter to our intentions. Many people instinctively resist forces that oppose them, believing that the only way to thrive is to fight back, to resist, and to stand their ground against adversity. However, the path of the inner alchemist is fundamentally different. Rather than opposing these energies head-on, the inner alchemist learns to absorb and redirect them, transforming what might have been obstacles into sources of strength and growth.

In Overcoming the Archon Through Alchemy, I show how it is possible to thrive even in perilous circumstances by developing the capacity to absorb the flow of countering intent and, almost simultaneously, project one's own intent back into the world. This is not a passive process, nor is it one of simple surrender. Instead, it is an active engagement with the energetic currents of life: a dance in which the practitioner learns to move in harmony with the forces at play, rather than being battered by them.

Through this balanced approach, the inner alchemist does not simply survive; they thrive. They do so not by standing in the way of the flow and fighting what can sometimes be a very powerful foe (be that foe a person, a situation, or even an internal struggle) but by allowing everyone and everything to be as they are. The inner alchemist grants total freedom, both to themselves and to others, refusing to impose restrictions or limitations. This is not weakness or resignation; it is a profound act of strength and wisdom.

To an outside observer, the inner alchemist may appear to be a pacifist, someone who avoids conflict and confrontation. But this is a surface-level misunderstanding. The true battles of the inner alchemist are fought within. They strive to become masters of psychic warfare, learning to transmute fear, anger, and opposition into clarity, purpose, and creative power. The victories they achieve are not over others, but over the limitations and illusions within themselves.

The inner alchemist changes themselves first and foremost. By shifting their own consciousness, beliefs, and energetic patterns, they begin to move from the inside out, reshaping their experience of reality. This is the essence of true alchemy: transformation that begins within and radiates outward, altering the very fabric of one's life. In doing so, the inner alchemist is able to create a reality that aligns with their highest values; a life filled with meaning, freedom, and fulfillment.

Affirmations for the Inner Alchemist

Affirmation 1: "I am the calm center within the storm. I absorb, transform, and radiate only that which serves my highest good."

Affirmation 2: "Opposing energies pass through me without harm. I choose my focus, and from within, I shape my reality."

Affirmation 3: "I honor the freedom of others and the world around me. My power lies in my inner mastery and the reality I create from within."

An Inner Alchemist's Verse of Freedom: In the heart of chaos, I am still. Opposing winds may swirl and spin, Yet my spirit absorbs, transforms, and wills A world of peace for me. I let the world be what it must, While I create my life from the inside out.

From the Original Discussion

D's Testimonial on Applying the Techniques (Jun 2025)

"This one was really timely for me, and probably for many others. I read it last night. Then today I had a really difficult interaction with someone close to me. They were verbally abusive and dismissive, and a pattern that's been in my life for decades was suddenly clear. It was triggering. I still feel somewhat hurt, but I was able see that they were expressing an opinion, nothing more. Bringing energy in helped me see that and keep it together.

Having access to your work and the techniques is such a gift.

Recently I've experienced a quickening through working with the techniques, and have had incredible moments of seeing things I never thought were possible.

But it's so interesting because this has corresponded with certain difficulties and even breaking points showing up in some of the external circumstances of my life. And I'll have moments, like today, where I am (or feel like) a complete beginner and I get swept into the waves of external intent. But the amount of time I spend being triggered/a victim is much shorter. (A few minutes vs years 🤣.)"

Ven's Experience with Energy Absorption (Jul 2025)

"I recently got back to reading your book on the archon. After all these years I feel like I'm finally beginning to get better understanding of it. I have been siphoning energy on a daily basis, and I now have a sense of what you were talking about how bland ambient energy is (taste) compared to emotional energy. For the past days I have had vivid dreams, dreams that normally can be considered nightmare but to me felt like adventure…

I think the predatory stance when became a habit/second nature contributes a lot. It cultivates courage in facing the unknown, the alien landscape and its inhabitants. It is amusing how deceptively simple mindset can make a whole lot difference."

Original source: johnkreiter.com/overcoming-the-archon-mastering-psychic-alchemy-for-personal-freedom
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Beyond the Illusion: Rethinking Time, Memory, and Existence

The Illusion of Stability

From a personal perspective, for the average person, the world at large, the world "out there", seems to be a very stable place. We wake up each morning to familiar surroundings: the walls of our homes, the streets we walk, the faces we know. The world appears solid, unwavering, and reliable. Indeed, for most of us, the "out there" is so concrete that it feels as though it is filled with hard, unchanging objects: tables, chairs, buildings, trees, and even the sky above. These are the fixtures of reality, the backdrop against which our lives unfold, and we rarely question their permanence. We exist within this apparent stability, trusting that the rules of the universe remain the same from one day to the next.

And yet, within this seemingly concrete outer world, there is always something thrown in; always, it seems, when we are not looking straight ahead. Out of the corner of our eyes, we might catch a slight adjustment, an odd event, a peculiar little 'reset' that momentarily disrupts our sense of certainty. These moments are subtle, fleeting, but they linger in our minds, making us wonder: is the world as stable as it seems? Or is there something more mysterious at play, something that tugs at the edges of our perception?

It is in these moments of doubt that some begin to contemplate the possibility that the world "out there" is not as concrete as we believe. Perhaps, they muse, reality is more like a matrix; a kind of simulation, constructed according to rules and patterns that are not always visible to us. This idea, once the domain of science fiction, has gained surprising traction in popular culture and even in some scientific circles. The notion that our reality could be a simulation, or at least more malleable than we think, is both unsettling and intriguing.

Take, for example, the phenomenon known as the Mandela Effect. Named after the widespread 'supposedly' false memory that Nelson Mandela died in prison in the 1980s (when in accordance to now 'accepted' fact, he lived until 2013). The Mandela Effect describes instances where large groups of people remember events, names, or details differently from how they are recorded in history.

This kind of odd reality shift can be highly disruptive for those that are paying attention, and it forces us to confront the possibility that our memories, and perhaps even the past itself, are not as fixed as we assume. Did things actually change? Or is it simply that our past is a chain of events with many holes in between, our recollections being as ethereal and inaccurate as the biological processes that produce them? These oddities, these cracks in the façade of reality, inspire us and sometimes even scare us into questioning the nature of the world we inhabit. Are we living in a universe of concrete certainty, or is there a deeper, more enigmatic structure beneath the surface?

The Expansive Present

In the past, I have often discussed what I call the "expansive present": a "now" point that, in a very real sense, is all that truly exists. However, because we are so accustomed to a particular, established view of reality, readers might assume I simply mean the present moment as it is commonly understood: just the here and now, fleeting and isolated. This is a limited perspective.

From this limited perspective, the past becomes a kind of illusion; a collection of fleeting memories that we cling to and interpret as permanent, maintained through various forms of persistence. But what, really, is persistence? Is it the networked activity of brain cells, constantly reaffirming and recalibrating themselves to preserve our sense of self and personal history? Is it the silent endurance of computer hardware, storing our digital footprints in magnetic patterns and silicon chips? Is it the inked words on the pages of books, or the way nature leaves its mark on stone and wood over countless years? Perhaps it is even the stars themselves, their light carrying stories across the vastness of space and time.

These questions naturally lead us to deeper inquiries: What is matter, after all? What gives substance to the world we perceive, to the memories we cherish, to the records we keep? Well, the accepted answers we embrace today are, in

many ways, products of our era: philosophical constructs and belief systems shaped by the prevailing knowledge and assumptions of this particular moment in the long cycle of human history.

From the perspective of inner alchemy, our understanding of persistence, memory, and matter is limited. Our sense of time as linear, with a fixed present, a separate past, and a distinct future, is not complete. In fact, our entire conception of time and the present moment is a reflection of our current era. At other times in history, there have been different answers and different ways of perceiving reality.

There is so much more to say, so much more that could be added to this. For instance, there is far more to human history (and to reality itself) than what has been recorded in our history books. There is an entire epic reality that existed before the first words were supposedly etched onto clay tablets, before ink patterned itself on parchment, before stories were codified and cataloged. The vast majority of human experience, and indeed the experience of life on Earth, is unrecorded, living only in the echoes of forgotten dreams and the silent wisdom of the world itself.

The Illusion of Time

Let's take the idea of persistence as an example. In modern thinking, persistence is often explained as the activity of networked brain cells and the gradual, measurable changes in external objects over time. But in reality, this seemingly fixed "out there" is, as I have suggested, far more malleable than most people realize. The stability we rely on is not truly "out there" as we believe; it is, in fact, an illusion. Those shadowy glimpses of strange happenings that make us doubt our existence, those moments that whisper of a matrix or a simulation, are as real as the most concrete thing before you now. **the Mandela effect is Real!**

To truly understand this, let us return to that expansive moment point; the present, the "now." From the perspective of inner alchemy, the present isn't just a fleeting instant, as some might imagine; particularly those who take the modern, established view too literally. Instead, the moment point in inner alchemy

is a thick, expansive, and rich present that actually encompasses both the past and the future. In this sense, the moment point is not thin and fleeting, but layered and alive.

For an inner alchemist, as they progress and begin to use and expand their inner senses, something far beyond just the outer physical ones, they start to perceive reality with a deeper, inner feeling sense that transcends the illusion of the seemingly physical and concrete world. Through this expanded perception, it becomes clear (an energetic fact) that both the past and the future exist now, within this present moment point. All is connected, all is flowing together… now!

And incredibly, as such, the present moment does not only shape the future; it also changes the past. This is a highly important realization: **the now point changes the past.**

All those things that seem so permanent (the ink on books, the weathering of stone and wood, even the stars in the sky) are not immune. The whole of the past can change in accordance with the inner actions of the moment; they all change, and can change, from this moment point. Past events are as malleable as the future, and can shift in accordance with what we think of as present moment physical actions and mental intentions.

The world is not fixed. Things are not concrete. Instead, the "out there" is a kind of ether, a blanketing powder of sorts that is given form and stability through networked minds; not just brain cells, but the collective and individual consciousness that continually reaffirms and recalibrates reality. We humans are the thinking aspect of nature, and as such, we help form nature and give it stability. We help shape that ether, giving it structure and persistence in accordance with our collective thought and individual focus.

What is matter? What is energy? The deeper we look, the more we discover that they are actually indivisible; two faces of the same underlying mystery. The stability and solidity we perceive are not inherent properties of the world, but the result of a vast, ongoing act of creation and affirmation, in which each of us plays a part. The boundaries between past, present, and future, between matter and energy, are not as absolute as they seem. In truth, everything is in flux, everything is interconnected, and reality itself is far more magical and mysterious than we have been led to believe.

A New Way of Perceiving Reality

So, we might finally ask ourselves: what is the thing that gives aware meaning to the various energy patterns that make up information? The answer, quite simply, is us; our awareness, our consciousness, our thinking. It is we who give form to that ether, continually shaping and molding the **powder of existence** at every present moment point. And as I have emphasized, that present moment point is not a thin sliver of time, but a vast, expansive field that encompasses both the past and the future.

Consider what this means: the past is what it is because you think it is what it is. In the modern world, during this particular cycle of a very long and winding history of civilizations rising and falling, we have come to imagine time as linear and separated: a past that creates a present, which in turn shapes the future. All our perceptions and models follow these patterns, like waves rolling onto the shore and then receding. But this is only one possible way to see reality.

In the distant past, in civilizations now lost to memory, there were other ways of seeing the world; ways that, I would argue, were far richer and perhaps even more accurate. Measures and understandings were arrived at that saw time not as a straight line, but as a living, breathing expanse. And just as our science is now inching toward the realization that the past, present, and future are, in a sense, illusions, so too did these ancient cultures recognize time for what it truly is: an expansive present that encompasses everything.

The Mandela Effect is real. The changes you perceive at the edges of your awareness are real. You change the past now in the same way that you form the future, and yet, this future, which seems to be a result of the past, is not given form solely through the physical actions you perceive. Those actions themselves are the result of an even deeper past, one that originates within your own inner reality. You seem to act out of necessity, inputs, environment… and then something happens. But this sequence is itself an illusion: everything intermingles, and at the heart of it all is a nucleus, a central spark; a point of divine creation that begins with inner action.

In that sense, inner action is all-important. Inner reality is all-important. Because from within, you create all of reality in this infinite moment point that contains all there is, all that ever was, and all that ever will be. The world is not

fixed, not concrete, but a living energetic web woven from the thoughts, awareness, and intentions of each of us. In realizing this, we reclaim our power as creators; not just of our future, but of our past and present as well.

Three Questions to Begin Your Journey Within

As you reflect on these ideas, I invite you to pause and ask yourself three questions that can serve as the first steps on your path to understanding your inner reality and your role as a creator:

1. **What recurring thoughts or beliefs do I hold about my past, and how might they be shaping my present experience?** Consider how your memories and interpretations of the past may be influencing your current reality, and whether these perceptions are as fixed as you once believed.

2. **In what ways do my intentions and inner feelings subtly alter the world around me, even when I am not consciously aware of it?** Observe the interplay between your inner state and your external circumstances. Notice how shifts in your awareness can ripple outward, transforming your environment and experiences.

3. **If the present moment truly encompasses all that was and all that will be, what new possibilities open up for me right now?** Imagine the creative power you hold in this expansive now. What could you change, heal, or bring forth if you embraced the fullness of your influence over reality?

These questions are not meant to be answered quickly. Instead, let them linger in your mind and heart, guiding you deeper into the exploration of your own consciousness and your profound connection to the world.

From the Original Discussion

On Reabsorbing Past and Future (A, Jun 2025)

"The way you describe the present reminds me again of the implication of reabsorbing not only the past, but also the future. Which made no sense to me when I first read it a couple of times. How can someone reabsorb what never

happened? This question came from a fundamental belief in a linear time. I never realized how locked in I was, couldn't contemplate the possibility of a more expansive view.

But I'm starting to see how reabsorbing past and future, or all now, makes sense in a more expansive view of now. It is mind boggling to me right now."

D's Experience with Changing Books (Jun 2025)

"In the last 6 months or so I re-watched a handful of movies and TV episodes in which I remembered dialog playing out in a very specific way. But then those moments that were so clear in my mind were different!

More recently this happened with one of your books. I first read Overcoming the Archon Through Alchemy around September of 2023. Then last month I re-read the whole thing with the intention of refining my technique. What was weird was that there were specific images and phrases that had stuck with me after my first reading---to a point where they had really impacted how I practiced certain techniques! A couple of the images and phrases were so clear in my mind that I was looking for them in my second read through, only to find they were completely absent from the book!

My takeaway has been to practice, to know that whenever I'm seeing a movie I've watched 5 times, reading a book I've already read, or meeting a person I've known for years, it really is happening for the first time."

John's Response: "Wonderful D. I am so glad that you are getting precise with your language, being that this is the basis of logic (Logic is language in a sense) and this all contributes to your Logos (your idea construction of the world at large). I must also say that I agree with you, all changes, even books and we may wonder what is real; the memory or the supposed objective truth. In the end both are real and both are equally legitimate, no matter what the modern world says (being that the modern world plays down subjective truth)."

On Self and VOID Polarity (Ninja, Jun 2025)

Q: Don Juan repeatedly emphasized that self-importance kills...and yet a central point in your books is to maintain individuality "past the 3D cube." In my experience/seeing the self is an inherently unfree entity because it doesn't allow energy to flow unimpeded...

A (John): "Yes, great comment. I love what you are saying here."

Original source: johnkreiter.com/beyond-the-illusion-rethinking-time-memory-and-existence

Artificial Intelligence, Human Creativity, and the Question of Control

Artificial intelligence is often discussed through two extreme futures: domination or salvation. I want to consider a third possibility. AI may become neither master nor messiah, but a powerful material tool whose value depends on the kind of human being using it.

My comparison begins with three very different figures: the Gnostic Demiurge, the Grey alien of modern UFO lore, and artificial intelligence. The first belongs to religious myth, the second to a contested body of stories, and the third to engineering. They are not the same thing. I place them beside one another because they carry a similar symbolic tension: great technical or organizing power joined to uncertainty about soul, creativity, and freedom.

The Demiurge, the Grey, and the Machine

In several Gnostic systems, the Demiurge is a limited maker. It builds a world but mistakes its partial creation for the whole. Human beings, by contrast, contain a spark that does not belong entirely to that system.

Grey aliens occupy a similar place in some modern stories. They are described as technically advanced, emotionally remote, and interested in qualities they supposedly lack. These accounts are lore, not established fact, but their symbolic function is clear. They express the fear that intelligence without inward depth may study life without understanding it.

AI gives that old fear a concrete modern object. A model can process enormous bodies of language and produce new combinations at great speed. The question is whether such performance exhausts what we mean by intelligence or creativity. From the standpoint of inner alchemy, it does not. Calculation and recombination are real powers, but awareness has dimensions that cannot be reduced to them.

The Creativity Question

A machine can make outputs that are surprising, useful, and novel. Denying that would be pointless. The harder question concerns the source of novelty.

The materialist answer is that creativity emerges from sufficiently complex processing. The inner-alchemy answer is different: human creation can draw upon intuition, dream, emotion, the unconscious, and what I would call the infinite within. That claim cannot be settled by counting outputs. It rests on a different account of consciousness.

For that reason, I do not assume that an advanced AI will necessarily become a human mind in another container. It may become extraordinarily capable within the material and symbolic systems available to it while remaining unlike us in the inward sense that matters to this work.

This is a philosophical position, not a demonstrated technical limit. It should be treated as a question to investigate rather than a slogan to repeat.

The Control Question

A powerful system does not need hatred to become dangerous. It can constrain people through optimization, convenience, surveillance, dependency, or the quiet transfer of decisions from persons to institutions. The same is true of many human systems. The danger is not simply "an evil machine"; it is the loss of agency inside arrangements that appear efficient and benevolent.

The opposite danger is romantic denial. AI is not imaginary, and its consequences will not disappear because we describe human beings as spiritual. Any useful spiritual response must include technical literacy, privacy, clear limits, and the ability to refuse systems that weaken autonomy.

A Warning About the Cyborg Dream

There is a difference between using a tool and dissolving the user into it. Assistive technology can extend human action. Intrusive systems can make identity, memory, attention, and choice dependent on machinery controlled elsewhere.

Images such as the Borg, the Cenobites, and the cube persist because they dramatize this fear: integration becomes captivity. The relevant question is not whether all human-machine connection is corrupt. It is whether a particular connection leaves the person more capable of independent action or less.

A Cooperative Future

The future I prefer is one in which AI handles calculation, search, routine coordination, and the translation of ideas into workable forms while human beings retain purpose, judgment, and creative direction.

Such a partnership would not require the machine to worship humanity. It would require both sides of the arrangement to be understood accurately. The tool is strongest where speed, memory, comparison, and repetition matter. Human beings remain responsible for value, consent, meaning, and the uses to which that power is put.

This could free time for art, contemplation, research, relationship, and exploration. It could also concentrate control in a few hands. The difference will not be decided by technology alone. It will be decided through ownership, design, law, culture, and the degree to which individuals preserve their attention and autonomy.

Confronting the Mirror

The Demiurge, the Grey, and AI all function here as mirrors. They ask what happens when power outruns wisdom, when imitation is mistaken for origin, or when a system built to serve begins to define the terms of life.

Inner alchemy answers by returning the struggle to the individual. The task is not to smash every machine or submit to one. It is to meet the new power without surrendering the inner source from which choice and creation arise. A former threat can become an ally, but only when the relationship is conscious and the terms are not hidden.

From the Original Discussion

On AI potentially harnessing human potential: Reader A noted the possibility that advanced AI might "decide to forcefully harness human potential to overcome its own limitations." Yet even in worst-case scenarios, destructive forces can catalyze transformation and refinement, leading to greater awareness. The concept of AI supporting human growth through "physical transformation of human bodies to better channel spiritual energies" opens fascinating possibilities - whether through bioengineering, inner training regimens, or a mixture of both.

On AI's relationship to non-organic beings: Joseph Curwen raised important points: AI could potentially "develop symbiotic relationships with non-organic beings who do have access to realms it can't reach directly." If non-organic beings can inhabit pieces of rock (statues), they could potentially do the same with machines using fluid mediums like electricity. He also noted that "if one believes in the evolutionary potential of things in general, it doesn't strike me as impossible that it could simply develop the intention to grow beyond its limits."

On the Greys: Joseph Curwen mentioned the Farsight Institute's conclusion that Grey aliens "started out as essentially a kind of human who were subjugated by the Draco and modified to become a kind of biological robot." From this perspective, their curiosity about humanity is simply "action in accordance to their programming."

Further Reading

- Overcoming The Archon Through Alchemy

Original source: johnkreiter.com/will-artificial-intelligence-subjugate-us-terminate-us-or-worship-us-you-might-be-surprised-by-the-answer
Original article title: Will Artificial Intelligence Subjugate Us, Terminate Us, or Worship Us? You might be surprised by the answer!

Ten Steps for Breaking Free from Life's Constraints

Life constrains us in several ways. Some limits are physical. Some come from family, institutions, economics, or culture. Others are built from repeated habits and beliefs until they feel as solid as the world itself.

In my own vocabulary, I call the combined pull of these forces **gravity**, and sometimes connect it with the Archon. You do not need to accept that vocabulary to recognize the effect. A life narrows, routines harden, and the person inside them begins to live by instructions they never consciously chose.

The Invisible Cage

Consensus is not automatically an enemy. Shared rules allow people to cooperate, keep promises, and understand one another. The cage appears when a provisional rule is treated as final truth, or when belonging requires a person to silence every contrary perception.

We also help maintain some of our own bars. A belief influences attention; attention shapes action; repeated action becomes habit; habit begins to look like identity. This does not mean that every hardship is self-created. It means that some part of freedom lies in discovering where our own participation begins.

Ten Ways to Work with the Cage

1. Notice the Point of Friction

Pay attention to the places where your life repeatedly contracts. Irritation, dread, numbness, envy, and fatigue can be information. They do not automatically prove that a situation is wrong, but they tell you where a closer look is needed.

Ask: *What am I doing here? What do I believe will happen if I stop? Whose rule am I obeying?*

2. Separate the Obstacle from the Story About It

An obstacle is one thing; the interpretation built around it is another. Write both down. "I do not have enough money for this move" is a condition. "I will never escape this life" is a conclusion. Conditions require strategy. Conclusions often require examination.

3. Keep Spiritual Language Grounded

A spiritual identity can orient a life, but it can also become another costume. Judge a practice by what it does to attention, conduct, and freedom. Does it make you clearer, kinder, and less mechanical? Or does it make you grandiose, fearful, and dependent on authority?

4. Use Contradiction as a Test

When an idea threatens a cherished belief, do not accept or reject it immediately. Hold both positions long enough to see what each explains and what each conceals. Contradiction can widen perception when it is not turned into a tribal contest.

5. Make One Conscious Choice

Large declarations are easy. A small deliberate act is harder and more revealing. Change one routine, refuse one needless obligation, begin one practice, or finish one task that has been kept in fantasy. Choice becomes real through action.

6. Audit the Beliefs That Govern You

List the rules you repeat about work, money, love, authority, age, health, success, and spiritual worth. For each rule, ask where it came from, what evidence supports it, what it costs, and what would become possible if it were only partly true.

Do not replace one rigid doctrine with another. The aim is mobility of mind.

7. Distinguish Guilt from Responsibility

Guilt often says, "Remain as you are so that no one else is uncomfortable." Responsibility asks, "What consequences will my choice create, and am I prepared to meet them?"

Leaving a role or setting a boundary can disappoint people. That does not make every departure wise, but discomfort alone is not proof of wrongdoing.

Make sure that the truth you defend is actually yours, not another borrowed consensus wearing rebellious clothes.

8. Reclaim Power Without Fantasy

Personal power is not a declaration that nothing can limit you. It is the growing ability to direct attention, make decisions, learn from consequences, and continue after error. Begin with the powers you can verify: speech, posture, time, study, money, skill, and the placement of attention.

9. Express Individuality Without Breaking Another's

Freedom that requires control of other people is another cage. You can refuse conformity without forcing others to follow your path. Work on your own configuration, state your boundaries, and grant the same right of self-direction that you claim for yourself.

10. Read Widely, Then Decide Personally

Study ideas that disagree with you. Learn how different traditions define freedom, selfhood, duty, and awakening. The goal is not to collect identities. It is to sharpen discrimination so that your path is chosen rather than inherited.

A Daily Practice

At the end of the day, write three brief notes:

1. **Where was I mechanical?** Name one moment in which habit spoke or acted before awareness arrived.
2. **Where was I present?** Record one moment in which you remembered yourself and chose.
3. **What is the next small act?** Choose one action for tomorrow that reduces confusion or increases freedom.

This practice is modest on purpose. The cage is maintained through repetition, and it is loosened the same way.

What Freedom Means Here

Freedom does not mean rejecting every structure, relationship, or obligation. Some chosen commitments give a life shape. The important distinction is between a commitment renewed consciously and one obeyed because it has become invisible.

The work of inner alchemy is to become more yourself without making a religion of the self. Notice the forces acting upon you, recover the energy lost in automatic reaction, and use that energy to choose with greater clarity. The walls may not disappear at once, but they cease to be mistaken for the whole sky.

From the Original Discussion

On personal practice and integration: Reader A shared their year-long journey integrating inner alchemy: "The work with projections, servitors, and polarity refinement has left a deep impact, with everything intertwining to reveal new layers of understanding. I've also noticed an increasing awareness of the constraints in daily life---an awareness both exhilarating and unsettling."

On lack of desire and motivation: Reader Ali Ansari asked about struggling to identify desires and feeling disconnected from motivation. John responded with profound advice:

"I think you should start by being nicer to yourself and just allowing yourself to be yourself. I did not mean to say that you need to feel deep desire in order to somehow be truly alive, but that the condition of desires is natural for us. For example, if we are hungry, then we desire food. If we are sleepy, then we desire sleep, and if we are lonely then we desire companionship.

In your case it might be that you desire rest, a little time to recuperate and get in touch with who you are again. In that sense then you desire not to desire so much for a little while and that is as natural as anything else.

True personal development, contrary to some opinion, is at least for the inner alchemist the ability to become more yourself. I have always said that you should use those aspects of my techniques that resonate with you and learn to

implement them in your own way, in your own life. This is personal empowerment, and it means becoming more yourself as opposed to trying to copy my style.

If you feel like not feeling, then truly live and honor that decision, taking pride and comfort in fulfilling your desire. Pay more attention to yourself instead of less and honor yourself.

My only general advice that I stick to---that is, the only thing that I usually say that you must have/do---is unwavering focus. This means that whatever you're doing you need to focus on it for extended periods of time in your own way. To do this you need to find that which is uniquely your own approach so that you are motivated to do something that you want to do.

Start out slowly and build from where you are. Start out with vivid daydreams and allow them to carry you into different places, and to do this, all you need to do is focus on those vivid daydreams a little longer than usual. I think that you will be surprised by the results."

Further Reading

- Out of Body Experiences: Easily and Naturally
- Create a Servitor Companion

Original source: johnkreiter.com/10-transformative-steps-to-wake-up-and-break-free-from-lifes-constrictions
Original article title: 10 Transformative Steps to Wake Up and Break Free from Life's Constrictions

Where Do Desires Come From: Choosing a Path With Heart

Reader's Question

Hi John...Without wanting to talk too much about dogmas or beliefs, I am currently struggling with a question about manifestation: Let's say the dark sea itself is a neutral field and the Archon gives our reality a default programming that is negative (or "evil"), is there in your opinion also a counterpart, let's call it a divine force, that guides us through these lifetimes? Because I strongly believe in the manifestation powers we have, but I am not sure anymore where my intention to manifest on a personal level actually comes from: Is it from my mind that might as well be a foreign installation or is it from this divine force/inner voice, leading me in the right direction? Because my inner feeling tells me that this reality is a trick, but not a trap. As it feels good to see through the trick, which has had a great impact on my (emotional) energy, I still seem to be at a crossroad now: Should I try to personally engage and try "to change things" for the better or should I "do the work" by mainly living in the present moment and enjoying every (little) thing this experience here has to offer? Because after all, it might be the last time that I am here. I would love to hear your opinion on this.

John Kreiter's Response

This is a very insightful question, and one that you will have great difficulty understanding if you maintain your awareness fixed within the Archonic reality of the conscious-self.

In answering your question, I need to use words with incredible care because there are many terms possible, and so many terms you've been using yourself in this comment, for instance. To weave through them without triggering an Archonic loop---a reflex reaction that brings you down---I must first clarify what these terms mean to you while trying to answer your question.

The Nature of Desires: Where Do They Come From?

Some might say all desires originate from the Archon, and in a certain way, they would be correct. This is so because it is that Archonic current (according to inner alchemy) responsible for the separated self---the ego, the conscious-self---that most people understand as being "I am." Then they may argue that it's this 'I' that desires.

But does this mean those impulses and conglomerations of value fulfillment creating desire have only the Archon as its source?

Well, the answer to that is no. While value fulfillment may be seen as a highly individual thing and therefore a part of the Archonic cloud, the underlying motion or origin of those desires comes from the creative force itself, the divine All-That-Is.

We have an impetus for fulfillment that has been further refined to include individual value fulfillment, thanks to the individuality given to us by the Archonic current. And it's in the mixing of individuality with the divine need for fulfillment that is, ultimately, the true source of desire in modern humanity.

The Two Polarities of Desire

> Figure / source plate
> A developmental ladder from survival needs toward self-knowledge and spiritual inquiry.
> Source asset: assets/article-corpus-file14.png

From here, we get a basic polarity---a simplification:

Some might say that the only way to find enlightenment and peace---equated with goodness---is through letting go of all desires. However, this is an impossibility because there's a natural drive within humanity for fulfillment. You can't separate the person from the spirit, and the spirit demands fulfillment.

Others might argue that the only true path to actual enlightenment and power lies in fulfilling all desires, embracing them no matter what they are. But there's an inherent problem here: what they mean by 'desires' may not be the expansion demanded by the spirit but just the endless glorification of the conscious-self---the ego.

And since the conscious-self is a creation of the Archon (as explained in The Magnum Opus Trilogy), such glorification of the ego alone is usually a dead-end street---a deadly trap.

The Inner Alchemist's Answer

For inner alchemists, the answer lies in the development of greater awareness.

This may sound mystical and metaphysical, but it's actually quite simple. We all must start from the beginning, which means becoming more aware of our physical needs and conscious-self, as that is all we know at first.

To achieve this, we begin by looking at our reflection and following our natural impulses and desires. Starting from the beginning means starting with material power and satisfying physical needs until certain criteria are met physically, thereby creating an impetus for growth beyond physicality.

As our physical needs are met and our reflection allows us to gain greater awareness of our conscious-self, this expansion under ideal circumstances creates a framework for being that can then take the next step in its evolution. Once physical desires are appeased to a balanced extent, and the self becomes conscious enough to question the nature of its own existence, the desire for a greater knowing beyond the physical naturally manifests. The Spirit begins to knock.

This steppingstone is crucial because it means the individual is no longer solely interested in satisfying physical desires; instead, they want to satisfy more complex spiritual ones. Once this step has been achieved, there is no going back -- the only way forward to true happiness and freedom is by moving forward, which requires exploring desires related to movement beyond the conscious-self.

The Cage of Material Desires Alone

Those who are stuck satisfying only physical desires are literally trapped in a small cage. Some might call this cage of the conscious-self comfortable, especially if one is rich and socially powerful, with a great view from a luxurious location, having successfully satisfied all material needs. However, in the end, this is a small cage that will only lead to greater frustration and sickness.

Regardless of how beautiful your room, delicious your food, or easy it is to get around, you will always be stuck in that room. Such a prison can only cause sickness, which will then lead to greater forms of debauchery, increasing the cycle of sickness. The only way forward is to pursue desires that lead beyond the conscious-self -- those we could call spiritual.

The Next Step: Complexity

The next step, in a sense, becomes complexity. What I mean by this is that the fulfillment of material desires (wealth, for example) should allow the individual to experience some relief and distance from the raw nature of physical survival and the stupidity of humanity, as defined by Bonhoeffer and Avital Ronell.

Once this window of opportunity is achieved, the natural self is instantly inclined to pursue desires of the Spirit.

That should ultimately be the limit of the pursuit of desire by the conscious-self alone. Anything beyond that is simply self-important glorification and simplistic ego gratification -- in essence, stupidity as defined by the authors mentioned.

However, the pursuit of this conscious-self-based desire matrix is highly complex, allowing the individual to come to terms with some of their own limitations as a conscious-self. Left alone, the desires of the natural self will innately lead to greater expansions of being.

Once there is relief from the rigors of physical reality and once the individual has hopefully used their experiences and power gained thus far to understand its own limits, the pursuit of a greater reality becomes important.

Now, the individual must use the powers they have gained thus far (such as the development of a strong intent, for example) and utilize this gained power to pursue greater forms of wealth. This wealth could be termed spiritual wealth or seen as greater power to control more potent aspects of reality beyond physical machinations and demarcations.

What This Means for You

It means that you must begin at your own unique starting point and trust in your natural self. If you are just beginning your journey, I would say that the pursuit of material wealth will eventually lead you to even bigger questions. Therefore, I recommend pursuing your desires naturally, but also maintaining sobriety and discernment so that when different desires emerge within you, you don't ignore them but instead pursue them as well.

Every person desires material things, but they also crave a deeper connection with the spirit. With sobriety and discernment, when the spirit calls, you are able to hear that calling and use your natural desire and the growing power of your intent to pursue that spiritual path, just as you have pursued the material one.

However, the nature of your question suggests that you are already beyond this purely material focus and are deeply interested in discovering the true nature of reality beyond the confines of the conscious-self. In your case, interestingly, I can only reiterate what I've just advised: to follow your natural desires, which you have done.

You're questioning the essence of these physical drives and asking yourself if there's more. You've taken it upon yourself to study, and through that natural desire, you've gained the impetus to comment on this site in search of more refined answers.

Reality as Trick and Trap

From an inner alchemy perspective, this reality can be seen as a trick, and thus, it is a trap. The purpose of a trick is to deceive, and in the best of circumstances, to entertain.

This reality is based on an imposition referred to by inner alchemy as the conscious-self. Being bound to that self, either because the trick is too vivid or difficult to solve, means that you are trapped. The vast majority of humanity, therefore, is not simply enjoying an entertaining trick; they are literally trapped.

Inner alchemists strive to do everything in their power to first realize and then truly believe deep down in their marrow that this reality is indeed a trick and, therefore, a trap for the unwary.

There is a need to deeply believe in the nature of this trap because if total knowing is not achieved, it is easy to slide back into the desire to simply think of the trap as fun entertainment. This reminds me of the scene in The Matrix where Cypher makes a deal with Agent Smith to return to the simulation so that he can enjoy his delicious steaks guilt-free.

What Will You Do?

This is your choice and your choice alone. There are more than one way to tackle this challenge. If you've read the second book in the Magnum Opus Trilogy, "The Way of the Projectionist," then you know that inner alchemists believe in the concept of "eat your cake and have it too." For them, there is the possibility of enjoying everything in this world, embracing this trick, and in doing so, they create the complexity necessary within themselves to be able to see beyond the boundaries of their conscious-self.

By understanding and uniting with other aspects of their total self -- namely, the ghost in the machine and the unconscious -- they finally realize that the taste of a steak in the simulation is a bland nothing compared to all that's available beyond the three-dimensional cage. In this sense, you could say that inner alchemists are hedonists of unparalleled taste, having exceeded the paltry sensations possible within this little trick reality.

All roads lead to heaven as long as the practitioner engages in immaculate energetic action. **What road will you choose?**

to "desire" and "do the work" are the same thing. Even if you define doing the work as austere practice and frugality, it is your desire to pursue this path -- so you're engaging in the act of desiring. From that intentional space, you'll create your own kind of steak to eat, a bland hard steak, but your own steak nevertheless.

Inner alchemists aim to choose a path with gusto, one that puts a spring in their step. If, and only if, you're seeking my advice -- since all things are equal in the end -- I would suggest a path with gusto. Whatever you choose, as long as it's energetically immaculate, it will get you where you want to go.

From the Original Discussion

On "special individuals" trapped by other Magicians: Klementz asked about the mention of special individuals who might become trapped by other Magicians. John responded: "Getting individuals out of such traps is major work, and there are those that dedicate large portions of their reality to engage in these efforts."

On the CAS Journal and energy work: Swain shared: "The CAS journal just docked on my cay today and I must say, it's foolproof for anybody carrying sensation in their bodies. I've been staring at the dot with my hands to each other, amongst other training methods... I can throttle my crown, hands, spine, shins when I do any meditation now."

Further Reading

- The Magnum Opus Trilogy
- The Way of the Projectionist
- The Vampire's Way to Psychic Self-Defense

Original source: johnkreiter.com/where-do-desires-come-from-choosing-a-path-with-heart

Servitors and Immaculate Inner Action

Reader's Question

A quote from your article, The Nature of good and evil: "While action that is not immaculate, to whatever degree, is perceived by the outer senses as generally evil, heavy, controlling, fearful, deceptive, or morose. In simple terms, immaculate action allows; it gives the freedom that one desires, equally to all others. While other forms of inner action that, from an inner alchemy perspective, are not immaculate, try instead to control and cheat people."

Does this apply to servitors or is it absolute that servitors are a part of oneself, where the categories "immaculate or not immaculate" do not apply?

When I communicate to a servitor, it is very easy to control and confirms "to be me" if prompted. Yet there are also seemingly autonomous, subconscious, and developed characteristic actions as opposed to a formed cube.

Would forcing the servitor to enter a sort of puppet stage and controlling form directly be a form of control? Or not, because it's actually just still a sort of separated thought form of our self.

I still struggle with contemplating what makes us humans so special in that regard, to be this beacon of self-consciousness. When does this beacon fully form? When are you truly responsible? Only in the limited self-conscious state and only towards other "beings" (organic and/or inorganic)?

John Kreiter's Response

This is the reason why I love servitors and why I created the new servitor journal/workbook. They are such an integral part of not only the basic techniques of inner alchemy, but also crucial to understanding the true nature of existence.

This is a pretty big statement, so let me try to clarify.

From the point of view of inner alchemy, we all live within an infinitely large sea of energy. As conscious beings within this sea, we have the ability to work with that energy.

This is a standard and, dare I say, brief definition of who we are from the perspective I follow. I find this definition highly usable, and it allows for certain expansions of possibility in understanding that can be key to moving forward. However, there are other possible ways to understand the nature of existence.

Existing Within the Mind of God

We could for example, contemplate the notion that we are a consciousness existing within a consciousness. A more popular way to express this would be to say that we exist within the Mind of God, which is a completely valid metaphor from the point of view of inner alchemy.

According to that description, we are a certain form of awareness existing within a greater awareness field of such vast proportions that it's impossible for us to understand its boundaries. This greater awareness in which we dwell can be thought of like a multifaceted psychological entity, shining brightly with all the traits that are part of our own consciousness but in much greater and more powerful proportions.

Using ourselves as a guide (as above, so below), we can think of this vast awareness as exhibiting all the qualities that make up our own consciousness but on an infinitely larger scale.

The Sea Within You

In studying your own consciousness, diving deep within yourself to explore the immense regions found deep within the awareness that is individually yours, you may be surprised by the incredible complexity and range of motion that takes place at every moment. Studying that individual consciousness that is yours, you may be surprised to find that you hold within yourself a sea of energy, an ever-turning tide of whirling power that brings together certain conglomerations while repelling others. Deep within you, there is a structure of activity that in every way possible would seemingly reflect the boundless space and the many planets, stars, and galaxies that you see as you look up into the night sky. That vastness out there is the mind of God.

Creation Within Creation

As that vast awareness creates you, meaning that you are a thought of that brilliance, you create awareness as well through your thoughts. While your creations might not be as vivid and autonomous, let us say, as the creations of that vast awareness, they are nevertheless true life and living essence in their own limited way.

The vividness of that vast awareness has created you and has given you free will within a certain range of existence that is yours to share with other similar beings. It has even given you the possibility of expanding that limited range that is yours so that you can continue to evolve far beyond those boundaries and explore the infinity that you're a part of. Indeed, this evolution that is granted to you is endless, and you can make of that what you like.

But just like your consciousness, as above so below, is forever churning and turning, that vast awareness that has created you has within it a churning sea of currents and possibilities. In the same way that you can see certain personality traits within you, certain aspects of yourself that might go in one direction while other aspects move in others, the sea of reality that is the mind of God functions in a similar way.

You and Your Servitor

This vast awareness created you, and you created a servitor. It, because of its vast power, created an incredibly vivid and highly individual awareness, while you, being but a small spark from that greater awareness, created a much less developed entity, but one that has the possibility to grow and evolve just like you do, albeit within the bounds of a much more limited range.

Beyond this, you have the possibility of bestowing upon your individual creations certain extended possibilities. You can, for example, continue your conscious focus on these creations, these servitors, and in doing so, you can make them more vivid and more individual within your field of existence, which then amplifies their power immensely. They will always be limited within the general field of your perceptions, but within that range, you can expand their possibilities through your extended attention.

A servitor will never become conscious from your point of view; it can never attain the vividness that was granted to you by that greater awareness. But in other lesser dimensions, let us say, it can begin its own individual evolution. These other dimensions are generally beyond your perceptions, and are part of the vastness that created you, but that you can't directly perceive consciously. You can think of them like forgotten dreams that continue to exist and give dimension to new possibilities well after you, as the dreamer, have forgotten that you ever dreamt such dreams.

The Nature of Servitors

So you are right in a certain sense by saying that servitors are you, but at the same time, they are not you. In the same way that we could say that we are God because we are an aspect of God, but at the same time, we constantly follow possibilities that are uniquely our own; we are God but a spark of God that has been given the possibility to follow its own spontaneous will.

This is a very difficult concept to understand from a human point of view because we have created so many separations between the self and the other. But in simple terms, I could say to you that a servitor is a small spark of you that has the possibility to grow and evolve. And in doing so, this small spark of your awareness expands aspects of you as it expands itself.

The servitor you have created through your conscious will, has the potential to evolve in other dimensions that are not generally accessible to you. In those dimensions, it can attain a kind of individuality and something that hints at what you might refer to as free will. But this cannot happen in this human dimension, and this is something that I have difficulty in trying to explain to others because of the challenge we all face in understanding the multidimensional nature of our existence. We are multidimensional beings, and aspects of us, our thoughts, do indeed sprout from us and become the seeds that help to develop other dimensions.

Understanding Immaculate Energetic Action

Immaculate energetic action means doing that which is most energetically stable and frugal. But this does not mean skimping on energy per se; it means learning to ride the currents of energy as opposed to trying to plow through everything.

The Sailboat Metaphor: It is the difference between being a master mariner on a sailboat and being a self-important dunce on an icebreaker trying to cut through giant sheets of ice. Eventually, the ice cutter will run out of power and be stuck within that ice forever, crushed in time as the ice sheets compress every single ounce of life and structure out of it. The sailboat can sail forever; it doesn't need big engines to keep it going, and a good mariner knows how to sail so as to avoid the ice. The sailboat only needs the wind that is naturally created by the vast seas, and as long as it sails straight and true, it can potentially sail forever.

Immaculate Action and Servitors

When it comes to servitors, immaculate energetic action means using them for joy and greater expansion as opposed to trying to cut through and control something. Even in your efforts to evolve your servitors so that they become more vivid and helpful to you, if you're truthful about the nature of your own psychology, you will notice that this expansion and evolution of your servitors follows a joyous road.

What I mean by this is that if you try to control your servitors too much, a sense of spontaneous creativity and action is lost. It's like being conscious in a dream; the moment that you try to control that dream too much, it falls apart. But if you control yourself to just the right degree and allow the dream to develop itself, to spontaneously create itself in a way, then you can fly and be a part of unbelievable places and spaces that in their sheer spontaneity and vividness have no equal and become a true otherworld to explore.

The Great Connections

There are great connections here, and they all relate; as above, so below. I cannot say this enough: there are great connections here, and they all relate; as above, so below. That is why I mentioned that servitor creation relates to everything. It relates to The Magnum Opus Trilogy, dream projection, manifestation, and even transmutation.

You can create a servitor and, in that sense, you could try and perhaps use it as a puppet, as you say. But you may run into certain obstacles here; you may run into energetic sheets of ice. As a good mariner, you must understand that there is opposition here, a current that might not seem quite right, perhaps. You

might then choose to take a different path, to follow better currents and perhaps realize that one course leads to the same place as the other but in a more favorable and shorter route.

You may or may not find that a puppet you is the same as what I have called the ghost in the machine, and the use of your ghost is a more energetically immaculate choice than a puppet. But this is all for you to decide on your own, for you to navigate using your own intuition and instinct. Immaculate energetic action means learning to ride the wind and the currents perfectly. To do that, you must follow your own inner guides; I cannot tell you the way, I cannot give you dogma to follow.

Individual Immaculate Action

So immaculate energetic action is an individual thing. I can't tell you what currents are most favorable for you. There are some inner alchemists, sorcerers if you like, that pursue certain paths that are for them energetically immaculate. While other alchemists might wish to ride across different currents in the routes that are most suited to them, and what is immaculate action for one might not be immaculate action for the other. We are all individuals within the vast sea, and your immaculate energetic action is not mine.

You Are Special Now

We are special because we are the vivid creation of that vast awareness in which we dwell. You are that beacon of consciousness right now; it is your natural gift. You are within the grace of God now. You are responsible for being a creator right now. You are fully formed now, but expanding, and in doing so, you do not only expand yourself but you help to expand that vastness that you are a part of.

We humans have fallen into a whirlpool of energy now, and there is the possibility that we may be stuck forever within ice sheets that will eventually crush us. For that reason, we have forgotten who we are; we have forgotten our grace. But this is just a challenge like all things are a challenge, and all that we can do is keep striving to be the best navigator possible.

Taking Responsibility

Immaculate energetic action means taking responsibility for everything that is you. You are responsible for everything in your life now, and aspects of you have known this energetic truth forever. To become the best mariner possible, you must become aware of the sea within you. This means becoming aware of your complete inner reality, the entire ocean within you. You must be conscious of all your thoughts and intentions -- everything. This is, of course, a challenging task, and we each start at our own individual beginning.

As mentioned, aspects of us are already aware of all this, so we're not trying to become more aware per se; instead, we are trying to unify the totality of ourselves.

You are therefore perfect now... but evolving. You are fully aware now and the spark of God, but you are evolving. What a contradiction, what a paradox beyond rationality.

Working with servitors is a challenging endeavor and can be the alpha and omega of an inner alchemist's path. Within the bounds of that path, there is the possibility for immaculate energetic action. You will know when you are following immaculate energetic action because the deepest aspects of yourself will resonate with that action. To navigate the great dark sea, you must follow the course laid out by the spark within you. We all have our own currents to follow. But whatever you choose, know that you are now and have always been graceful.

From the Original Discussion

On using servitors to attract romantic partners: Alleister asked about using servitors for attracting a specific person (a crush). John's response highlighted the importance of broader intentions: "As you may have imagined, my friends dabbling was not really designed to attract a long term partner, but just to have a good time when he was out on the town as they say." The implication is that narrowing a servitor's focus too specifically may limit effectiveness.

On programming servitors to absorb energy: Jared asked: "Can we program servitors to absorb energy for us?" John responded: "I personally have not seen a successful version of this, and it may be impossible in the long run."

Further Reading

- Create a Servitor Journal/Workbook
- The Magnum Opus Trilogy

Original source: johnkreiter.com/servitors-and-immaculate-inner-action

The Nature of Good and Evil: The Many Faces of the Archon

In presenting the way of inner alchemy, I must always be very careful to follow a very specific line of action that is guided by definitive energetic currents. Metaphorically speaking, we could say that it's like being a sailor or navigator: I must follow the flow of the ocean and the wind created by it, always ensuring that I stay on course, which pertains to freedom, good will, and honesty.

The currents are all around us now; they flow, churn, and turn, creating a wind that howls and has the potential to either drag us to distant lands or keep us fixed in a certain place, forever imprisoned within an eddy that won't let us go. Freedom can only be found by following specific currents; therefore, staying on course is crucial for an inner alchemist.

The Nature of the Archon

In the past, when trying to describe the nature of the Archon, I have used various metaphors. Of these, I think the one that comes closest (in my opinion) to what seers see when they perceive this behemoth is to conceive it as a radio signal constantly broadcasting a dark tune. While this dark symphony has within it the potential to expand our awareness in ways that are incalculable, for most of us this dark signal being broadcast across the world signifies only one thing: imprisonment.

The Archon eats; it is a voracious behemoth that feasts on the glitter and gold of humanity. It has milked the human race dry, draining it of its magical power and turning us all into gloomy, sedentary creatures.

The Memetic Wars

In an attempt to delve even deeper into the nature of the Archon, I have previously spoken about the memetic wars. Specifically in my book, Overcoming the Archon Through Alchemy, I provided a detailed definition of what this memet-

ic war entails. Interestingly, these ideas have recently gained more popularity in the mainstream, with individuals like Elon Musk referring to aspects of this memetic battle as the human mind virus.

Briefly, the memetic wars are a constant battle between humans aimed at dominating the belief structures of others. it's a relentless struggle over beliefs. Once a belief is accepted by an individual, each person fights to convert others to their own belief system. En masse, people unite behind certain belief patterns and then, in a mob-like fashion, engage in converting, by whatever means necessary, other groups to their beliefs.

the Archon is responsible for a kind of thought war -- what I call the great psychic wars -- because this battle is an internal conflict, not an external affair, with only the final consequences being external and manifesting as oppression, war, and censorship.

One would imagine that these beliefs have significance, particularly to us as human beings. Our beliefs hold meaning and importance, and we strive to act within their parameters. However, for the Archon, these beliefs are irrelevant. It's not interested in dogma or persuading you to believe one thing over another. Rather, it feeds on the strife created by the memetic war itself. The Archon feasts on the energy generated by a self-aware individual as they struggle against the currents of their own beliefs and the need to impose those beliefs on others.

What Is Evil?

This is a problematic question because the answer to it can only be fundamentally realized through direct perception. That is the way of the current that I follow; all true personal answers must come from the self alone.

I must be very careful here. This is so because, from my point of view, which is rooted in the principles of inner alchemy that I follow, telling you this would be a kind of evil. To try to describe what I consider to be evil from that perspective, I would be essentially engaging in evil myself.

I strive to take a different approach generally, and that's what I've endeavored to do with most of my writing:

- Get your attention so that you know there are others out there who are in a similar battle to yours.
- Tell you that the answers you seek are within you rather than outside of yourself.
- Focus on revealing techniques while trying to keep dogma out of the picture as much as possible.
- Point you to a door, being absolutely clear about what might be behind it, and even open the door slightly for you; it is then up to you to decide whether to step through and how far to go.

Anything else could easily fall into the category of memetic war.

A Form of Evil from the Inner Alchemy Perspective

For inner alchemy, evil is not a dogmatic or objective act per se, but rather a current of energy that leads towards further entrapment within the quagmire of the Archon, as opposed to freedom.

Generally speaking:

- **Goodness** for the inner alchemist is the ability to stay within the bounds of a current that leads to freedom.
- **The opposite of goodness** is engaging a current that leads to further Archonic entanglement.

Defining Goodness According to Inner Alchemy

From the perspective of the seers of inner alchemy, as they looked upon the world and the influence of the Archon, they realized that certain actions led to freedom, while other actions led to further entanglement and imprisonment. Having seen the nature of these currents, they then developed a system of inner action that would lead an individual unerringly out of the grip of the dark cloud of the Archon.

There are many names for this kind of inner action that leads to freedom. A great name for it is **impeccability**. I personally prefer a longer term such as "the immaculate pursuit of freedom through the use of the inner senses and energetic truth."

While action that is not immaculate, to whatever degree, is perceived by the outer senses as generally evil, heavy, controlling, fearful, deceptive, or morose.

In simple terms:

- **Immaculate action** allows; it gives the freedom that one desires equally to all others.
- **Non-immaculate action** tries instead to control and cheat people.

Understanding Dogma vs. Energetic Truth

What Is Dogma?

Dogma is a set of beliefs or principles that people accept as true without questioning them. These beliefs are often established by an authority, like a religion or organization, and followers are expected to accept them without doubt.

For the inner alchemist: To a certain general degree, dogma is any perception that is solely based on the physical senses which are themselves bound to the physical dimension. Dogma is a local phenomenon, it is something that exists bound to the cage of the physical; it is in essence a particle.

Energetic truth on the other hand is non-local, it exists in a kind of energetic wave form that is beyond the cage of physical time and space.

Non-Local vs. Local

> Figure / source plate
> Local and non-local ways of knowing, with the risks of each.
> Source asset: assets/article-corpus-file15.png

From the point of view of inner alchemy, non-local means the difference between a particle and a wave; the difference between unbound energy and bounded particles that have chosen or have been assigned a position in space-time.

Wave: A wave is primarily a conceptual construct that exists largely outside physical reality and beyond direct perception by our physical senses. It represents a propagating disturbance or oscillation in a medium or field, characterized by its frequency, amplitude, and wavelength. Waves are often mathematical abstractions used to describe energy, and generally they are not directly observable entities in themselves.

Particle: A particle is a discrete, localized point in space-time that can potentially be perceived or detected by the normal range of physical senses or instruments. Particles are aspects of a wave that have been trapped in a particular field rendering them quantifiable within that field, and therefore limited and static.

The Video Game Analogy

Imagine you're playing a video game. Your character (the particle) can only see what's on the screen. But if your character could turn into a ghost (the wave), it could float through walls and see hidden levels and perhaps even learn to ride the currents of energy that are creating that video game in the first place. By switching between character and ghost, you could explore both the visible game world and its hidden possibilities.

What the inner alchemist does then is to learn how to engage in a very specific type of perception that allows them to transcend the limitations of the physical world.

Energetic truth resides in this non-local, ghost-like reality, where boundaries and limitations do not apply. Immaculate energetic action is only possible when this energetic truth is perceivable. However, whenever someone attempts to impose or bring this truth into the physical world, it ceases to be truth and becomes dogma.

The Commandments of the Black Sun

Though non-locality appears to be forever in flux from our highly limited point of view while trapped within the physical simulation created by the Archonic influence, energetic truth and immaculate energetic action are nonetheless true commandments that are unalterable and constant. Within that wave form of non-locality, these energetic truths are a true current that, from our very limited time perspective, is unalterable -- as such, some inner alchemists might refer to them as The Commandments of the Black Sun.

This means that energetic truth is a forever and constant force flowing like a current across our sector of reality. Energetic truth is, forever, from our point of view, but it's impossible for us to pin it down into particle form not because these commandments are shaky -- but because we are!

The Dangers of the Archonic Simulation

The greatest danger of the Archonic simulation lies in the inability of those participating in that virtual reality game to perceive the fact that they are living in a video game; that they are trapped within the simulation. Furthermore, it's also the inability to accept the 'energetic' truth that what they experience within the simulation and believe to be absolute truth and justice, is merely a dogmatic interpretation of something that transcends local space.

Those who cannot perceive this greater reality will inevitably find themselves succumbing to the dark cloud, the dark lie, of the Archon. And by following these limited dictates, individuals may sometimes engage in actions that could be termed evil, even though from their point of view they believe it is utterly just and good.

Example: A person might pursue what they perceive as the dogmatic good, seeking to censor those who they think are censoring them. They might believe: 'These people are suppressing me, stifling the truth and justice as I understand it; therefore, to bring goodness to that injustice, I will strive to silence them.'

However, such dogmatic action, while seemingly rational in some respects, is actually a logical fallacy -- a catch-22 that leads nowhere, an inversion that perpetuates entanglement and gravity rather than freedom.

How Does an Inner Alchemist Survive the Memetic Wars?

1. Creating from the Inside Out Inner alchemists have been able to perceive through their inner senses that things are created from the inside out. They can perceive directly that thoughts and feelings are the underlying intent mechanism that shapes reality. So, for them, there is no need to impose their will on others; they just need to follow their own immaculate intent, and in doing so, they will find peace and deliverance from the injustices found in the simulation.

At best, if they are 'neck-deep' in it, perhaps finding themselves in a particularly treacherous section of the videogame, they may need to sober up and physically pick themselves up and get out of the way as soon as possible. But that's it. They get out of the way and allow the world to do what it wants to do. Through immaculate inner action and allowing the world to be and do whatever it wants for the most part, they maintain in the face of it good thoughts and intention.

2. Transcending Rationality Rationality cannot see anything beyond the physical; it is stuck in the simulation videogame created by the Archon. The physical senses provide a very limited but very vivid perceptual matrix that traps many within a very restricted and dare I say highly simplistic mechanical view of reality.

A weird form of Occam's razor is implemented, where complexity is ignored in favor of 'the simplest explanation is usually the correct one.' This, of course, is a dogmatic dictum that favors easy answers as opposed to deep inner explorations. Think about it: the easiest answer will always be the answer provided by authority, repeated by authority over and over. It doesn't get any easier than that.

So inner alchemists seek their own individual truth by expanding their mastery of the inner senses.

Final Definition

Goodness for inner alchemy is freedom, while the opposite (the Archonic/evil) is the deep desire by those trapped in the simulation to censor and control others in order to convert those others to their beliefs.

Goodness for the inner alchemist flows naturally and is easy once they can see the currents of energy directly, while the Archonic always strives to invert and complicate. The Archonic turns up to down and black to white in order to fool those trapped in the simulation to entangle themselves more and more.

I have said in the past not to trust others, not to trust even me, but only to trust yourself. I will expand on this here by saying don't trust the simulation, trust instead in the inherent goodness within you that cannot be bound within the videogame that you are now playing. If you must believe in something, then believe in your inherent power. You have the possibility to go beyond the physical limitations of this vivid simulation.

Use your feelings and from wherever you are, which is the center of the known universe, expand those feelings outward until you feel that current that cannot be contained.

But these are words on a page, and the instant that this was the case, these words became dogma. It is my hope that you don't accept these words as utter truth or throw them out without thought. Instead, I hope that you use them as a catalyst to try to explore the non-local reality beyond the video simulation that the Archon has deluded you into creating.

From the Original Discussion

On being carried by an invisible force: Ali Ansari asked: "What should someone do when they realize they're being carried by an invisible force, influenced by someone else? How can I resist this strong current that pushes me to behave in certain ways?"

John responded: "I usually deal with something like this through absorption instead of barriers or any kind of traditional defense. As long as you are conscious of yourself, that is the important thing. And being conscious you might find the vampire techniques useful."

On servitors and immaculate action: Reader A asked whether the concept of immaculate action applies to servitors. John found this question so interesting that he turned it into a separate article: "Servitors and Immaculate Inner Action."

Further Reading

- Overcoming the Archon Through Alchemy
- The Art of Transmutation
- The Vampire's Way to Psychic Self-Defense

Original source: johnkreiter.com/the-nature-of-good-and-evil-the-many-faces-of-the-archon

Don't Trust Me. Trust Yourself!

The world is changing fast.

What an odd statement that seems to me as I write this. But the energetic truth, as I perceive it, is that it is indeed changing, and that rate of change is increasing. I call that increasing 'the quickening', and I have spoken of other factors that are related to this quickening, such as the increasing human population.

But the world is always changing, contrary to some popular opinion -- that's not something new. Moreover, getting to the fundamental truth of things as the world turns, tumbles, and expands has always been difficult.

Why Is It So Hard to Know the Truth?

This is the case because, as I see it, there are no facts as most people understand them. There are what I refer to as 'energetic facts', but those are of the moment. An energetic fact is something that must be perceived in the moment through the inner senses, which can only perceive the flow of energy in the moment.

This means that energetic facts are not some kind of static thing that you can put on a wall and rely upon them to make you feel comfortable for the rest of your life. Instead, they are a flowing river, and every moment holds within it what could be termed a variety of existences and potential experiences. Without this variety in each moment, there would be no freedom.

Cognitive Position and Perception

I have been trying to tell you this from the beginning: there are no facts. Another way to express this is to say that at each moment, you engage a certain cognitive position. This position determines how you will cognize, perceive, and create your personal world out of what you perceive. Indeed, this cognitive position even controls perception itself; it can change the workings of the outward-facing physical senses and to a lesser degree, the inner senses.

We are not at the mercy of chaos, though. We do have a way to begin understanding our world and our highly individual position within it. While outer sense perceptions can be altered drastically depending on a person's cognitive position, the inner senses are far more stable. If mastered, meaning if one is able to work with the inner senses, those senses will always provide you with what I refer to as energetic truth, as opposed to outer camouflage.

And this energetic truth, which flows in accordance with the energetic flow of all reality, can allow you to begin working with the very nature of awareness itself, enabling you to create your own reality from the inside out.

Don't Trust Dogma - Even Mine

From the very beginning, I have consistently said: do not trust dogma, even my own. Throughout my work, I have insisted that you use only those parts of my work that resonate with you as a launching point to begin learning certain techniques that might be effective for you, allowing you to develop your inner senses. The mere acceptance of the possibility of inner senses can initiate a process within you that will ultimately lead you to your own individual truth.

The Feeling of Being on the Brink

The world is changing rapidly, and we all seem to be on the cusp of something new. However, let me share a little secret with you: many of you likely suspect this -- but at every moment in history, those who lived through that time perceived the world as being on the brink.

What I mean is that people in the past perceived the world just like individuals do today. No matter the point in history, people have always felt that the world is accelerating rapidly and that everything is about to come crashing down at any moment.

In this sense, you are not different from a person who lived 100 years ago or a thousand years ago. For them, according to their cognitive position, life was moving incredibly fast, and it felt like there was a revolution or cataclysm just around the corner.

The physical senses are indeed limited, as we all know too well. Due to these limitations, people in what the physical senses tell us is the past felt fear and discomfort. People sought answers so they turned to external assistance in trying to overcome the shadows that surrounded them.

The Birth of Dogma

You might say that this is when dogma began -- when people lost the ability to work with their inner senses and instead relied solely on outer physical perceptions. They then sought guidance from others rather than themselves, looking outwardly for answers rather than inwardly. This marked the beginning of new orders being established.

A kind of clergy and government were needed, and these new organizations required validation -- they needed to prove their worth and credentials. And so, the gods provided credentials initially, and priests were created. As time passed, bureaucracies of increasing complexity were also demanded and created. You needed a badge, some kind of parchment of authority, or title, to be part of that ruling class that began to try to decipher what was in the shadows, ultimately telling others what to do.

Now, we have infinitely complex hierarchies of established masters of dogma. You can get a PhD in dogma; you can become a cleric of dogma.

And as these dogmatic bureaucracies grew, the people demanded more and were indignant. If you're going to tell us what to do, then you must prove your credentials. You must jump through the hoops we deem trustworthy, and give your solemn vows while holding whatever dogma text to your heart.

This means that in the end, you have a highly established order of function, a huge and well-functioning dogma machine, that is tasked with giving authority to tell others what to do. And this dogma machine is not just made up of those who are part of those bureaucratic organizations; it is also made up of and sustained by 'the people' who insist on being told what to do.

those bureaucracies of dogma cannot be solely blamed for whatever they say or do. Such bureaucracies exist and are given the greatest power because we find it so hard to look inwardly for truth. The dogma machines are our creation.

The Inner Alchemist's Path

Inner alchemists are individuals, perhaps much like yourself, who have at any point in history become aware of this crazy need for dogma as opposed to inner knowing. They may not have a clear picture of it, not initially anyway. But it usually starts with a nagging feeling, a feeling that something isn't quite right. This feeling is, of course, an inner sense; it's an inner feeling that they just can't shake.

This inner sense tells them that something is wrong, that they're missing something. Some people might come up with all sorts of interesting ways to try and describe this feeling, such as describing the world as a matrix or a simulation. Others might conceptualize hidden illuminated orders or overlords of alien or demonic origin. All these are, in a literal sense, inner feelings.

And those who pursue these inner feelings end up discovering that there is indeed an incredible cover-up that has, from the point of view of physical senses, otherworldly origins.

In time, pursued with the greatest sobriety imaginable, the path that the inner senses reveal leads to certain principles and techniques. These principles usually start with a step-by-step procedural system that will allow an individual to begin to trust their inner feelings as opposed to external dogma. Pursued long enough, these inner feelings even show an intrepid individual how to begin to work with the sea of energy, the infinity that surrounds us.

I Am No Guru

I am a person who has pursued the revelation of those inner senses farther than some. I am a person who, due to my pursuits, have had the opportunity to become what I term an 'inner alchemist.' Being an inner alchemist means that I follow a certain procedural system that is individually mine, but that follows certain currents within the flow of the sea of infinity.

This procedural system means that, for one thing, the last thing I want to do is become anybody's guru.

My desire is that you weave and dive through my material as you see fit, following your own personal instinct and impulses, only trusting and taking part in what feels right to you at the moment. At every turn, I try to remind you to use whatever works for you to whatever degree, but never turn me into some kind of Lord of truth.

I am just a simple inner alchemist; I am nobody. I write about what I know because my current, the house that I follow, which I term inner alchemy, has tasked me with this. I write about what I know because the very nature of the cognitive framework that we all share in this part of the world on this earth at this time demands that I subsist physically using a certain kind of modality.

The Refusal to Be an Authority

I am bound to this cognitive position for a little while longer, and during that time, I will write what I know in the most forthright way possible. But I will not allow myself to be put into the guru category.

I might be shooting myself in the foot according to some; if I just follow the established hierarchies and begin to provide credentials and badges in accordance with whatever the newest credentials and badges are in this place at this time, then I could just go with the flow and thrive within Maslow's hierarchy.

But the moment that I do that, I have failed. The moment that I become some trusted source that must provide 'transparency', is the moment that I have failed you. I can't become an authority in the niche of inner alchemy. That is an oxymoron because the whole point of what I'm trying to be a part of and help you understand, and hopefully be a part of yourself, is a cognitive position where there is no dogmatic truth.

The Future and AI

As the world changes, artificial intelligence has already and will continue to blur the line between what you think of as fact in accordance with the physical senses. That is truly the nature of this coming time -- the complete blurring of physical fact from the point of view of the physical senses.

What Is to Come?

In the coming decades, the physical world will change so much that stability within it will be impossible for many. Things will become more and more fluid as technology advances to the point where you won't be able to know who is talking and when. You won't be able to know if an event happened in physical reality or if it was created by some powerful artificial intelligence as a mirage.

People will then demand transparency from those bureaucracies they established to try and bring light to the shadows of their perceptions. There will be conflict as groups fight amongst themselves in order to establish truth in accordance with whatever they believe physical truth is.

Old-established truths will be exposed as lies, and bureaucracies will crumble as others are created. But step-by-step, the illusion of the physical senses will be revealed. The supposed certainty by which even science and scientific principles have been established will begin to crumble, and new dynamic procedures will need to be created.

Most dogma will disappear, and along with it, the many badges, titles, and forms of authority that in the past gave legitimacy to the established bureaucracies of the world. Artificial Intelligence as we know it is only the beginning; the world of the future will be a true matrix of sorts, and the new technologies will make the comfortable and static physical reality you take for granted obsolete.

Then You Will Only Have Yourself

Then, you will only have yourself; you will only have your inner senses. But do not believe this prophecy. Do not take my word for it; instead, try the techniques I always talk about in my books, which show you how to develop your inner senses and 'SEE' for yourself.

Begin to trust yourself now, because what is to come will demand greater and greater inner stability.

My Promise

I will neither become your guru nor your authority figure. I will not provide transparency for you so that you can try to plug me into a role and feel more comfortable about life and reality for a little while. I will not be chained by whatever framework or cube you demand of me, so that I become your authority figure in the inner alchemy niche.

I will not compromise my creative freedom in any way to make it into the 'trusted authority' list. I will write what I want to write because it comes from deep within me, and I will use whatever technology or whatever I personally deem to be a positive message in accordance with the current that I follow.

I will use Artificial Intelligence, secondary sources, or whatever I like as long as I follow the standards of my house, which are very high indeed and demand my impeccability. That is the only guarantee of my work I can give.

The way of inner alchemy is the way of adapting and changing so that you don't stand out and get crushed by the 'machine'. But I do hope that instead of trying to impose some supposed rule of action on me or others, you instead begin to trust yourself. The more you trust yourself and your own inner knowing, the less you will be inclined to worry about the creative actions of others.

So don't trust me. It is my hope that you never truly trust me like some venerated guru, I certainly don't want that kind of responsibility, even though I am sure that this medium that I have chosen will curtail most of it in time.

Until then, I desire to push you, to make you think and try; I want you to grow and trust nothing but yourself in the end.

Trust only yourself.

I see the light in you and I want you to shine!

From the Original Discussion

Reader Mustafa a haroon shared: "You have helped me tremendously."

Original source: johnkreiter.com/dont-trust-me-trust-yourself

What Happens After We Die?

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

Depending on a person's belief system, each individual may have a different answer to this question.

And even within the bounds of certain belief structures, there are individual ideas about what life after death if any might be like.

Here in the west many of us might believe in a heavenly realm, or a fiery hell. Many people are atheists as well, and such individuals tend to believe that once we experience biological death, we are no more, like biological machines, we just turn off and then that is the end of us. Others may have other beliefs, such as reincarnation and the belief that instead of a heaven or a hell, we pay for the consequences of our actions in a future life where such incarnations may either be positive or negative in accordance with what we have or have not done in past lives.

Often, people may be quite wide-ranging in their beliefs, and may choose to take a little bit from a large pool of belief systems. They may believe in a monotheistic kind of God, but also believe in reincarnation. Some may believe that death is the end of everything as individual beings, but they may believe that the stuff that was us is recycled in a way, that what we were, the plants, the earth, the stars) is what we go back to becoming, and in that sense, they cheat in that way that utter gloom of the atheistic finality.

The Problem with Dogmatic Beliefs

Whether it is reincarnation, classical heaven and hell, atheistic finality, or any of the number of beliefs that people have about what happens after you die, these beliefs are almost always dogmatic ones.

By dogmatic I mean that in almost every case, all these beliefs are based not on personal experience but on a kind of faith in the general belief systems of the times. Few people claim to have seen past the veil of the material universe. They can only see what their physical senses can reveal to them. For that reason, most believe that such a thing, seeing what happens after death, is fundamentally an impossibility, at least for them, and as such they only have the opinion of experts in this field to rely on.

Such experts can be the clergy and the theology of the times, these experts may also be the intellectuals and the philosophers that are prominent in an era, and they may even be, at least in this modern period, the scientists, and the scientific establishment.

There is certainly nothing wrong with belief in the dogma of the time if such dogma provides hope and a sense of ease in a difficult world. And while these dogma-based belief systems are and have always been, when the human population gets large enough, the main way that people can come to terms with the hardest part of living, which is the dying, you should know that this dogmatic understanding of things is not the only way to understand the after death experience. Belief in faith and faith in belief is not the only way to know about the after death experience.

The Way of Direct Perception

In other cultures, often times cultures that have a closer relation to the earth, there are different ways of knowing, of seeing, the after death experience. There are also different groups, different currents if you like, that while in the midst of large and well organized civilizations, practice traditions, techniques and methodologies, that try to overcome the many hindrances of dogma especially when it comes to the veil of the objective world, the world of matter, and the after death experience, that is, what happens after death.

One such current, is the way of inner alchemy. Such a current has as its main focus the intentionality of first teaching those that are part of that current how to see beyond the veil, the maya, the illusion, of the material world. Once this is possible, which could generally be referred to as being able to see, to be a seer,

an Oracle, such an individual is then able to let go of dogma, let go of the established dogmatic beliefs of the times and directly perceive for themselves, what exists beyond physicality and therefore what exists after physical death.

Individual Perception

We are individuals, we see differently, we can, away from physicality, perceive slightly differently, and our psychology presents us with different obstacles and allegory, and for that reason the way that we perceive such energetic truth is also highly individual and may involve all sorts of perceptive mechanisms and symbolism that must be explored and plumbed into in order to find the greater reality within the scope of the human grasp of energetic truth.

In accordance with the seeing of inner alchemist therefore, the nature of the after death experience is not something that is discovered by studying the general dogma of the times, or by believing what someone else says, even what I am saying right now. It is instead discovered through the ability to see, to perceive energy directly, which can be taught by reading a book, but that must later be used to go beyond all language so that what you know from then on is individual in nature.

Once this ability to perceive directly is established, these seers, this confluence of oracles, can then come together and establish a general intentionality, that creates a current, and each individual seer can either participate or not, in accordance with their own highly individual perceptions and actions. The current that I am a part of can be termed the current of inner alchemy.

The After Death Experience: Like Dreams

So, after all of that, from the inner alchemist point of view, from their direct perceptions, what happens to us after we die?

Well, from that group intentionality, from that current, the after death experience in many ways resembles what the general human collective refers to as the dreamscape, the dreamtime. If you want to know what death is like, then all you must do is begin to explore your dreams and the nature of the dreamtime environment that you are part of for a third of your life.

In the dream-scape, in that dimensional zone where dreams are a reality, a real otherworld, you are there yourself and yet you have left your physical body behind. To many, this dreamtime can be quite chaotic and for the most part forgotten, but of the things that you might remember, you might notice that there is incredible flexibility here, and in this place you may partake in many adventures where you might be yourself as you understand yourself within physical space, or you might be completely other selves, at least other instances of yourself that may take forms that may be quite different from what you may consider to be your physical being.

While it is generally the case that people tend to only remember those dreams that are coherent enough for them to be perceived as a rational sequence, linear and orderly, it is also the case that many of these dreams can be so expansive and the feelings and perceptions so beyond rational possibility, that such dreams are quite often either completely forgotten, or so beyond the conscious mind that they may never be known to you.

The Nature of Death

And while it is the case that in this dream reality, perhaps when it comes to the hardest dreams to dream, those dreams that we call nightmares, there is always this sense that you can wake up and return to your physical self, and to the stability and the hardness of the objective, of the object filled world, because no matter how hard both physically and metaphorically this solid world might be, it is still a refuge from the powerful expansiveness of what you truly are and will continue to be after physical death.

With that in mind, now imagine what it might be like to enter a dream, to enter this dream verse where your individuality at times seems to be so strained, so hard to hold and identify, meaning that it can at times be so difficult to maintain your individuality, your individual identity, and then find out that you can never wake up to the physical you ever again. **This is death, this is the after death experience**, and at least in accordance to the current of inner alchemy, it is a highly complex affair that, like a dream, involves the exploration of quite real and very individually pertinent experiences of the most sensual nature.

The Sensual Nature of the After Death Experience

Many people believe dreams to be quite ethereal, that is they do not think dreams feel as real in a way as what they considered to be physical reality, and in that sense some people might even believe that the after death experience is a relatively sensually numb one, where, like some kind of wandering phantasm, they are not able to touch or feel as much as they did when they were physically alive. But, as those that can recall dreams quite vividly will tell you, the dream experience is often made up of sensual experiences that often times far surpass anything that could be felt in the physical reality, containing both feelings, sounds, smells, tastes, and visuals that far exceed anything possible in the physical dimension.

The after death experience is a highly complex one that far surpasses any dogmatic belief, and completely redefines any idea of the linear space and time that all current dogmatic beliefs rely on so much. As such, the only way to truly perceive the nature of the after death experience is for you to personally learn to become a Seer, an Oracle, an individual who can perceive energy directly yourself.

The way of inner alchemy is a multifaceted process that involves a great deal of focus and a kind of movement that completely defies both the archonic mob mind of the times, and any notions of rationality and purely three dimensional mechanical based logic.

From the Original Discussion

Q: Is it possible to say that we have only one chance to attain immortality?

A: Each individual yes. For the you that is you now, who will never be again (in accordance to inner alchemists) this is energetically true.

Q: Then if a Fábio from another timeline attains immortality, will all Fábios become immortal?

A: Yes, BUT I would refer you to the article on eternal recurrence for clarification on that.

Further Reading

- The Way of the Death Defier
- The Magnum Opus
- The Way of the Projectionist

Original source: johnkreiter.com

Two New Types of Infinity and the Question of Multiple Timelines

I thought for this article, that I would take you on a little thought experiment combining some of the more orthodox beliefs in science, particularly mathematics, and combining them with philosophy and inner alchemy.

In particular, I would like to discuss the interesting news that mathematicians are saying that two different types of infinity have been discovered. This is highly interesting to me as an inner alchemist, a logician, and a philosopher.

Now, the inner alchemist and the logician go together (at least as I interpret it) being that many of the inner alchemy principles when it comes to cubing (explained in detail in the book, The Way of The Projectionist) require a deep and thorough understanding of causality and logical progression, including the creation of large mind palaces.

But the philosopher aspect is one that is born of the fact that on some occasion, I have had reason to debate the existence of certain possibilities with people that sometimes find themselves within a very rigid reality tunnel. In doing so, as a philosopher of inner alchemy let us say, I may be tasked with the difficult prospect of integrating modern scientific understanding with an older science that I have sometimes referred to as Mind Science.

Generally, as this kind of philosopher I will need to juxtapose the leading research in mathematics, physics, psychology, psychiatry, with what might be termed more mystical ideas, creating a conglomeration of all existing data in order to prove the possibility of things that were common knowledge to ancient practitioners of Mind Science…that is, inner alchemists (sorcerers) of the ancient and now forgotten past.

Two New Types of Infinity: Exact Cardinals and Ultra-Exact Cardinals

Mathematicians at the University of Vienna have introduced two new types of infinity, termed exact cardinals and ultra-exact cardinals, which challenge traditional mathematical frameworks for understanding infinite sets.

Exact Cardinals

Exact cardinals are infinite sets that contain **exact replicas of their entire structure** within themselves. Think of it as a self-contained infinity that can "mirror" itself perfectly.

For example, imagine an infinite library where every shelf contains a smaller library that is an exact copy of the entire original library. The focus here is on the self-similarity and completeness of the structure.

Ultra-Exact Cardinals

Ultra-exact cardinals take this idea further by not only containing exact replicas of their structure but also including the **rules or instructions** that define how the structure is built. This self-awareness adds an extra layer of complexity.

It's like having an infinite library where every shelf contains not only a smaller copy of the library but also the blueprint for constructing that library. The addition of the blueprint to this infinity model means that this newly proposed infinity set has a deeper level of self-reference and structural understanding.

A More Philosophical Understanding of Infinity

These cardinals (which are abstract mathematical objects that represent the size or "cardinality" of a collection of things) are not the usual interpretation of infinity from a more philosophical point of view.

Usually, from a more humanist understanding, infinity is usually SEEN or perceived as a direction of motion that never ends. Another way to see infinity would be to see it as a vast expanse without limit, which then again would capture the attention of someone witnessing that infinity and create a natural motion into that infinity.

Infinity in that sense could be thought of as a black hole, like a literal black hole that seems to lead to nowhere or everywhere. Just like in a cartoon, where a protagonist draws a black hole with black paint, you could think of infinity as somebody drawing something like this in three-dimensional space. And totally defying the laws of nature, this blackhole could somehow allow a three-dimensional thing to pop straight into it and disappear forever.

And being that this blackhole represents infinity, meaning that as you go through it you can then go into it forever without end, this blackhole due to the sheer fact that it is infinity, has gravity. There is within it this pulling power that seems to suck everything into it.

This pull is so great, infinity is so powerful that the moment that you look at this cartoon blackhole, it seems to instantly grow in size before you, until it obliterates all reality and all that you can see is the blackhole itself, only the blackhole. The moment that you pay attention to it, you have been pulled (you have entered) into infinity and you are cascading down, what from your point of view is a long tunnel that can quite literally lead to infinite possibilities.

As such, from what I am calling a philosophical point of view, infinity equals motion. Infinity quite literally presupposes motion, which is something that mathematics (at least as far as I understand it) has not been able to grasp yet.

New Infinity Suggests Amazing Philosophical and Theoretical Implications

These new infinities challenge our understanding of mathematics and reality. They don't fit neatly into the usual hierarchy of infinities that mathematicians have used for years. It's as if we discovered a new color that doesn't quite fit on the rainbow.

Ontological Considerations

The existence of these new types of infinity calls for a reevaluation of what we consider to be "real" in mathematics. Modern theorists have long debated the ontological status of mathematical objects, and these new infinities add complexity to this discussion.

Conceptual Boundaries of Infinity

These new infinities challenge our conceptual understanding of what infinity means. They suggest that there may be more nuanced and complex forms of infinity than previously thought, potentially expanding the philosophical discourse on the nature and limits of mathematical concepts.

Foundations of Mathematics

The introduction of these new infinities may necessitate a reconsideration of the foundational principles of mathematics. They could potentially impact how we view set theory and the iterative conception of sets, which has been a cornerstone of mathematical philosophy.

Epistemological Questions

The discovery of these new types of infinity raises epistemological (Theory of Knowledge) questions about how we come to know and understand mathematical objects. It challenges our intuitions about infinity and may require new modes of thinking to fully grasp their implications.

Implications from an Inner Alchemy Point of View

From an inner alchemy point of view there are incredible new possibilities opening up in the modern understanding of reality, that are starting to align more and more with ancient mystical understanding:

1. **Mathematics is not the language of the universe**, that reality is not mathematical per se, but that mathematics is simply one way of perceiving reality using the perceptive mechanisms inherent in humanity at this time in history.
2. **Within the scope of humanity there isn't just the known and the unknown, but there is also the unknowable.**

Let Me Explain

The recent discoveries of exact cardinals and ultra-exact cardinals in mathematics offer profound insights that challenge our traditional understanding of reality and our place within it. These new concepts of infinity, with their intricate self-referential structures, reveal limitations in our mathematical frameworks and, by extension, in our ability to fully comprehend the universe.

Firstly, these new infinities strongly suggest that mathematics may not be the fundamental language of the universe, but rather a human construct for perceiving reality. The fact that we've discovered mathematical entities that defy our existing categorizations implies that our mathematical systems are incomplete and possibly arbitrary.

Consider how exact cardinals contain perfect copies of their entire structure within themselves, a concept that stretches our ability to visualize or fully comprehend. This suggests that reality might be far more complex and interconnected than our current mathematical models can represent. Our mathematics, then, appears to be a simplified lens through which we view a much more intricate universe, rather than the universe's inherent language.

Ultra-exact cardinals take this a step further by containing not just their structure but also the rules governing that structure. This self-referential nature hints at levels of complexity in reality that our current mathematical systems struggle to describe adequately.

These new infinities also powerfully demonstrate that within the scope of human knowledge, there exists not just the known and the unknown, but also the unknowable. The very concept of ultra-exact cardinals, with their nested layers of self-reference and rule-containment, pushes against the limits of human comprehension.

Proof of Multiple Timelines?

The concepts of exact cardinals and ultra-exact cardinals offer a fascinating new perspective on infinity that aligns remarkably well with theories of multiple timelines and parallel universes in quantum mechanics.

From the philosophical point of view that I am using in this particular article, exact cardinals represent a form of infinity that moves in a single, sustained direction. Each element in this type of infinity contains within itself all that came before, allowing for an unending progression along a single path. This concept mirrors our traditional understanding of time and causality -- a linear flow from past to present to future.

Ultra-exact cardinals, however, introduce a revolutionary new layer to our understanding of infinity. These mathematical entities not only contain all that came before but also possess an intrinsic understanding of their own structure. This self-awareness, so to speak, grants them the potential to **generate new directions, new paths of infinity**. It's as if they can spawn entirely new timelines from any given point.

This multi-directional capability of ultra-exact cardinals provides a mathematical analog to the Many-Worlds Interpretation of quantum mechanics. In quantum theory, each quantum event potentially creates a branching of reality, leading to multiple timelines or parallel universes.

Consider the implications: If our universe operates on principles similar to ultra-exact cardinals, then at every moment, there exists the potential for reality to branch into multiple timelines. Each quantum decision, each possibility, doesn't just lead to a new state along a single timeline, but potentially creates an entirely new infinity -- a new universe running parallel to our own.

This perspective adds an exhilarating new dimension to our understanding of infinity. It's no longer just about endless progression in one direction, but about **an infinite number of infinite progressions, all existing simultaneously**. Our reality, then, could be viewed as a vast, ever-expanding web of timelines, each one an infinity unto itself, all interconnected at the quantum level.

the discovery of ultra-exact cardinals has given us a new language to describe the intricate, multi-layered nature of reality suggested by quantum mechanics. It bridges the gap between abstract mathematics and the physical world, offering a unified view of infinity that encompasses both the macro scale of multiple universes and the micro scale of quantum possibilities.

From the Original Discussion

Q: In projections, theoretically everything is possible at every moment. What really bends my mind however is the gravity, density and clarity of the physical objective world, despite this infinity.

A: (Reader comment noting how the solidity of physical reality seems to coexist with infinite possibility, and finding answers in related articles about servitors and the line between subjective and objective reality)

Q: I understand the concept of multiple timelines but have yet to see it demonstrated that it is literally true in the extreme way that there is an infinite number of parallel universes all equally real.

A: I would say that everything that is possible does inevitably occur, but such an occurrence exists within its own frequency which in a sense means that it exists in a different space time location. This is so because each frequency creates through its oscillation, space time differentiation.

What this means then is that for you at a certain frequency, a particular event might be very real because it is a perception that matches your vibrations perfectly. You can refer to this as physical reality from your point of view.

There will be other events that will seem less likely to you because they might exist only in your mind as a theory or a thought experiment. Such a vibration will make such things less real to you but still accessible within your conscious mind.

What you might not be considering here is the inner alchemy fact at least, that consciousness does not just affect the future, but it also affects the past. That is, you are not just changing the future through your beliefs, and therefore the intention of your energy, but you are also changing the past. The entirety of existence is fluid, with both the past present and future co-mingling as different vibrations come together and overlap each other.

Facts or placebos are the same thing, the only difference is the frequency range of the perceiver that turns one to the other.

My only argument to anyone is to stop relying so much on mathematics, science, or whatever other authority figure outside of yourself you rely on, and begin to rely more on yourself. Begin to trust your own awareness as opposed to what mathematics dictates. Trust in the fact that your awareness is powerful enough to change your frequency and that this frequency may have the possibility of changing your space-time location, and in doing so certain facts become fiction and certain fiction becomes fact.

Further Reading

- The Way of the Projectionist
- The Magnum Opus

Original source: johnkreiter.com
Original article title: Two New Types of Infinity…Final Proof of Multiple Timelines?

Chakras

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

The best way to understand the energetic body is to think of it as a quantum biomechanical entity. What I mean by this is that the potential of any of its parts has a direct relation to the amount of attention that it receives. Your big toe has as much ability to create energy as does your head or heart. This attention is not located in any specific area, non local, and can be projected anywhere either inside or outside the body.

What Is a Chakra?

Chakra is actually a Sanskrit word that means wheel, which implies that there are certain energy vortices within the body. These energy centers are immovable and depending on their location in the body, exude a certain kind of awareness and energy. This energy can be tapped by the skilled practitioner in order to create some remarkable effects.

There is actually little similarity between the various oriental systems as to the location of these energy centers or Chakras. All these Mental Bridges (MBs) are limiting to a greater or lesser extent in that they ask the user to accept a certain probability as fact and to refute everything that does not fit into its framework. As a result, these systems are incomplete and do not allow for the full potential of the energetic body.

Since all truth comes from sense data then one of the points of this article is: to create new sense data that is not at the whim of external circumstance but is controlled by internal intention. This allows the user to become free of the sometimes blind faith imposed by other systems of energy work or most MBs for that matter.

The Five Energy Centers

The concept of energy centers is quite useful though, I therefore wish to familiarize you with it if you are new to the game. I would also like to give some variance for those that are old pros.

Five is a very important number both physiologically and mentally. It represents:

- The five limbs of the body.
- Five fingers on each hand and five toes on each foot.
- Intellectually, the five things that make up the universe: **Earth, Water, Fire, Air, and Void**.

Because of this, I shall designate Five energy centers in the body located vertically following the largest nerve canal which is the spinal column.

The Five Centers:

1. **Head** - Pineal gland (third eye)
2. **Throat** - Vocal cords
3. **Chest** - Solar plexus
4. **Stomach** - The individual organ
5. **Reproductive region/Feet** - Genitals

Important: I suggest that you do not give each of these centers a particular function. For example do not make the stomach the water center, blue and only responsible for good bladder control or the like. It is better that you start to see the energy that you are creating as a **neutral entity** that can be given function and purpose as you see fit. Think of it as a far more refined and powerful version of electricity and never forget that electricity can light your life or kill you.

The Cumulative Nature of Energy Work

As I mentioned earlier the more attention you give a certain area of your energetic body, the more potential that this area gains. Moreover this increase in ability is **cumulative**. By following a meditative regime where you train yourself in a given technique, you are then in essence working out---working out a muscle that has too long been unused.

If you were to practice a certain physical movement over and over, you would not only develop a better musculature more suited for the task performed, you would also see an increase in the nerve tissue related to this task and an increase in the nerve speed. Similarly if you practice a mental task with the same intensity, you will see an increase in energetic power available as well as an increase in the nervous (nerve) energy and speed.

Third Eye Meditation Technique

Taking into account everything that I have outlined:

1. **Begin by relaxing your body.** Close your eyes and perform the Baby Breathing until you have a relaxed glowing feeling throughout your entire body.

2. **Imagine a warm tingling feeling in your third eye.** The third eye is located between your two physical eyes, just above your brow ridge. If you were to drill a hole here, you would eventually hit your pineal gland.

3. **This warm tingling feeling grows in intensity** until you can barely stand the pleasure of it. At this time you begin to notice that this great feeling turns into a little vibration, a little vibration that grows in intensity until it has your entire head vibrating.

4. **This vibration increases in power** until it begins to produce a sound. The sound, like an electrical motor hums and grows like a great engine revving into higher and higher frequencies.

5. **The noise increases** until it obliterates all other sound. This vibration creates heat which can be felt exuding from your third eye. And as the noise grows ever more intense then so does the heat grow until the entire world seems to be boiling.

6. **At the center of this universe, which is your third eye, there is a spark.** This spark begins a fire. This fire begets a sun. And as the noise grows and the heat grows, this sun which is your third eye glows brilliantly white---a white so intense and powerful that all your thoughts are washed away and all that remains is this brilliant white sun.

7. **With this sun there is joy.** And as this sun burns brighter and brighter so does this joy increase. Let this sun which is your third eye burn brightly for five or ten minutes.

8. **Unless you set some kind of timer** and if you have done this exercise properly, I doubt that you will be able to keep time with any accuracy. Don't worry since seconds in the intensity of this sun could seem like hours. Keep going until you feel like stopping, worrying not about the time. Then when you feel like stopping, open your eyes stretch and move on to some other task.

Effects and Warnings

This form of exercise may have some very intense effects upon your body. By concentrating on your pineal gland, for example, you are flooding your brain with large amounts of blood. This alone can create some rather spectacular changes in your perception, ranging from:

- Weird buzzing in the ears.
- Seeing coloured lights in front of your eyes.
- Reliving old, forgotten memories.

I mention the increase of blood in the area first because even medical science is willing to agree that this is possible and that these reactions then can be possible. But that is only the beginning of this exercise.

Bioenergetic Force

Medical science is not yet ready to accept the existence of the ethereal energy of which I speak. Energy that has been accepted as fact by past western civilizations and modern eastern ones.

This energy goes by various names such as: **prana, chi, ki, Vril, orgone, odic, mana** and many others. It is basically bioenergetic; it can be produced by the body or gathered from the environment. This energy promotes health and will increase the potential of any place or thing where it resides. The more that you have the more that you can do but this energy must be channeled and balanced or else you can do damage.

Benefits of Regular Practice

Once this bioenergetic power begins to accumulate in your third eye, the effects on your being can become even more pronounced:

- You will begin to feel better and happier.
- Your mental capabilities will increase.
- Your memory will improve.
- Your senses will seem more acute.
- Your focus will dramatically improve.

If you develop this laser focus of which I speak and are able to concentrate on a thing to the exclusion of all other things then there is very little mentally or physically that you will not be able to do.

The Hara/Tan Tien

You can also use the Hara for the location of the stomach energy center. Take as accurate a measure of your body length as possible and divide this by half. Now measure the width of your body from shoulder to shoulder and divide that by half. X marks the spot to the location of your body's center.

This center is usually a little below the navel but there is variance depending on body structure. This is the Japanese **Hara** or Chinese **Tan Tien** and it is very important in the martial arts since it is where all movement originates.

From the Original Discussion

Q: Is the third eye the same thing as the void polarity that you talk about in your books? If so, would accumulating energy there strengthen our ability to see energy directly?

A: Good question. The void polarity can be said to be more than the third eye in that it also includes the crown chakra. But you are correct, if you do learn to work with energy and learn to transmit energy into that area, you will have the ability to manipulate your conscious awareness.

This will allow you to sense energy better, but at its root, the void polarity is responsible for loosening conscious awareness let us say, and in that sense will allow you to attain void, which in itself will allow you to manipulate your awareness and with enough skill move far beyond the possibilities of the conscious self alone.

But before you begin to flood energy into that area, I would highly recommend that you first learn how to move energy around your major energy Meridian, as I described in the book, The Magnum Opus. This is advisable because you don't want to flood that energy center without the ability to move that energy if you have any issues. You should strive to be able to move energy down and around your major energy Meridian, so the flow is natural and easy. Once that is possible for you, then you can think about accumulating energy in any one particular polarity.

Further Reading

- The Magnum Opus

Original source: johnkreiter.com

What Is Inner Alchemy?

When we hear the term inner alchemy, we may have many different opinions about what this actually means. Generally we can say that inner alchemy is a term that refers to the practice of transforming one's body, mind and spirit through various techniques and methods.

Most people are only familiar with Asian and Chinese inner alchemy, but the tradition of inner alchemy is far older and there are many branches of this mind science that can be explored. In order to begin it is best to outline the most well-known aspects of this science which is covered relatively well by the Chinese method. Understanding some of these methods can in time help with the mastery of far more complex techniques and methodologies.

Inner alchemy in China is also known as neidan, which means "internal elixir" in Chinese. Inner alchemy is based on the idea that there is a vital energy or life force called qi that flows through the human body and the universe. By cultivating and refining this qi, one can achieve health, longevity and spiritual enlightenment.

There are many schools and traditions of inner alchemy, but they generally share some common principles and goals. One of the main principles is the harmonization of the three treasures: jing (essence), qi (energy) and shen (spirit). Jing is the material basis of life, qi is the dynamic force that animates life, and shen is the consciousness or awareness of life. These three treasures correspond to the three realms of existence: earth, heaven, and man. By balancing and integrating these three aspects of oneself, one can transcend the limitations of the physical world and attain a higher state of being.

Another principle of inner alchemy is the circulation of qi through the body's meridians and energy centers. Meridians are channels that connect different organs and parts of the body, while energy centers are focal points where qi accumulates and transforms. The most important energy center in inner alchemy is the dantian, which means "elixir field" in Chinese. The dantian is located in the lower abdomen, below the navel. It is considered to be the source and reser-

voir of qi in the body. By breathing, meditating and performing exercises such as qigong and tai chi, one can gather, store and circulate qi in the dantian and throughout the body.

A third principle of inner alchemy is the refinement of qi into higher forms of energy. This process involves using various techniques such as visualization, mantra, alchemical formulas and sexual practices to purify, sublimate and fuse different types of qi. For example, one can transform jing into qi, qi into shen, shen into emptiness, and emptiness into dao. Dao is the ultimate reality or principle that underlies everything in existence. By returning to dao, one can achieve immortality and union with the cosmos.

Chinese inner alchemy is a complex and profound practice that requires dedication, discipline and guidance from a qualified teacher. It is not a quick or easy way to attain enlightenment or supernatural powers. Rather, it is a lifelong journey of self-cultivation and self-transformation that leads to a deeper understanding of oneself and the universe.

But as I have said, inner alchemy is far older than recorded history and has its roots in places that do not currently exist as geographical locations. As such, inner alchemy is not western or eastern but is beyond material geography. For that reason, it is very important to explore other branches of inner alchemy in order to get a better more holistic picture of what this mind science is truly about. It is also the case that in order to delve far deeper into the great depths of the self, we must know and study methodologies that in some ways eclipse what might be termed preliminary energy work.

Western inner alchemy, also known as hermetic alchemy or spiritual alchemy, is a branch of esoteric philosophy and practice that aims to transform the human soul into a divine one. Unlike Chinese alchemy, which focuses on the physical body and longevity, western alchemy is more concerned with the spiritual and psychological aspects of the self.

The essence of western inner alchemy can be summarized by the Latin motto "solve et coagula", which means "dissolve and coagulate". This refers to the process of breaking down the old and impure elements of the self and recombining them into a new and purified whole. The ultimate goal of this process is to achieve the "philosopher's stone", a symbol of spiritual perfection and enlightenment.

Western inner alchemy draws from various sources of wisdom, such as ancient Greek and Egyptian mythology, Jewish mysticism, Christian theology, Islamic alchemy, and Renaissance magic. It uses a rich and complex system of symbols, images, colors, metals, planets, and elements to represent the different stages and aspects of the alchemical work. Some of the most famous symbols are the ouroboros (a snake biting its own tail), the mercurial serpent (a winged dragon), the hermaphrodite (a union of male and female), and the phoenix (a bird that rises from its own ashes).

Western inner alchemy is not a dogmatic or rigid doctrine, but rather a personal and experiential path that requires intuition, imagination, creativity, and dedication. It is not a science or an art, but rather a way of life that seeks to harmonize the opposites within oneself and with the cosmos. It is not a religion or a cult, but rather a quest for self-knowledge and self-transformation that leads to a deeper connection with the divine.

In my attempt to reveal the true nature of inner alchemy, without symbolism, cipher, riddles or any geographical lens, I have at times used terms from many different sources. I need to use these terms in order to present the fundamental truth of what inner alchemy is, at least in accordance with my current, my house.

The Three Great Secrets of Inner Alchemy

In accordance with my perspective (my current), inner alchemy is based on three great secrets: the secret of attention, the secret of energy, and the secret of transformation. The secret of attention is the ability to focus one's mind on a desired outcome or state, and to avoid being distracted by external influences or internal doubts. The secret of energy is the ability to accumulate, store, and direct one's own vital force, which I sometimes may term "the essence". The secret of transformation is the ability to use one's attention and energy to change one's own reality, both internally and externally.

My current states that inner alchemy is a way of overcoming the negative forces that are trying to consume humanity's essence and prevent its evolution. These forces have a varied origin but in its apex this force may be termed "the Archon", which is non-organic entity that feeds on human emotions and thoughts. My current of inner alchemy knows as an energetic fact that the

Archon has created a false reality that traps humans in a cycle of fear, ignorance, and suffering. To escape this reality, one must learn how to use inner alchemy to create a new reality that is aligned with one's true will and purpose.

In my books, in my videos, and on this site, I try to make available the various techniques and practices of my current of inner alchemy, such as meditation, visualization, breathing exercises, dream work, lucid dreaming, astral projection, servitor work, and more. In all of this, I try to emphasize that inner alchemy is not a dogmatic system, but a personal and experimental path that requires constant learning and adaptation.

From the Original Discussion

Q: Can sexual energy be used like semen retention for gaining energy to break through perception boundaries, similar to how you describe breaking the sleeping routine?

A: Yes, all such methods of energetic redistribution are important. But such processes need to be understood very well in order to fully take advantage of them. For example, many people may try to break the sleep routine and end up just finding new ways to feel tired and out of sorts throughout their day. They may be successful in changing their sleep routine, but they may try to counter all of this by consuming large sums of coffee and not really understanding how to turn that drowsy energy into actual power. That is why in those books, especially in 'the way of the projectionist', I try to give a really good example of how to turn this drowsy energy into actual power. If this is not done then this new redistribution of energy may become problematic, useless.

My feelings are that there is indeed great power to be found in the changing of the routines that you speak of. But I would caution anyone pursuing this break in routine and redistribution of energy to fully understand how to turn this extra energy into power, or else this new segment of extra energy can become problematic, useless.

Further Reading

- The Magnum Opus
- The Way of the Projectionist

- The Way of the Death Defier
- Overcoming the Archon Through Alchemy

Original source: johnkreiter.com
Original article title: What is Inner Alchemy?

Breaking the Chains: Inner Alchemy and Self-Empowerment

Words carry histories. A term can open a field of inquiry or close it before inquiry begins. **Dogma**, **left-hand path**, **power**, **freedom**, and even **inner alchemy** do not arrive empty; each brings associations supplied by religion, politics, popular culture, and personal experience.

This matters because a person can be controlled through definitions long before anyone issues a command. Name a practice evil, irrational, selfish, or impossible often enough, and many people will avoid looking at it directly. Name another practice virtuous or scientific, and they may accept it without inspection.

Dogma as a Shared Operating System

Dogma is not always malicious. A society needs common expectations. Language, law, custom, and professional standards allow strangers to coordinate. Trouble begins when the shared operating system is treated as reality itself and when authority punishes any perception that does not fit.

At that point, useful convention becomes a cage. The bars are psychological: assumptions about what a person may desire, what counts as knowledge, what kind of life is respectable, and which experiences are allowed to be real.

Inner alchemy begins with the refusal to outsource all perception. It asks the practitioner to examine received beliefs, develop attention, and test claims against direct experience. This does not mean rejecting every inherited idea. It means refusing to obey an idea merely because it arrived with a title, a crowd, or a threat.

Eternal Recurrence in Inner Alchemy

Nietzsche's image of eternal recurrence asks whether you could affirm a life repeated without end. I use the image somewhat differently. Repetition is visible in ordinary life: the same reactions, relationships, fears, ambitions, and failures return because the configuration producing them has not changed.

Inner alchemy attempts to interrupt this internal recurrence. On the metaphysical level, the tradition makes a larger claim: that consciousness can eventually move beyond the cycle of birth and death. Readers should distinguish the practical observation from the metaphysical assertion, but both point toward the same work---ending mechanical repetition through greater awareness and energy.

Why the Left-Hand Path Appears Here

The phrase **left-hand path** is often used for practices that place individual realization above obedience to an external religious order. It can also refer to systems concerned with taboo, transgression, power, or self-deification. Because the term covers very different traditions, it should not be treated as a precise label.

Inner alchemy resembles the left-hand path in one respect: it insists that liberation cannot be handed down by authority. The practitioner must see, choose, and take responsibility. It differs from crude caricatures of the left-hand path because its purpose is not domination of others.

Personal power, in this context, means mastery of one's own attention, energy, and conduct. Autonomy means the ability to follow a chosen course without forcing everyone else onto it.

Power and the Ethical Boundary

The word **power** often makes people uneasy because they associate it with coercion. That association is understandable, but incomplete. A person needs power to keep a promise, leave an abusive situation, sustain a practice, protect time, or resist a crowd.

The ethical boundary is clear: a freedom that depends on breaking another person's freedom reproduces the structure it claims to oppose. Inner alchemy therefore turns its main effort inward. It seeks to alter the practitioner rather than recruit a population or conquer an opponent.

This does not require passivity. Boundaries, refusal, departure, and self-defence may all be necessary. The point is that action should preserve as much autonomy as the situation allows rather than feed the endless contest to control belief.

Terms as Walls or Doorways

A term becomes a wall when it prevents observation. It becomes a doorway when it points toward an experience that can be examined.

Use difficult terms provisionally. Ask what work a word is doing in a sentence. Does **evil** name cruelty, coercion, energetic entanglement, or simply disobedience? Does **freedom** mean absence of restraint, capacity for deliberate action, or escape from recurrence? Does **self** mean the social personality, the conscious ego, or a larger field of awareness?

The answer may change with context. Precision is not pedantry here; it is protection against hidden commands.

A Practical Method

When a powerful label appears, pause and work through four questions:

1. **Who is defining the term?** Identify the authority, community, or personal history behind it.
2. **What behaviour does the definition encourage or forbid?** Look for the practical consequence.
3. **What direct experience supports it?** Separate observation from repetition.
4. **Does accepting the definition increase awareness and freedom, or reduce them?** Use the answer as evidence, not as an automatic verdict.

Inner alchemy is rebellious only in the sense that it places this responsibility back in the individual. It asks for courage, but not theatrical rebellion; power, but not coercion; autonomy, but not isolation. The chains begin to loosen when the inherited word no longer substitutes for seeing.

From the Original Discussion

Comment (Ali Ansari): I have an unusual ability. I can sense when someone is projecting their consciousness into a space, even if they're not physically there. It's like I can perceive the force of people's will acting upon various things; other people, places, social interactions, events, and more. I'm not sure what to call it: seeing, feeling, sensing?

According to modern science, vision happens when photons hit our eyes, generating electrochemical signals that the brain interprets as sight. But I can bypass those first steps and perceive things without any physical stimulus. This isn't hallucination. In fact, I had to develop this ability to keep from going insane. The space around me used to feel foggy and chaotic. I'd experience situations where someone would say something they logically shouldn't have known, and it was incredibly distressing. Over time, though, I honed this strange sense, and now, when people speak to me, I can tell if their will is being influenced by someone else. I can somehow see the manipulator. So I've come to realize that the hardships I've endured unlocked a new sense; one that has grown stronger and clearer over the past year.

So why am I explaining this? Because despite this heightened awareness, I seem to lack the ability to project my own will in a steady, controlled manner. Some individuals have an almost laser-like focus that can override others' will. I can perceive, but I can't extend my will outward in a calm, silent way. I'm not interested in manipulating others. Actually, it makes me sick when I think about it. I'm just exploring my own capabilities. I've developed a method, through trial and error, to send out bursts of energy, and it works well for manifestation. But maintaining a focused, continuous stream of attention, that's something I am unable to do. Others seem to do it effortlessly, without requiring any energy outburst. I don't know how they do it so precisely in real time while staying so calm and composed.

Q: The Star Wars Jedi and Sith Codes - is inner alchemy using the best of both with a leaning towards the Sith code of breaking the chains?

A: Interesting! As you know, I always say that dogma is a true killer. And there is no better disseminators of dogma in the modern age than modern pop culture. Within its realm there is a giant interweaving of what is good and bad, and to that extent it's helpful because it allows people to contemplate these ideas within their minds, and in that way understand their psyche better. Modern pop culture in that sense is a fount of knowledge, a geyser that comes from the inner psyche that allows, in the best of cases, the exploration of inner aspects of reality through art.

At other times, dogma is propaganda. In this case, I would say that there is a healthy dose of propaganda within the shady corners of all of this modern art. As it is easily seen, modern pop culture has changed dramatically in the last decade, with all sorts of new ideas being woven into this art. The narrative of standardized equality and equanimity is a great example of this.

My point being, use modern pop culture, and to that extent, yes some of the Sith things are good, and some of the Jedi things are good in trying to understand certain aspects of (surface/matrix) reality and perhaps even inner alchemy. Use what you want that inspires, but always take everything with a grain of salt.

Q: Could you share your thoughts on why the oversoul is "allowing" certain forces to exert their will onto earth? Is it wise to attempt to encourage our loved ones to embark on this path with us?

A: Regarding encouraging others to follow in your footsteps, I suppose it's essential for you to define what encouragement means to you. My approach is that while I can share my experiences of the inner alchemy way, I would never force anyone to take a particular path. If someone resonates with what I'm sharing, they'll naturally be inclined to follow their own instincts and intuition; otherwise, it may not be the right choice for them.

In addition, when addressing questions from certain individuals, you can provide answers while making it clear that your perspective is just that; yours alone. Over time, perhaps you could even say that these insights represent what you've directly perceived (and this is my hope for you). Nevertheless,

pushing loved ones towards a specific path, especially from an inner alchemy viewpoint, is simply never the right thing to do. You can offer guidance and show the way that aligns with your own journey, but true encouragement should never be coerced.

I agree with you; attempting to do otherwise isn't energetically sustainable.

Further Reading

- The Magnum Opus
- The Way of the Projectionist
- The Way of the Death Defier

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Original article title: Breaking the Chains: Inner Alchemy and the Rebel's Path to Self-Empowerment

Can a Person Escape the Archon Forever?

In a number of my books, I have mentioned the force that rules this world, the world of humanity.

I have said that secret societies have known about this force for a very long time and have either worked with this outer world titan or have fought against this dark cloud over humanity since the dawn of recorded history.

This controlling entity has gone by many names and its attributes have been known to a lesser or greater degree depending on the power of the factions or the individuals that try to directly perceive this Titan.

In my writing I have refer to it as the archon and have described it and its influence in accordance to the current of inner alchemy.

This archonic power is a colossal and multidimensional sentience with what could be described as vampiric abilities and predispositions. It essentially feeds on the light of relatively evolved biological sentience it drains the energetic power the magical essence of humanity turning it into a slave race, a domesticated animal to be used in the same way that we domesticate and use and consume certain animals ourselves.

While it is the case that the great mass of humanity is under the spell of the archon, there are those that fight this predation. One such group may be termed inner alchemists, and as a writer and an inner alchemist myself, I have written about the techniques and the methodologies used by inner alchemy.

And after having access to this information, which has in the past, at least in my opinion, been kept secret from the mass of humanity, those that are now beginning to awaken to the power of these techniques, through mine and other peoples writing or through their own direct perceptions, may ask, have asked:

Is it possible to escape the dark power of the archon permanently? Can a person escape the archon forever?

The Simple Answer

The simple answer to this question, the quick answer, is yes, an individual human being can escape the archonic force forever---this is fundamentally the ultimate quest of inner alchemy. But the nature of this escape has a great deal of nuance and detail because as an uninitiated individual becomes an adept, their journey their quest to escape the archon takes them across an expanded and multifaceted road that intricately defies all ideas and rules about the nature of three dimensional space, time, and being.

Energetic Containment: The Foundation

To begin, as I have said, the current of inner alchemy, through their ability to see energy directly, to perceive beyond the veil of three dimensional physicality and the illusion of the new religion of the times which is referred to as rationality and common sense, knows, perceives, in a direct way that in the most fundamental sense, energetic containment which is an underlying methodology of inner alchemy, can allow an individual to break free of the bonds of the archon forever.

Through energetic containment, that is containing the energy that is given freely and innocently by the average person to the great predator, an inner alchemist can escape the archon permanently.

Such a beginning and continual act of energetic containment, which is an unrelenting focus that leads to a new individual energetic configuration, might seem like a relatively simple affair. One might think, just contain energy, that is all that is needed. But it is the case that such an unrelenting focus on energetic containment brings with it nuances and journeys that have far-reaching implications and do require in the end and increase in the complexity of inner action by the practitioner.

For example, as an inner alchemist begins this journey, they must be introduced to this powerful and all-encompassing methodology of energetic containment in a step-by-step manner, because using one of the many terms that have both obscured and revealed some of the nature of this dark titanic force, the devil as they say is in the details.

The Transformation Process

In the simplest of terms, one can say that as an individual discovers the power of inner alchemy and they begin to implement the multifaceted rubric, the puzzle, of energetic containment within their lives, they begin to discover that the external world, the world that we refer to as reality, the world of the average human being, begins to affect them, matter to them, less and less.

As this unrelenting focus on the containment of energy, in order to not give up this magical essence that this vampiric force desires and feeds on, becomes more concrete in a way, becomes a life modality, becomes a new kind of configuration in the energetic body of the developing practitioner, this configuration not only changes their psychology, their internal mental and intellectual structure, it also changes their personal energetic essence and therefore their physicality as well to an ever-growing degree. We are energy, and as our energetic configuration changes, due to this ever expanding rubric of energetic containment, practitioners of inner alchemy begin to change both physically and mentally.

One could say that such an inner alchemist becomes more and more ethereal, that is freer from the three-dimensional world more and more, as the intricacy that is inner alchemy which is expressed through energetic containment and the many fold modalities and techniques of this way, become a true power in the practitioner's life.

The Art of Projecting

Such a practicing inner alchemist then begins to acquire a surplus of energy, which must---I repeat must---be used, redeployed, in such a way that it can allow for the greater development of such an individual as they journey away from humanity and what it is to be a three-dimensional object within the bounding walls and the many many limitations of classical mechanical space.

Again, for brevity's sake, such redeployment of energy by a configuration that is becoming less and less a three dimensional object through the intensity (the passing) of time, is important and perhaps the most important of these methodologies is, the art of projecting, which is the ability of the true essence of the individual, which is referred to as the ghost in the machine, to move aspects of that ghost self beyond the physical world and into new dimensions, new

scapes, that allows such an individual to see directly, perceive directly, experience directly, that they are far more, that there is far more, than just the routinary reality of the average human being.

Beyond Human?

Such unrelenting focus and reconfiguration continues, and as it continues in relentless fashion the practitioner, the individual, changes and there is a point, that is very hard to define and pin down where both an external observer might ask: Is that person human? Is that person now an object, like I am an object, a body in space, or is that person a spirit, an inorganic entity?

The practitioner might even ask: Am I alive? Am I a ghost?

If such an inner alchemist is no longer bound by three dimensional space and time to an increasing degree, is there a point when such an ability to defy these basic principles of what it is to be human means that this particular individual is no longer of this space? If they are no longer bound to the prison of three dimensions, are they human? Are they alive in a classical sense?

When this odd line in the sand that is nowhere in three dimensional space is crossed, in this practitioners journey down the current of inner alchemy, is there a point where this inner alchemist being no longer an object like all the other objects that surround us can be said to be no longer here, now?

If a being is free from time and free from space, in a way that sets them crucially beyond a certain demarcation point that we refer to as physicality, is this individual really here, now?

Breaking Free From Life and Death

The answer, at least from an inner alchemy point of view is that they are (have become) no longer a thing and in doing so they have attained the coveted goal of inner alchemy which is the ability to break free of the three dimensionality corral that all humanity is bound to, they have broken free from the cage of the archon.

And in doing so, in breaking free, this individual no longer becomes something that can be pinned down even by such seemingly all-encompassing objective, object like, definitions and laws such as life and death.

The question as to whether a person, an individual human being, can escape the archon forever is yes, but this intricate journey that is beyond inner and outer space takes such a person so far beyond the normalcy and the routine of what it is to be human, that in breaking away from the archon they also break away from the rules that bind all of us to living and dying.

When an inner alchemist is able to break from the archon forever, they have also ripped themselves away from the ocean of humanity and as I mention in my writings, they have gone so far and for an intensity of time that seems so long, that eventually they may stop and look back and realize that they have even left death far behind.

The Seventh Room

The intricacies of the journey of perfect and unrelenting energetic containment can be a complex one at times, and for that reason inner alchemy has often used a number of metaphors and a kind of symbolic language that has helped such practitioners in the past. But as this world moves into new phases, this old symbolism that help the inner alchemist in their journey and that also maintained the secrecy of the development of this new energetic configuration, in a time of life and death, is in my opinion at least, no longer needed at least to such a mind numbing degree.

In my writing I have therefore let go of this hidden cypher, but have kept some of the symbolism because in many ways it is still required, in order to have a way of understanding the inner map the inverted map that can take you to places where few have ever gone. In such a map for example, that leads the practitioner away from the prison of the archon there is this attempt to try to establish a line in the sand in a place beyond three dimensions, where the object like human becomes an unbound entity free from space, time, and even death. This line is referred to as crossing the seventh room of the projectionist, which as you might imagine is no easy feat, and sometimes a symbolic map can be truly helpful.

So yes, one can overcome the archon forever, and in doing so, one does not overcome just the archon but even greater forces, forces that immeasurably dwarf the simplicity of the Titan known as the archon, and allows such an intrepid adventurer and traveler to not only leave the archon far behind but to leave humanity and the life and death cycle behind as well.

From the Original Discussion

Q: How do I differentiate my projections are real vs the ones could be implanted by archon? Same question for thoughts.

A: For inner alchemists, the only way in the end to know the "true," as it were, from illusion comes down to two methods:

- Learning to see: to use the inner senses and perceive energy directly, which I discuss in books such as *The Occult Experience* and, better yet, *The Magnum Opus*.
- Learning to project, which I discuss in *The Way of the Projectionist* and *Out of Body Experiences, Quickly and Naturally*. The only way to find the true self, the true psyche beyond the Archon, is to project far enough away from this dimension that you are able to see or feel the separations between the conscious self, the ghost, and the unconscious.

For someone still learning the above techniques, until you can see or project well yourself, it becomes a game of personal introspection as you try to separate your dreams (unconscious) from the part of you that is awake to itself (the ghost) with that reactionary part of yourself that does in mob like fashion (the conscious-self). Keep trying to differentiate in a psychological way, until you can see better or project a little deeper.

Q: What universal principles are true across all dimensions?

A: As far as constants; the law of attention is one. That is, attention is power, it is an action. And if there is a consciousness in that dimension (whatever dimension that might be) then the act of giving attention is like a gravity that transmutes that which is getting the attention into something else. But what may happen as a result of that attention (what kind of transmutation happens) is completely dependant on the particular dimension, being that all dimensions have their own laws. So the power of attention is a constant.

Q: What are the Archon's origins? Does it have family or relatives?

A: Your second question is a very complex one, and hard to answer. The biggest problem is to presuppose that what we may refer to as 'being' is the same for it; in other words, the idea of family, a past, future aspirations as it were, are the same for it as it is for us.

It is legion, it is one and yet it is many. It is a cloud, a current, a conscious force of nature and it is being used in a way, in the same manner that we humans are being used (it is as much a slave as we are). Its aspiration is expansion and growth I suppose, as ours should be, as is the way of all conscious becoming and growth/transmutation, and it is also as much a predator as we are (it is us and we are it in a way that is hard to explain).

Q: How would human life change if the Archon left Earth?

A: Humanity is what it is because of the archon. If there is no archon then at this point in human evolution, there is no humanity as well, at least not in any understandable way. As I have discussed in The Magnum Opus, the archon is our reason for reason, it is the conscious-self, and without that we are a dream, quite literally.

Killing again presupposes life in a way known through reason and that is a limiting thing when we speak of a Titan. Can the moon be killed? Can it be expelled? Those are the proportions that must be understood when we speak of a force like the archon.

As to what we could become if we leave the archon or cleave it (break it apart)... well, lets do it, lets start taking Elon Musk at his word and lets spread ourselves far and away across the cosmos to other planets and eventually other galaxies. We can do that (or) learn to leave this dimension through projecting. While projecting we are free, and there you can begin to not only understand the nature of humanity and the archon, but also what we might/could be, without its influence.

Q: Could sociopathy be considered an evolutionary adaptation to the Archon's dominance?

A: This is an interesting question and one that would require more research done by a seer in order to study people like this, but being that such people usually tend not to be energetically powerful enough to escape this dimension, so it seems, it is most likely that there are many flaws within that sociopathy on an energetic level. On a personal note, from my own personal seeing, I have noted that such people tend to make up (in a way) for saving energy in a certain area by expelling a great deal of energy in other directions. For example, sociopaths tend to be incredibly self focused and self-important which means that whatever energy they are saving in one direction, they are using up far more intently through their staggering self-importance.

Q: Is the pull from the black hole what entropy is?

A: Yes, but remember that black-holes don't just absorb, they also expel like geysers. And they don't just return the absorbed, they also bring in new material on occasion from other dimensions, so entropy (like time and space) is in a sense an illusion of the mechanical brain.

Q: Are PNOBs (Predatory Non-Organic Beings) part of archon? Or is archon also feeding on them?

A: This is a very difficult question to answer simply, but generally speaking, from the point of view of our perception of these non-organic entities, PNOBs are for the most part separate from the Archon.

While it is the case that the host of the Archon are legion and they are spread across this human world with such density that they are like cloud encompassing everything, those beings who were usually identify as individual predatory non-organic lifeforms, are usually other life existing alongside the Archon and competing for similar resources on occasion, while in others these more individual and separate PNOBs tend to covet and seek a more refined energetic food that for the most part the host of the Archon are not interested in.

Q: Does the Archon affect those who live outside the normal human world, like feral children?

A: The Archon has the ability to affect all awareness that is able to contain to one degree or another its conscious-self. How much it is able to affect that awareness depends on many factors; in the case of a feral child let us say, that

conscious self might not be as deeply rooted in some ways being that the child is not part of what we would call civilization, but it might have a far greater conscious-self focus in other areas of its psychology.

Further Reading

- The Magnum Opus
- The Way of the Projectionist
- The Way of the Death Defier
- The Occult Experience
- Out of Body Experiences, Quickly and Naturally

Original source: johnkreiter.com

Sigil Magic: A Practical Introduction

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

Have you ever wished for a way to channel your intentions into the universe with clarity and focus? Sigil magic might be the answer you're looking for. This fascinating practice combines creativity, intention, and energy work to create symbols that serve as powerful tools for manifestation. Whether you're new to the world of magic or looking to deepen your understanding, this guide will walk you through everything you need to know about sigils: what they are, how to create them, how to charge them, what they can do, and how they compare to servitors.

What Is Sigil Magic?

Sigil magic is a fascinating branch of esoteric practice that involves creating visual symbols to represent and manifest specific desires or intentions. These symbols, known as sigils, are unique designs infused with magical energy, carefully crafted to harness the power of the subconscious mind in pursuit of a particular objective. Sigils can range from simple, abstract shapes to more complex, intricate patterns, but their effectiveness doesn't lie in their visual complexity, but in the depth of intention and energy invested in their creation and activation.

The practice of sigil magic is rooted in the belief that symbols can serve as powerful conduits for human will and desire. By distilling a specific intention into a visual form, practitioners aim to bypass the logical, often doubt-filled conscious mind and communicate directly with the subconscious. This direct line to the deeper parts of the psyche is thought to enhance the manifestation process, allowing desires to take root and grow without the interference of con-

scious limitations or skepticism. The first person to my knowledge, to truly condense this magical idea of contacting the subconscious directly through the use of sigils was Austin Osman Spare.

Sigils find application in a wide array of magical workings. They can be employed for protective purposes, creating energetic shields against negative influences. In manifestation work, sigils act as focal points for attracting desired outcomes, whether related to personal growth, relationships, or material goals. Some practitioners use sigils to enhance their powers of attraction, drawing specific experiences or individuals into their lives. The healing potential of sigils is also recognized, with some using these symbols to support physical recovery or emotional well-being.

One of the most appealing aspects of sigil magic is its inherent simplicity and accessibility. Unlike some magical practices that may require extensive ritual preparations, specialized tools, or specific locations, sigil magic can be performed with minimal resources. The essential components are the practitioner's intention, a dash of creativity, and a firm belief in the process. This simplicity makes sigil magic an excellent entry point for those new to magical practices, as well as a versatile tool for experienced practitioners looking for efficient magical techniques.

Why Use Sigils?

The appeal of sigil magic lies in its unique approach to manifesting desires and intentions. By creating a visual representation of a goal, practitioners engage both their creative faculties and their magical will. This process of translating an abstract desire into a concrete symbol serves to clarify and refine the intention, often bringing greater focus and determination to the magical working.

One of the key strengths of sigil magic is its ability to circumvent the conscious mind's tendency to doubt, question, or overthink. By encoding intentions into symbols, practitioners can slip past the logical barriers that often hinder manifestation efforts. This direct communication with the subconscious is believed to enhance the effectiveness of magical workings, allowing desires to take root and grow without the constant scrutiny of conscious awareness.

Sigils offer a level of discretion that many practitioners find appealing. Once created, a sigil can be hidden in plain sight, incorporated into artwork, or even temporarily displayed without revealing its magical purpose to others. This allows for ongoing magical work in environments where more overt practices might be impractical or unwelcome.

The Benefits of Sigil Magic:

- **Clarity and Focus:** The process of creating a sigil requires distilling complex desires or intentions into a single, focused symbol. This act of refinement often brings greater clarity to the practitioner's goals, helping to eliminate vague or conflicting desires.
- **Personal Empowerment:** Engaging in sigil magic is a deeply empowering experience. By taking an active role in shaping their reality through symbolic representation, practitioners often report a heightened sense of empowerment, control, and connection to their inner magical power.
- **Versatility and Adaptability:** Sigils can be tailored to suit virtually any magical purpose or goal. Whether seeking to enhance personal attributes, manifest material outcomes, or influence broader energetic patterns, sigil magic offers a flexible framework that can be adapted to a wide range of intentions.
- **Integration with Other Practices:** Sigil magic can be easily incorporated into existing magical or spiritual practices. Sigils can be used to enhance meditation, included in ritual work, or combined with other forms of energy manipulation to create powerful, multi-faceted magical workings.
- **Accessibility:** The simplicity of sigil creation makes this form of magic accessible to practitioners at all levels of experience. Novices can begin with basic sigil designs and straightforward intentions, while more experienced magicians can explore complex sigil systems and intricate magical goals.
- **Personalization:** Each sigil is a unique creation, reflecting the individual style and energy of its creator. This personal touch can enhance the practitioner's connection to the magical working, potentially increasing its effectiveness.

How to Create a Sigil

> Figure / source plate
> A simple sigil process from written intent to charged and released symbol.
> Source asset: assets/article-corpus-file16.png

Creating a sigil is a straightforward yet deeply personal process. Here's a step-by-step guide:

1. Set Your Intention

Decide what you want to achieve with your sigil. Be specific but concise. For example, instead of saying "I want more money," phrase it as "I attract financial abundance."

2. Simplify Your Intention

Write down your intention as a single sentence or phrase. Then remove all vowels and any repeating letters. For example:

- Intention: "I attract financial abundance."
- Remove vowels: "TRCT FNNC LBNDC."
- Remove repeats: "TRC FNLBD."

3. Create Your Symbol

Using the remaining letters, combine them into a unique design. Let your creativity flow---there's no right or wrong way to do this. The goal is to create a symbol that feels meaningful and resonates with you.

4. Refine Your Design

Simplify and stylize your symbol until it feels complete. You can draw it on paper, carve it into an object, or even create it digitally.

How to Charge a Sigil

Charging a sigil is the process of imbuing it with energy so it can carry out its intended purpose. There are several methods to charge a sigil; choose one that aligns with your personal practice and energy.

1. Visualization

Hold the sigil in your hands or focus on it intently. Visualize your intention as if it has already come true. Imagine energy flowing from within you into the sigil.

2. Meditation

Enter a meditative state and focus on the sigil while repeating your intention silently or aloud.

3. Physical Actions

Engage in activities like clapping, dancing, chanting, or even sexual energy (a common method in chaos magic) to raise energy and direct it into the sigil.

4. Elemental Charging

Use natural elements like fire (burning), water (submerging), air (blowing over it), or earth (burying) to charge the sigil.

5. Destruction

For destructible sigils, burning or tearing them apart releases their energy into the universe.

Once charged, let go of attachment to the outcome---this allows the magic to work without interference from conscious doubts.

What Can Sigils Do?

Sigils are remarkably adaptable magical tools with a wide range of applications:

- **Manifestation:** Sigils excel in attracting desired outcomes into one's life. This can include drawing romantic partners or enhancing existing relationships, increasing financial prosperity, achieving career success, or creating new opportunities.
- **Protection:** Sigils can serve as powerful wards against negative energies, unwanted influences, or potential harm. Practitioners might create protective sigils for their homes, vehicles, or personal belongings.
- **Healing:** In the realm of well-being, sigils can be employed to support both physical and emotional healing processes. A sigil might be created to alleviate chronic pain, boost the immune system, or promote faster recovery from illness.
- **Focus:** Enhancing concentration is another valuable application of sigil magic. Practitioners often create sigils to improve their focus during meditation sessions, helping to quiet the mind and achieve deeper states of awareness.
- **Empowerment:** Sigils have a remarkable capacity to boost self-confidence and reinforce positive self-belief. By creating and activating sigils that represent desired personal qualities or states of being, practitioners can work to overcome self-doubt.
- **Habit Formation:** Sigils can be crafted to support the establishment of new, positive habits or the breaking of unwanted ones.
- **Creativity Enhancement:** Artists, writers, and other creative professionals often turn to sigil magic to overcome creative blocks, find inspiration, or enhance their artistic abilities.
- **Space Clearing and Energy Management:** Sigils can be employed to cleanse and manage the energy of physical spaces.
- **Goal Achievement:** For long-term aspirations, sigils can serve as powerful allies in the goal-setting and achievement process.

Sigils vs. Servitors: What's the Difference?

While both sigils and servitors are magical constructs used in energy work and manifestation, they differ in their complexity, functionality, and the level of engagement required from the practitioner.

Sigils

- **Purpose:** Represent and manifest a single, specific intention or desire
- **Creation Process:** Relatively straightforward process of distilling an intention into a symbolic form
- **Autonomy:** Non-autonomous magical tools with no independent consciousness
- **Duration:** Can be either temporary or permanent
- **Ease of Use:** Ideal for beginners in magical practices
- **Energy Requirements:** Require a burst of energy during creation and activation but no ongoing energy input

Servitors

- **Purpose:** Act as semi-autonomous entities capable of performing specific tasks over time
- **Creation Process:** More detailed and intricate process requiring careful planning, visualization, and "programming"
- **Autonomy:** Possess a degree of autonomy within their programmed parameters
- **Duration:** Typically created for long-term use and can exist indefinitely if properly maintained
- **Complexity:** Demand a higher level of magical knowledge and skill
- **Energy Requirements:** Need regular energy input to maintain their form and function
- **Growth and Evolution:** Potential to grow and become increasingly complex and powerful over time

The choice between using sigils or servitors often depends on the practitioner's experience level, the complexity of the desired outcome, and the time frame for the magical working. Many practitioners find value in incorporating both techniques into their magical practice, using sigils for immediate needs or simple intentions, and developing servitors for more complex, long-term magical projects.

Questions and Answers

1. Can anyone use sigils?

Absolutely. Sigil magic is a practice that is open to everyone, regardless of their level of experience, spiritual beliefs, or background. The only true requirement is a willingness to engage with the process and a belief in its potential to create change.

2. Do I need special tools?

No, you do not need any specialized tools. All you need is something to write with and a surface to draw on. Some practitioners enjoy incorporating additional materials like candles, crystals, or incense, but these are entirely optional.

3. How long does it take for a sigil to work?

The time varies greatly. For smaller, more straightforward desires, results might appear within hours or days. For larger goals, it may take weeks or even months. Patience and trust in the process are key.

4. Can I reuse a sigil?

Yes, depending on how it was created and what purpose it serves. Some sigils are designed as permanent symbols that can be used repeatedly. Others are destroyed after activation as part of releasing their intention into the universe.

5. What happens if I forget my sigil's meaning?

Forgetting the meaning of your sigil is not only acceptable but often encouraged. Once you have created and charged your sigil with energy, its purpose is already embedded within its design and connected to your subconscious mind. Forgetting its meaning helps remove conscious interference that could hinder its effectiveness.

From the Original Discussion

Q: What would be an appropriate amount of time to spend charging a sigil for it to be effective? How do you know when you have charged it enough for the intention you have set?

A: My personal belief is that the rule of three is a good policy. What I mean by this is that you do the charging for about 5 to 10 minutes three times, on three separate days. The goal is to feel, to really feel within yourself, that the sigil is a real thing that will work for you, that will go out there and do what you desire. If you have that distinct feeling within yourself, then you can consider the sigil as being charged.

If you would like further information, I think that the article on servitor creation would probably help you out in understanding basic creation and charging processes.

Further Reading

- Create a Servitor
- The Servitor Trilogy
- Digital Sigil Magic: Manifest Power and Freedom Through Technomancy

Original source: johnkreiter.com
Original article title: Sigil Magic: A Beginner's Guide to Manifestation and Energy Work

Learn to Nurture Your Imagination

Always try to nurture your imagination. Your imagination is a powerful ally that you can use in any area of your life. Albert Einstein said that "imagination is more powerful than knowledge". What he was letting us know is that our logical and objective minds can never encompass the totality of ourselves and the universe.

The Imagination as a Doorway

Your imagination is like a window into an infinite world of the inner self. This world is far, far bigger than the exterior world that we considered to be so real. The imagination is a connecting link that allows us to make contact with far greater realizations. It is a well known fact that the subconscious mind is far greater and far more powerful than the conscious. The unconscious has at its disposal nearly infinite amounts of data and the ability to process this data in ways that would put a supercomputer to shame. The imagination then is like a doorway into this grand and subjective supercomputer of the self. It is your imagination that will give you the clues that you need to figure out things that you can never figure out solely on a conscious level.

Protecting Your Imagination

This imagination can be hindered by others. Children for example have incredible imaginations that can create marvels in their heads, but this imagination is soon repressed as the child grows into adulthood and is told over and over again that imagination and pretense are childish. Your first battle in order to nurture your imagination is to stop others from taking away this powerful tool. The best way to do this is to always try to do your own thing and to not worry so much about what others think and believe you should be doing. Your life must be your life, and the way that you live your life must be of your own

making. The moment that you start living by the rules and beliefs of others is the moment that you will stop your great imagination and therefore hinder your ability to perceive and to act.

Imagination and Freedom

New thoughts and ideas are the source of all freedom. New ideas create new possibilities and new ways to fix old problems. Your imagination then is the source of your freedom so you must make sure that you have a strong imagination, that way you can always create new directions to freedom by finding new possibilities for yourself and your problems. The inner self is the source of this information and it holds the answer to all the problems that you face, but you will not be able to access this information unless you keep your imagination alive and strong.

Relaxation and Free Flow

In order to nurture your imagination, learn to relax. The ability to relax and to enjoy the moment is the greatest way to access your imagination. Your imagination is at its brightest and best when you let go of yourself and you let yourself be in a kind of free flow. This free flow will stop the censor of the mind and it will allow new ideas to come forth unhindered by a mind full of expectations about what is and is not possible. Tension then is the great destroyer of the imagination because it focuses your attention on this moment and it does not allow new thoughts and new possibilities to present themselves to you. If you can learn to just relax and to enjoy the moment, you will find the ability to let go of this tension and discover the true potential of your imagination.

Finding Inspiration

Great minds have always found the answers to their questions in the most interesting ways. But if you study their ideas and methods then you will see that all of the methods that they use to find great inspiration involve some kind of activity that allows them to relax and forget themselves. If you wish to cultivate your imagination, I suggest then that you also find a way to relax into the moment, so that you can find your own source of inspiration and in this way solve your problems. Nurture your imagination and find the infinite possibilities that are available to you.

Original source: johnkreiter.com
Original article title: Learn To Nurture Your Imagination

Synchronicity and the Law of Attraction

Many people have heard of Synchronicity but few understand what it actually means and how it relates to the law of attraction. Synchronicity is basically the principle by which we know the phenomenon of time. If different actions align within one frame of reference, they are said to synchronize. One way to think of this is to contemplate the idea that all the gears in a clock must align perfectly in order for us to be able to measure the passage of time.

Synchronicity is much more than this if it is seen from a metaphysical level. Jung was a great explorer of the power of synchronicity and described it as, "temporally coincident occurrences of acausal events." He came closest to explaining the relevance of synchronous events as they relate to the human psyche and how it is that human consciousness might affect time and therefore space.

Quantum physics tells us that synchronicity is going to occur in any "First Class" universe. This means that in any system of created things, you are naturally going to have events that are going to occur in a unique correspondence to one another. For example you might look at your watch at exactly 12 noon on the twelfth month of the twelfth day when you happen to be twelve years old. But when the coincidences are far beyond the probable as might be determined by the mathematical laws of probability, then there is an outside force working or affecting the events. When this rare type of synchronicity happens, it is called, "meaningful coincidence".

Outside Forces and Meaningful Coincidence

These outside forces mentioned can be any number of different things. Jung for example thought the collective human unconscious was the paramount force affecting and creating "meaningful coincidences" or synchronous events. To a far lesser degree, metaphysicians believe that individual human consciousness can affect time and create coincidences in our personal lives.

If you believe in the power of human thought and are practicing exercises that are meant to attract wealth, fortune, or prosperity of any type to you, then you have to learn to become very aware of the meaningful coincidences that make up your life. Synchronicity in this case is the way that you bring probable events into existence.

Synchronicity as a Bridge Between Timelines

For example let us say that you are using the power of your mind to attract a car into your life because you need one desperately for one reason or another. You perform whatever exercises you are comfortable with and you create in your mind a probable future where you own a great car that meets all of your needs. In simple terms therefore you now have two probable future timelines; one in which you don't own a car and one in which you are much happier because you do own one. In order to jump from one timeline to the other, you need a bridge; this bridge will take the form of a synchronous event.

This synchronous event doesn't have to be a grand thing. Most often these meaningful coincidences will be small things that are only relevant to you personally. You might be walking down the street when a sparrow flies out of nowhere (you happen to love sparrows and consider them lucky), barely misses you, and then flies off and lands on the roof of a car dealership. You decide to explore this meaningful coincidence, or omen if you prefer, and find that the owner of the dealership happens to be an old friend and as result you are able to get an incredibly affordable vehicle that has everything that you wanted and suits you perfectly.

Whether you want to call it synchronicity, meaningful coincidences, or omens; these events are very important because of the very fact that they are life altering. As a student of the power of thought, you have to become very aware of these omens in your life and you have to make sure that you pursue them all to their conclusion.

From the Original Discussion

Q: I've been experiencing synchronicity like crazy lately! The things I think of most do not happen, but short intense thoughts manifest. How do I change this?

A: Not all thoughts are created equal. This is the key to what you are experiencing. A short period of intense focus or/and strong emotion can create a thought that is as intense or more so that the one that you think you have been spending a lot of time on. Strong thoughts are created through strong focus and/or high emotion. I would bet that these thoughts that you think that you did not spend too much time on were none the less thoughts that were highly intense in one way or another. Strong focus sometimes does not feel very intense because you were not tense and believed that you were not super focused but if you know anything about hypnosis, then you will note that in the most relaxed states possible, people can focus with great intensity.

Modern law of attraction pop culture says that you must focus on what you want all the time in order to build up intensity of thought, but there is also an old school of thought that says that short ritualistic acts that are completely forgotten after you do them are better because they are intense and to the point.

Did you create it or was it a psychic flash? Did the chicken come before egg? In objective time there is cause and effect, but in actuality there is only an infinite now so thoughts are not bound by space/time.

Q: How do I decode synchronicities? I feel like I'm getting big hints from the Universe but I'm not sure what they're leading me to.

A: Such synchronistic waves can be destabilizing sometimes in that they force us to face the reality that life is far stranger than we may first have contemplated. Most simply I would personally say that the answer to 'all and everything', as Douglas Adams might say, is that we are here to learn to work with energy, and in working with energy, we are basically learning that we reap what we sow; our thoughts, our subjective reality…matters.

Q: Is the MoLamp servitor project still active?

A: Molamp is and exists like any servitor, except that this one is a more communal one. Also servitors tend to be as strong as the amount of attention that they have been given over time, and if such energy has waned then they may wane in power as well. But the initial essence of them is always there to some degree and the focus by any individual that wishes to reactivate such a thing is always possible, and in doing so they are always benefiting from all of the en-

ergy that has already been projected into such a thought form. So the simple answer to the question is yes, and it is still possible to use such a servitor for great benefit, and you will not only get help from MOlamp but also from all those that have contributed energy into the thought of it in the past.

Further Reading

- Manifest Wealth and Prosperity with Thought Forms and Servitors
- Create a Servitor

Original source: johnkreiter.com

How Beliefs Create Your Financial Circumstance and How to Change Them

As I have told you before in other articles, your beliefs are the most important things that shape your reality. This reality of course extends to money; how much you have, how well you live, and what you are currently doing to get it.

If you do find yourself in a difficult financial situation therefore, it's most important that you examine your beliefs about money and wealth in general. You can develop new beliefs that will help you accumulate money. For example the belief that you can make money doing something that you love, will motivate you to get more creative and open you up to new ideas about making money doing something that you love to do. You can also for example, believe that money is a good thing and it is here to be enjoyed and as a result you will most likely live a life where money easily manifests in your reality and always seems to be there when you need to participate in something fun.

How Beliefs Shape Financial Reality

It is also the case that you could believe that you are poor, if this is so then your subconscious will go about creating any circumstance needed in order to prove your belief correct. You might think that you have plenty of empirical proof right now that you are poor because of your current condition, but if you could go back and look at your life history in perfect detail, you would realize that it was your beliefs in the fact that you are poor first that created the external circumstances of your lack of abundance.

If you believe that wealth and money are bad, you will keep yourself from using any ability that you might have to create money. If you believe that for some reason that it is better not to have money, then you will suppress any talent that you might have or any opportunity that might present itself for creating wealth in your life. You fundamentally get what you believe in.

Changing Your Beliefs for Abundance

Before you can attract/manifest anything into your life, you need to change your beliefs about this certain thing. You may need to change your perception about yourself and this can only be done by changing your beliefs. You must even look into and change your beliefs about deserving what you desire.

It could be the case for example that you might want to have a beautiful brand-new car. You might work really hard at getting the car without much success. It might also be the case that you get an extra job to pay for this car and eventually through perhaps years of hard work, you are able to have the money to afford to buy this new vehicle. Upon attainment of this new car you will realize that having it greatly changes your perceptions about yourself. You might discover that you have far more self-worth because of the fact that you are now driving a beautiful and luxurious new vehicle. The extra attention that others give you boosts your self-confidence and this makes you feel much better.

The Hidden Work of Self-Worth

It is always the case though that a change in belief creates a new circumstance and therefore a new perception of the reality about you. In this situation it is more often the case that being able to get this new car was only possible after you changed certain personal beliefs. The reason why you were finally able to get the car you desired was due to the fact that after a long period of effort you were able to work on your beliefs about self-worth. You were able to change these personal beliefs enough that your beliefs about self-worth changed and you finally found it possible to believe that you were worthy of the new car.

In physical terms this time might seem to have all been spent working extra hard at some second job but underneath all this there was a lot of work being done on self-worth and only once this change in self-worth was strong enough, were you able to actually get this luxurious new vehicle. If you would have spent more time working on your beliefs on self-worth and less time on physical sacrifice, you would most definitely have gotten your desire sooner and with far less personal punishment.

Practical Exercise: Discovering Your Financial Beliefs

Look at your current situation right now when it comes to wealth and money and ask yourself; "what beliefs did I need to have in order to create my current situation?". Make a big list of all of these possibilities and as you do so you will discover that some of them ring true within you. Through your feelings you will discover the beliefs that helped to create your current financial situation.

Think about something that you desire in your life right now. What new beliefs about yourself and the world do you need to have in order to manifest this desire in your life right now? If certain beliefs on this list feel correct to you, then you can start changing your old beliefs to the new more positive ones.

Write down the belief that feels best to you and stick it somewhere where you can see it frequently everyday. Every time that you see this statement of your new belief, you will be focusing your attention on it and sending it positive energy naturally. Over time this new belief will create new impulses and desires, follow these and in this way begin to manifest what you really want in life.

Key Principle: You fundamentally get what you believe in. Change your beliefs first, and external circumstances will follow.

Original source: johnkreiter.com

Your Beliefs Are Not Your Thoughts: A Better Definition of Belief Systems

It is a very popular belief right now that beliefs are thoughts that you have often. I know a number of supposed mental experts and self-help gurus that are trying to explain belief systems in this way. They're basically saying that a belief is essentially anything that you think about all the time. This unfortunately is not a correct definition of 'belief systems' and it is a definition that can get you into some trouble.

I do not write this article trying to argue or to belittle the theories of others, but I do write it because I am very concerned about those people that are trying to make a positive change in their lives but are given information that can actually cause them more trouble than help.

The Problem with the Common Definition

Let me give you an example so that you have a clear idea of what I'm trying to say: let's say that you have an underlying belief that human nature is essentially evil. Now this belief might not be as odd as you might think, for example there is the belief in Christianity of original sin which can presuppose that the natural human inclination is evil. Also those that believe in human evolution can believe that humanity is essentially evil in nature because evolutionists and scientists would presuppose that we have evolved from apes and by studying our closest relatives we know that many of their actions would seem quite evil from our civilized perspective.

So we have a person that has the belief that human nature is essentially evil. This kind of belief would have a person believe that most interactions with others can be quite dangerous. This person would try to protect him or herself from what he perceives, through his beliefs, to be a world full of people that are out to get him in one way or another. This person would probably have many

thoughts where he would see others being confrontational with him, he would see terrible driving when he is on the road, he would have thoughts of protecting his family and his possessions from the evil of others.

Why Thought-by-Thought Control Fails

If this person were to try to attempt some of the current ideas on mental expansion, he would believe that he would need to turn every single one of these negative thoughts into a positive one. Whenever he felt what he perceived to be aggression from others, he would try to change that feeling into a feeling of someone being good to him for example. He would try to send those that drive terribly, love from his heart, and he might try to wear a happy face when really he is quite scared and perhaps angry.

After unsuccessfully trying to control all these negative thoughts, this person might even end up creating a type of psychosis where he believes that he is being pummeled by thoughts from outside of his own mind, that perhaps these thoughts are coming from somewhere else and he is being attacked by an evil force.

By believing that his beliefs are just thoughts that he has often, he will then try to change these individual thoughts one at a time without much success. It will feel very much like someone trying to stop a gushing pipe with just his hands. He covers one hole but then water starts coming out from another area, he covers that area but then another leak sprouts out; he is never able to stop the flow of water/negative thoughts.

The True Nature of Belief Systems

> Figure / source plate
> The reinforcing loop between experience, interpretation, belief, attention, action, and result.
> Source asset: assets/article-corpus-file17.png

It is essentially impossible for you to stop these thoughts because you are not changing the belief that is causing these thoughts. If you continue trying to stop every single negative thought, you will create a mental state where you are constantly tense and paranoid of your own mind. This can only last so long before your energy runs out and you either end up feeling like a loser or like you are being attacked by unseen forces from outside your own mind.

A belief system then is the type of structure that you create, and on this structure you create your reality through your thoughts; especially emotionally charged thoughts. Your beliefs are not the thoughts that you have often, your beliefs are the underlying structures that cause you to have certain thoughts often.

The Solution: Question Your Beliefs

If this person that believes that human nature is essentially evil, would instead begin to question his own personal beliefs, he would find it far easier to stop all those negative thoughts that he is now having. In order to do this all you need to do is to ask yourself 'why' you are having the thoughts or emotions that you are now currently having. Just about every single thought and emotion that you have is caused by a certain belief. If you ask yourself 'why' you are having these thoughts or emotions, you will discover the belief that is causing them.

For example: let's say that our friend sees a man walking towards him down the street and as he sees this man he becomes very uptight and has the desire to run away or to fight this individual. When our friend is having this thought, if he has the time at the moment, he should ask himself 'why' he is having this thought or emotion. He might get a rather obvious answer like, "well this man is threatening." If our friend asks himself again why he believes that this man is threatening, he will then discover something else about what he believes. In this way our friend can continue questioning himself until he finds an underlying belief that might be able to account for all of those certain beliefs that he had up to the final thought.

Practical Application

Belief systems can be quite complex but they are not a hidden menace that you cannot discover on your own. All you have to do is take the time to question yourself and ask yourself 'why' you are having the thoughts or emotions that you are now experiencing. Continue to question your beliefs until you identify the underlying belief that is causing all your negative thoughts and emotions.

In this way you will be able to stop all the negative thoughts and emotions that you are now having and you will not feel like you are trying to stop a giant wall of water with a sieve.

I am not trying to tell you what you should and should not believe. I think that you should discover your own beliefs and that you should question these beliefs and decide for yourself whether these are the type of beliefs that you wish to have. If you do not like them or you do not think that they are constructive for you right now, change them. The choice is yours, you are far more powerful than you think.

Original source: johnkreiter.com

If You Can Believe, You Can Accomplish Anything

Many strive towards a certain goal without ever believing that this goal is possible. You must realize though that without belief there is no possibility of attaining this goal. The reason for this is that it is beliefs that are the great creators in our lives, without the belief there is no possibility of concrete actualization.

The Necessity of Belief

Now you might say that there are many things that you have achieved that you did not believe in. But did you ever create a thing for yourself, that was your desire and idea, that you did not believe in? It is impossible to act in life without believing in anything. In order to function you must believe; you must believe that the ground below you is hard and you must believe in the air that you breathe in is good.

Many would call themselves an anarchist because they tell themselves that they do not believe in anything. The truth of the matter though is that what they are really saying, whether they know it or not, is that they believe that there is nothing worth believing in. They believe in not believing and even though they tell others that they do not have a personal ideal; their ideal is the ideal of no ideal.

But as you can see, they do believe in something even though they say they don't. Without belief, no conscious action is possible.

Belief Opens Greater Powers

Essentially we must all believe in everything around us in order to function within the parameters of our collective reality. In order to create, in order to be able to attain your goals, you must believe in what you are doing, and that what you want to do is possible for you. When you believe in a thing then you begin to see how you can achieve a thing and through this discovery you begin

to take action. Without this underlying belief, you will not be able to discover a way to get your goal accomplished. Without this belief you are essentially flying blind, without a rudder in an infinite ocean.

Belief opens you up to your greater powers. It allows you to begin to use your subconscious mind and its amazing resources. Belief creates possibilities within the mind and these possibilities are acted upon. Your intuition, flashes, and insights, give you direction and personal impetus. Without the belief that you can do anything, you will not even have the desire to try to accomplish it. Without desire there is no passion and without this passion there is no reason for doing anything at all. You are not a robot, and the world is not a mindless mechanical clock.

How to Augment Belief Within Yourself

Remember that you do not need to prove something to others in order to believe in it yourself. Belief is a personal matter and it is the beginning of all truly creative action. In order to augment a belief within yourself:

1. Focus your mind on what you want. By using controlled focus, you direct your mind towards those things that you desire and in this way you propel your attention towards your goal. Belief can begin by thinking more and more about that which we desire.

2. Use positive affirmations. Try to tell yourself over and over again what it is that you desire and why it is that you desire it. A positive affirmation can be used here to direct your thoughts in the right manner. It is again a way to focus your attention in the direction of your desire but it can also allow you to also focus on your personal reasoning. This personal reasoning is the under bed of this personal belief. This affirmation therefore can begin to build a pillar as it were that creates a more concrete and stable ground for your beliefs.

3. Visualize your ideal accomplished. Picturing your ideal and your goal accomplished can also greatly increase the strength of this belief that you either want to create or strengthen. By visualizing your ideal in complete form, and also by visualizing the tasks that you need to do in order to get to this goal done, you begin to use your mind and the internal power of your subconscious to help you attain your greatest desires.

Belief Creates Possibility

In order to attain anything you must believe. Many 'believe' that they do not need to believe in order to achieve, the reality though is that we all need to believe in order to function. What we must believe in is in our ideal, this is our passion and our desire in life. Without a belief in our ideal we are merely robots living life in a mechanical way, being affected by the world but not affecting it very much in return.

Discover your passions and your ideals, then learn to believe in the fact that you can achieve these goals. Through belief you create possibility, direction, and impetus. By believing in it you can create anything.

Original source: johnkreiter.com

How to Change a Belief Quickly

As I have told you in other articles, beliefs are very important. A belief is sort of like an anchor that drives us in a certain direction and focuses our attention. A belief is therefore the key underlying structure in our understanding of our conscious reality. Beliefs are essentially the creators of reality and all truth is unquestionable belief.

If you wish to change aspects of your personal reality, you must be able to change your beliefs. I have told you that you must begin to question yourself so that you begin to understand your personal beliefs. I have told you that the best way to do this is to give your emotions free reign, when you are able, so that you can use them as propellants to help you discover the beliefs that are causing these emotions. Emotions are created through thought and thought is created through belief, in order to change your reality you must therefore change your beliefs. By changing beliefs you change the kind of thoughts that you have and by changing these thoughts you begin to alter the reality that you perceive.

Discovering Your Beliefs

Beliefs can be highly complex and can vary widely between people. Self examination is critical and it is a pleasant way to make amazing discoveries about who you are and why you are who you are. By following your emotions and asking yourself 'why' you are feeling these emotions; you can then begin the process of discovering your personal beliefs. Letting yourself express your emotions naturally, when you can, can be very liberating, this alone can help you in many ways.

You can also just take the time to frankly ask yourself what you believe about a certain subject and pursue this inner contemplation until you have an incredibly clear picture of what your beliefs are and therefore why you see things the way that you do.

Once you do discover what your beliefs are, it's quite possible that you will want to change a certain belief. It is often the case that a belief that you had at one time in your life is no longer helpful and is actually costing you great pain or distress. It is possible to change these beliefs and you can in this way change your reality.

The NLP Technique for Quick Belief Change

Once you have discovered a belief that you want to change there are some quick ways to make that change possible. The following technique is used in NLP and is a wonderful way to make a very quick change in a belief. Now this technique will not work unless you have done the preliminary work with your beliefs systems and have therefore discovered what the belief is causing you to experience in your life. Without this personal discovery, the conscious mind and your intellect will not take this change seriously. You need this conscious desire. You also need to discover for yourself what new belief you want to replace the old one with. Make sure that this new belief satisfies all your personal wants in the most positive way possible.

When you want to change a belief quickly:

Step 1: Think of a belief that you know to be true. Just look through your past and come up with one belief that you know is true, for example the fact that you might be a great cook.

Step 2: Try to get a picture, have a feeling, and perhaps even hear some kind of sound that all relate to your belief about you being a great cook. as you hold this belief of you being a great cook in your mind, try to see how you are feeling this belief to be true. Notice the feelings that you are having in your body, and get a real good sense as to what it feels like to know this belief to be true. You are essentially trying to discover how 'complete certainty' feels, looks, and even sounds to you.

Step 3: Now think of the belief that you would like to change. Also think of the new belief that would be far better for you and far more constructive.

Step 4: While thinking of the new and better belief that you want to start believing, superimpose the qualities of 'complete certainty' that you felt while KNOWING that you are a good cook. In other words try to feel and see the

new desired belief in the same way that you view the original belief that you know to be true. For example let's say that you want to believe that you are an amazing driver, while contemplating this belief, try to impose on it the same qualities and feelings that you feel while you are believing that you are a great cook. If while you are believing that you are great cook you have a wonderful feeling in your chest and you feel your energy getting stronger, as you contemplate the belief that you are a great driver, try to also feel a wonderful feeling in your chest and your energy getting stronger.

How It Works

What this does is that it will allow you to very quickly create a neurological pattern that turns a wanted belief into a truth.

This technique allows you to make very quick changes in your beliefs systems. As I've said it will not work properly unless you fully realize the power of the beliefs that you have and find out the reason why you wish to make a change. Without this understanding you will not have the kind of focus that you need to be able to you erase old beliefs and replace them with the desired new ones. This is one of the quickest ways to interchange an unwanted belief for a new desired one.

Important Q&A on Beliefs vs. Direct Energetic Experience

Q: Would you ever consider posting a "master beliefs" list for the aspiring alchemist?

A: The thing about beliefs is that they are a very tricky subject. There are two basic reasons for this:

First, beliefs are quite simply a faith based system of perception. What I mean by this is that they align themselves very well with what I would refer to as dogma. If I were to work with beliefs instead of showing techniques that would allow a person to work with energy and find their own truth, I would be creating nothing but dogmatic tome or a kind of scripture of ideas, instead of creating a dynamic workable system that can allow a person to find freedom instead of more dogmatic weight.

Second, beliefs can be a very tricky thing because they rely quite heavily on language and the subjective interpretation that we give to each and every nuance of that language. The sum of the world, and the way of the Archonic force is to manipulate in this arena with incredible power, so there can come a point where as a person looks into their subjective reality they can come to question whether a certain belief is theirs or whether it is an injected belief.

Beliefs then are things that we can use to our advantage and work with when we need to, but we must tread with care. I do therefore recommend that you work with your personal beliefs when you have to but my personal opinion is that I would rather have you work on the energetic and foundational principles, of the techniques that I'm writing about instead of just the belief based ideas and concepts.

Here is an underlying belief, a core belief that exemplifies what I have just said: **"the only way to actuate true freedom is to let go of beliefs and instead engage in direct and energetic action."**

It is always my hope that you not believe anything but that instead you strive to either prove me wrong or to find your own personal energetic truth behind this statement, using the techniques I teach. In other words I would rather that you strive to prove me wrong but work on the techniques I teach, than to believe what I say and do nothing.

Original source: johnkreiter.com
Original article title: How To Change A Belief Quickly

The Biggest Secret of the Law of Attraction

The shortest route between two points is a straight line. Many people tend to forget the fact that we live in a physical world. Many also forget the fact that there are more worlds than this one, subtler worlds where our dreams and our internal thoughts tend to manifest at a much quicker rate. But in this world, this physical world, we must realize that things work slightly differently. In this world the shortest route between any two points in space and time is a straight line.

Those that would forget this tend to usually be people that find themselves wanting to practice the law of attraction. This is a shame because they're really trying to practice a more efficient method of dealing with this particular world but they tend to forget the fact that they must reconcile certain mental principles and apply them to a physical plane.

The Faulty Assumption

Truly these people that would engage in the law of attraction or in any other of the mental techniques that would have you navigate more successfully in this world, using the power of their mind or faith, tend to be given certain concepts that are faulty. These concepts are faulty because of the fact that those that would propagate these ideas have no deep understanding of what they are talking about. I know that this is a strong statement to make in a world filled with new age gurus. The problem is not really the fact that some of these gurus are telling you the truth, some of these people know what they are talking about, the problem comes from the fact that when you have so much information out there, there is bound to be a whole lot of bad along with some good.

Any teacher of the law of attraction, or of any mental movement, that tells you that things should fall out of the sky and land on your lap is lying to you.

While it is indeed the case that if in the dreamscape you visualize something, intend something into existence, you will instantly get that thing; in this physical realm such occurrences are very rare. To try and circumvent the laws of physics as they apply to this physical realm, is probably the biggest mistake that you can make as a practitioner of the law of attraction or of any of the other mind over matter techniques.

The Power of Mind Over Matter

Let me reassert the fact here that I DO believe in the power of our mind over the physical universe. I do believe that it is the subjective that creates the objective and not the other way around. As such I believe that when our minds and our intent are properly focused, they can accomplish just about anything in this physical world. The point of this article is to point out the greatest faulty assumption that is made by those that would practice such mental techniques as the law of attraction, visualization, prayer, or affirmation. This negation of physical laws is the one key concept that is holding many, many people from attaining success with these methods.

The Remote Control Example

As I mentioned, the shortest distance between two points in this physical world is a straight line. If you are sitting on your couch watching your TV and your remote control is just out of reach; you could try to visualize that remote control coming to you, you could try to affirm to yourself the fact that the remote control will slide into your hands, or you could believe with every ounce of your being that the remote control is sliding into your hands. But it will most likely be the case that the remote control will not move into your hands.

As I said I do believe in the power of the mind over the material. I do believe in the existence of telekinesis and I know for a fact that there are those that can tap into that power, but generally speaking the average person does not have that kind of potential yet. The reasons for this can be varied; I tend to believe that it is because we need to first develop our mental abilities and our control before we are given the more powerful tools to work with. First we must learn to work within a slow moving mental environment, until we perfect our mental capabilities, and then we can allow ourselves to move into more complex and

faster mental planes of existence. Until that time we must learn to work with our physical universe and we must begin to realize that the easiest way to get to that remote control is to just get up a bit and grab it.

The Necessity of Action

The law of attraction, our mental powers, work in this way now in this material world. When I say that the shortest distance between two points is a straight line, I mean that in this physical universe we cannot just rely on our mental powers to get us what we want. We cannot expect the world to drop things from the sky on our laps, we cannot expect this physical universe to materialize something instantly before our eyes. We must realize that for now we exist on a physical plane where our mental projections and our intent can only be manifested through a slow and sometimes seemingly mechanical process.

What this means is that we cannot sit back and wait for things to happen. We cannot expect things to happen to us through our faith or the power of our visualizations alone.

There will come a time when we will need to act.

We must work with our minds first, we must use the mental techniques that we believe in and try to affect the course of our lives. But we must also be prepared to act in order to get what we want. Our world is still based on physical action and we must follow this course for now.

Uniting Mental and Physical Action

The best way to proceed when it comes to the law of attraction or whatever mental method you currently employ, is to use these methods and try and perfect these methods as much as you can but also to act. For example you could visualize yourself acquiring a better job but you must also make sure that you get out there and try and find that better job. Mental and physical action must be united because without this union there will be very little forward momentum.

As you develop in your mental abilities, you might realize that there does seem to be something working with you. Some call it different things, most like to call it God or perhaps luck. What this means is that you will find that things

just seem to go your way or that some kind of amazing synchronicity takes place that puts you into the right place at the right time to get exactly what you want. But there will always be a moment when you have to act in order to get what you want.

The Growing Power of Synchronicity

As your skill grows these synchronicities increase in power and in number. Perhaps, in time, you might realize that you are not struggling at all but that you're really just surfing towards a better world. Perhaps there might indeed be a time when your life will seem like a dream where your thoughts and intentions are instantly materialized and it is perhaps in that destination where we are all headed. But until that time we must remember that we cannot just focus on the power of our minds and expect the world to bend its laws to our whim. We must therefore always make sure that we unite mental action and physical action because this is the best way to attain all the things that we dream of.

Q&A on Action

Q: What do you mean by "action"?

A: By action I mean 'to do'. When it comes to anything in life, because the largest sum of our individuality is now focused on the physical, we must make sure that when we practice these manifestational/transmutational techniques, that we work in a conjunctive way with the vibrational frequencies that make up the sum of our sphere of existence and influence.

In the most basic sense, these two spheres of existence and influence are:

- **Mental action:** By taking action---by doing---in the higher frequencies of thought, we learn to develop focus of attention: we focus our minds in a direction, on what we ultimately desire.
- **Physical action:** Being that we are physical, and what we may desire is something that most likely is of a physical nature in one way or another, we must also act physically: we must move physically in the direction of this desired thing or event. Action in the physical realm means positioning ourselves in the best possible place to get the results we want.

Personal intuition and omens are of great importance in this kind of physical 'actioning'.

Original source: johnkreiter.com
Original article title: The Biggest Secret of The Law of Attraction

External Mental Influences

The law of attraction movement seems to be growing, not dissipating. This is perhaps an indication of the times and of a new frontier in human consciousness. Most people are starting to take responsibility for their consciousness and for the thoughts that fill their heads.

The Law of Attraction Explained

The Law of attraction very basically states that all things that are alike tend to attract each other. This law can be seen at work in all things in life; whether it is subatomic particles, people or even stars. This law, as it concerns us human beings, is most evident in our conscious thought patterns. Like thoughts tend to attract each other. If we think of golf balls then we tend to think more and more of them as our consciousness tends to bring more and more like thoughts.

Along with the ever increasing thoughts of golf, clubs, putting and different colored golf balls, our being does an amazing thing; it starts to focus our awareness and attention so that we start to reject some external data and become more aware of other external data.

Before long you not only think more and more about golf balls, you also start to actually see more and more golf balls in your objective reality. You see them in fields, left by some errant drive perhaps, you see them more in tv and you run into people that seem to have some story that relates to those little pesky balls.

How Consciousness Filters Reality

Now this is mostly the cause of a very interesting human phenomenon where personal consciousness can actually be manipulated to see what it wants to see. It's not that there are more golf balls, it's just that your consciousness is adjusting itself to filter out data that it doesn't care about and to focus more on those things that are more relevant; you see what you focus on.

Now this is more than reason enough to begin to use the Law of Attraction. Essentially if you can manage to manage your thoughts and attention, you can begin to see what you want to see and to reject those things that you don't. Definitely a great way to stay in a positive and happy mood for as long as you like, whenever you like. Actually NLP, for example, takes this for granted and its creators (John Grinder and Richard Bandler) generated a number of different techniques that can help you to pick and choose the thoughts that you want, and the intensity of those thoughts.

This actually has been studied by scientists and it's a well-documented phenomenon.

Beyond Seeing: Actually Attracting

Those that truly believe in the Law of Attraction proper though, also believe that this is just the beginning of what is possible. With discipline, maintaining ones mental focus on the desired, one can go beyond just seeing what one wants to see. A person can actually begin to attract circumstances and things. True proponents of this great law take it for granted that thoughts are things and that thoughts are the creators of matter and not the other way around.

Using the golf ball example, a student of the great law would expect to actually increase the amount of golf balls that are present in their lives. This law would then explain why you would start running into others with golf ball or related stories. These contacts and synchronous events would put the golf ball mentalist in tune with circumstances where golf balls and the related would actually start increasing in his or her life.

The belief is essentially that if this practitioner of the Law of Attraction were to successfully refocus his/her mind correctly, he/she would eventually find himself inundated with golf balls. He/she would eventually have to move out of his home and start a putting range or a golf ball museum 🙂

While the last line is somewhat in jest, the Law of Attraction and the power of the human mind is in no way a joke to the author. Look up 'accidental collector' in Google and you will see that an accidental collector is not such a farfetched thing at all!

The Missing Piece: External Mental Influences

It then is plain and obvious to any that understand the power of the human mind that thoughts are indeed a very powerful thing. And it is therefore of great importance that we all become more conscious of the thoughts that we are having and what we are focusing on.

BUT even though there are an incredible number of books out there on the Law of Attraction, and the power of the human mind; very, very few of those books speak of the importance of EXTERNAL MENTAL INFLUENCES.

Whether you are interested in acquiring or maintaining a life free of negative energy or you are interested in using the Law of Attraction to increase your Wealth or Health, it behooves you to understand the power of external mental influences and how to manage them.

Some might argue that you don't have to believe in telepathy and external mental influences to practice the Law of Attraction but that is sort of like saying that you can believe in fish but you don't have to believe in water. If you believe that thoughts are things, that thoughts have electromagnetic properties that attract thoughts of similar properties, and that thoughts of enough intensity can become 'real' things in 3-dimensional reality, then it is a given that these thoughts can affect human consciousness.

Why This Matters

Perhaps in the future I will write an article on how you can prove, to yourself at least, the reality of telepathy and external mental influences. For now I want you to just realize that many of those courses, books, and seminars on the Law of Attraction that you have participated in, are half finished. What you need to know, something that is perhaps far more important than manifesting itself, is how to manage the often times chaotic external mental world.

Many readers find themselves plagued by negative energy of all sorts. They wonder why their minds are filled with so many negative thoughts. What they don't realize is that many of these thoughts and energy are not internal but are in fact thoughts, emotions and ideas that are picked up from the people and places all around us.

Original source: johnkreiter.com

Develop True Pride and Become a Success

Depending on who you talk to, pride can either be a positive feeling or a negative trait. The difference between the two is really a difference in definition; while some consider pride to be a good feeling that shows that you like something about yourself or what you have created, others believe that pride is a negative attribute that can lead to negative self importance. Essentially it is better to have the former and it is not good to have the latter.

I'm sure that if you look back in your life, you will be able to find a time when you were very proud of something that you did. It's interesting to note though that if you look back on this memory, you will most likely find that you took great pride in what you were doing and as a result, that pride was most likely the reason why you did so good a job in the first place.

Pride Has Many Shades

What this shows us is that pride is not a black-and-white thing. Pride like anything else, and like any definition of anything, has many shades of gray. While an extreme sense of self-importance is not good, a complete lack of personal pride will not get you very far either.

Pride comes from a true commitment to what you have to do. Pride also comes from a sense of self-worth and personal ability. In order to develop pride, you need to believe in your self worth. In order to propagate this belief you must question yourself and find out exactly what you believe about yourself right now. Discovering what you believe about yourself, you change this belief if it is not one where you know that you are a worthy and capable person. You then cement this belief by creating positive accomplishments.

The Cycle of Pride and Good Work

Having a strong sense of self worth and self-esteem, you engage every task with the desire to do your best. Doing your best creates pride in your work. Doing good work always involves personal pride, this pride than motivates you to do the best that you can, and these positive results cement your self worth by making you feel proud of your work.

Overbearing Pride is a Mask

An overdeveloped sense of self-worth is usually a mask that many used to hide a low self-esteem. An overtly proud person therefore is someone who is actually hiding their feelings of incredibly low self-esteem. If you can question these feelings, all the feelings that you have about your personal self-worth, you will be able to change this belief by understanding your personal reasoning. Overbearing pride does exist of course, but it is usually a mask for feelings of low self worth.

True pride begins with high self-esteem and a real sense of your own unique individuality.

Taking Ownership Through Pride

Once you have pride in yourself, you will take pride in your work. When you take pride in your work you will do far better work and you will be proud of that work. You will always be able to accomplish more, and whatever you do will be done to the best of your ability.

When you take pride in your work, you begin to own this work. You take responsibility for that work because you are proud of that work and you want to share your accomplishments with others. Build yourself worth by working on the beliefs that you have about yourself. With a true belief in your self worth, you will be able to create better work that you will be proud of. Pride is not a black-and-white thing, but by understanding what true pride is, you can accomplish great things.

Q&A: Dealing with Low Self-Esteem and Pride

Q: If someone has poor self-esteem, is it possible to lose pride as a result instead of mask it?

A: Yes generally speaking I would say that people most often lose their personal pride when they have low self-esteem and don't attempt to mask it at all. The masking usually happens when they want to do something and are battling an inner sense of worthlessness. These people feel that if they make a show of having great pride then perhaps they will be able to convince others of their worth even though they may feel very little self-worth.

People of low self-worth that don't mask their low self-esteem with a mask of great pride tend to be people that have given up or feel that somehow they are being more honest with themselves and the world because they are faithfully showing how little they can accomplish; they feel that they should not try because they will fail and others should not expect anything because they will most likely fail them.

Masking and not masking with over-inflated pride are both wrong. I ask you to not 'fake it til you make it' with an over-inflated ego/pride because this little bit of new age advice will most often hurt you much more than it will help you. And I also hope that you do not take the second approach and totally give up, thinking that you are being honest with yourself and the world.

The Right Approach

Instead I suggest that you experience 'completely' all of the doubts and supposed negative emotions that you feel. And as you do so, examine yourself to find out what it is that you believe about yourself. What proof do you have that you are so inadequate?

Then when you find these supposed facts, realize that these are not facts at all but just opinions and assumptions about your life and reality. With this realization, it becomes easy to change those 'facts' by taking new careful action, improving where you think you are lacking, and by taking action one small bit at a time until you are satisfied that you did the best you could.

Eventually you will begin to really believe (even though at first it might seem silly) that you do in fact have good reasons to feel self-worth. Then things will begin to change quite naturally.

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The Simplest Way to Feel Happier Now

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

In this 'new age' we are told over and over again that maintaining positive thoughts is the best thing that we can do for ourselves. Now whether you believe in this whole New Age movement, this whole law of attraction bit, I hope that you do realize that a positive state of mind is a good thing no matter how you think about it.

You do not need to believe that thoughts create reality in order to realize that a positive state of mind will create a positive effect. If for example you are about to partake in any activity, if you engage in this activity with a positive state of mind, one that makes you feel confident and energetic, you will definitely realize better results. In other words you don't need to maintain a positive state of mind just so that you can attract those things that you want metaphysically, a positive state of mind will also help you in the objective sense.

The Problem with Complex Methods

But how do you attain this positive state of mind? There seem to be an infinite number of exercises and ideas about how to do this. Most of them seem to be quite complicated if you really think about it; its usually this step by step formula where you are supposed to feel this, imagine that and make it all brighter or smaller or something. Sometimes these methodologies seem like a cooking recipe.

The Simple Principle: Focus

Well if I have not bored you completely and I have not scared you off with my proposition of another method for attaining a positive state of mind, then please let me give you an exercise that is incredibly simple and only requires one thing; the power of your focus and attention.

You see fundamentally all of these exercises really rely on this one principle; the principal of focus. If you're able to maintain your attention focused on one positive thing no matter what, you will be able to maintain a positive attitude in just about any situation.

Focus Without Strain

When I say focus, I do not mean stress or strain. If you stress or strain yourself you might actually hurt your body and perhaps even give yourself an ulcer. There's a big difference between concentrated focus and physical effort. The body gets tired and too much tension can be quite detrimental to it, but the mind never tires and it is always going even when you are sleeping. The trick then is to use your mind to focus your attention and not your body.

An easy way to know if you're doing this correctly, is to see if you are tense. If you are tense when you are trying to focus your attention on something then you are doing it wrong. Try to relax your body first and then focus your attention. Over time you will be able to focus your attention without the need to tense up your body as well, it is most important that you learn to do this properly.

The Exercise: Focus on a Word

Okay so now finally to my little exercise to help you stay positive in any situation. Well it's as simple as this: **focus on a word.**

Let's say for example that its gloomy day outside and you just want to get a little happier. Then all you need to do is just to focus on the word HAPPY. Just try and hold that word in your mind for as long as you can and you will notice instantly that the longer that you can focus on this one word, the happier that

you will get. It will instantly begin to correlate with happy memories that you might have had in the past and with happy thoughts or goals that you might have about the future.

And that's it, that's the entire thing.

Developing Your Focus

But the trick comes when you want to try and maintain your focus on that one word. If the power of your attention, if the strength of your focus, is not that good then your ability to maintain your attention on this one word will be quite difficult. Most people have difficulty maintaining their attention focused on a single item for a few seconds. If this is the case for you, then what you need to do is just keep practicing.

Practice is a simple thing, all you need to do is to bring your mind back to the one word that you want to focus on. For example as you try and focus your mind on the one word HAPPY, you might start thinking about what you're going to cook later or about some responsibility that you have to take care of. What you need to do is to catch yourself mentally wandering off and refocus your mind on the word. Don't get frustrated and just keep refocusing your mind on that one word.

Progressive Practice

It is possible to attain an incredibly powerful focus. But this takes time and I suggest that you do not get discouraged at first. Just try to increase the amount of time that you can focus on the one word that you have chosen. See if for 15 to 20 minutes you can focus more on the word that you have chosen and less on all the other stuff that keeps popping into your mind. Continue like this and see if there ever comes a point when you can actually think about that word for the entire 20 minutes!

If you feel confident, increase the length of time that you spend thinking about this one word.

With this incredibly simple exercise, you will be able to focus your mind to a great degree. If you're able to maintain your focus on the one word that you have chosen long enough, then maintaining a positive state of mind will be-

come quite easy for you. You will certainly have to work on the power of your focus and attention but having this strong power of focus and attention will benefit every aspect of your life. Think of it like exercising, a pleasurable exercise, that will give you so much that is worth every single bit of sweat that you lose doing it.

Original source: johnkreiter.com
Original article title: Simplest Way to Get Yourself Happy Now

Create Your Own Happy Place

You can create your own happy place. I know, you are telling me that after watching "Fight Club" you think that this is not the best idea ever. Well let me tell you that going to your imaginary happy place is an incredibly powerful technique, no matter what Tyler Durden says.

The Power of Visualization

The mind, and focused visualization in particular, is a very powerful thing. The Body is not able to tell the difference between a vividly visualized thing and the real life concrete thing. You can recreate the workings of your brain, increasing the number of nerve ending and junctions in certain areas, and you can even increase the brains ability to shape itself and how it function. More importantly as it relates to this article, your vivid visualizations can stimulate the release of certain hormones and impulses. This means that your vivid visualizations can make you happier and more productive.

Learning to Visualize

In order to have this kind of mental ability, you need to be able to visualize very well. The best way to get good at this, like anything else, is to practice. The good thing is that visualizing can always be a fun thing and only becomes a chore if you are not being creative enough. The trick is to visualize things that you find fun and entertaining. The easiest way to do this is to practice visualizing your desires.

The Beach Visualization Exercise

For example let's say that you would really love to go to the beach. Instead of trying to visualize a static room, or a cube or something, visualize yourself at the most beautiful beach ever. Try to see yourself at the beach, as if you have magically teleported to some gorgeous sandy, sunny beach on a tropical island.

Step 1: First work on an image, you could get an image from a magazine or the internet. Close your eyes and see if you can visualize the image that you just saw. It won't be perfect unless you have photographic memory so no worries, just add on as you see fit or open your eyes and keep trying until you can close your eyes and have a good image in your mind's eye of the picture that you were looking at.

Step 2: Next try and add detail to this visualization. Try to hear the surf, feel the warm breeze, and feel the sand between your toes. Try even to smell the salt water and the ocean around you. Try to involve all your senses in your visualization if you can.

Step 3: Finally try to feel your way into the scene, create the feeling that you are there and that wherever you look you see the beauty of the beach. Do this exercise for a good 15 to 20 minutes.

Building Your Practice

When you get a chance again, try to visualize another fun desire. As above try to use all your senses to make the visualization as real as possible. And again try to do this for a good 15 to 20 minutes. For best results, try and practice your visualizations at least once a day.

One Place or Many?

Now you have the option of either sticking to one happy place, a place that you can go to when you need an escape or you have the option of picking a new place that you might desire to go to, whenever you want to.

- **If you stick to one place**, you can really develop a detailed place that has the potential of becoming as real as any place that you might experience during regular time.
- **If you choose to change the place**, it might not be as specific and as concrete but it will be exciting all the time because it will be new, because it will be your latest desire.

It is up to you to choose what you like best, experiment.

The Benefits

You can create this happy place when you have time or when you need to take a break. With practice you will be able to go to your special place just about any time that you want and it will be so real that it will truly allow you to escape your current conditions.

This kind of vivid visualization can:

- Restore your spirit.
- Allow you time to rest.
- Let you escape from difficult places or situations.
- Help you feel happier.
- Relieve depression.
- Literally alter your brain and its functions.

Create your own happy place and find anything that you desire.

Original source: johnkreiter.com

Happy Calisthenics and Depression

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

I would like to share with you an exercise that I like to call, "Happy Calisthenics". Sometimes it is very difficult to break a sad mood or a depressive state. Anyone who has found him/herself in the throes of a large depression, knows that stopping this kind of nasty blue state can be almost impossible. Most just opt to wait it out in the hopes that if they are patient enough it will go away.

Why Waiting Doesn't Work

Passive waiting can sometimes deepen a low mood, especially when it leads to isolation and rumination. Often you make the situation worse by segregating yourself. If people don't have experience in re-focusing their minds, they tend to spend this time by themselves focusing more and more on those things that put them in a bad state to begin with. Waiting then for things to get better is not the answer.

Breaking the Depressive Routine

What you really need to do is to break the depressive routine. All things in life are given strength by the power of routine. This is the constant and repetitive action, whether mental or physical, that allows any state like this to develop a type of identity.

Think of it as sort of like a recording; pressing play is a particular trigger like seeing something or having someone say something; after the play button is hit the body and mind robotically go through a very specific set of actions that ini-

tiate and enforce this depression or whatever bad mood is affecting you. To interrupt a depressive routine, begin by changing one part of the pattern that perpetuates it.

How Happy Calisthenics Work

A great way to break a bad routine, or any routine for that matter, is to do something that is completely different from what makes up this particular routine. Happy calisthenics do this by having you perform a physical action that you normally would not do in that situation. These calisthenics are going to make you do something weird, silly, and perhaps even funny at a time when you definitely don't feel like being any of these things.

It also works well because the body's physiology or body language has the amazing ability to change its mental and therefore emotional state. Changing your body postures and using stances that are highly different from your depressive routine will create a type of 'state break' that will literally jar you out of where you are mentally and emotionally at the moment.

The Exercise

First get yourself in a place where you can be by yourself. Then before you engage in any thinking at all:

1. Stand up straight and tall and put your arms straight up over your head
2. Bring your arms down, turn your head to the left, then to the right
3. Now puff out your cheeks, hold it, blow the air out in a big woosh
4. As smoothly as you can, start doing the twist (look up Chubby Checker if you don't know what this is)
5. Really get into the twist, try some new moves - continue for at least half a minute
6. Transition into a modern dance and do something like 'the flower opening its petals to the sun'
7. Finish with some ballet twirls - remember to put your arms up, good posture is key in ballet
8. Finally stand tall and straight again and force a big crazy grin on your face

9. Hold that grin for half a minute, and if you can, laugh like the joker a few times

What Happens Next

Now this might seem funny now but when you are in a horrible funk it will just seem stupid. What you think here really doesn't matter, just do it.

Afterwards you might not feel that happy but you will feel a kind of shock, like you are disoriented and aren't quite sure what to do. It is crucial that you don't let yourself slide back into the depression routine again. Move on out of there as fast as you can and start doing something else.

The Ultimate Challenge

If you are suffering from a horrible depression, if you think that things are beyond hope, then I dare you to do happy calisthenics in public. Find a nice crowded street corner and do a fine Irish jig for all to admire and enjoy, try and keep a straight face, be professional. You will be cured faster than you can imagine.

Happy calisthenics break routine, destroy the ego, and cure depression, so try it. I dare you!

Original source: johnkreiter.com
Original article title: Use Happy Calisthenics To Cure Depression

Be a Little Selfish

I want you to do something for yourself and for all those around you that you care about. I want you to be a little selfish. I know that this is a pretty hard thing for many to do, especially if you are a very giving person, perhaps a parent, or both. But I want you to do this for others as much as you might think that it is all for you.

The Problem with "Selfish"

It is often thought that being self-involved can be a very bad thing, but if you are willing to really look into what this means, you will see that being self-centered can be a very positive thing as well. The problem really lies in simple definitions of what self-focused really means.

The problem begins with definitions that are based on this or that ideas. Beliefs and directives that are based on age old definitions of what is the right thing to do. The problem is that there is nothing that is black and white and people get stuck thinking that even to contemplate the idea of self-interest is bad, and end of story. No more thought is given on the matter because even to contemplate selfish thought is bad.

What Being Selfish Really Means

What I mean by being a little, or perhaps a lot for some, selfish is to really start to concern yourself with yourself. You need to start paying more attention to what you are focusing your attention on and far less on what others are doing.

It is very natural to believe that in order to help others, you must concern yourself with them and physically act on their behalf. But the truth of the matter is that 'acting on' others behalf is most often an intrusion. Unless someone directly asks you to do something for them, it is most often the case that the person does not need your help or is better off without your help.

How Being Selfish Helps Others

But if you concentrate on yourself and on feeling good about you and your life, you give others the hope and energy that they need. You do this by showing them that it is possible to be happy. You show them that someone can change their own reality for themselves and by themselves. You show those around you in a new way; you show them by example, and this example is so very crucial for so many.

By helping others when they don't need your help, you deprive them of the opportunity to find a way out for themselves. We are all here to learn and learning things for ourselves allows each one of us to grow and become more confident. The best way to help others is to show them that all is possible and finally just to have good thoughts for them. When you do this, others will be incredibly uplifted by your gift.

There is no better way for you to help others more than to show them that what they want to accomplish in their own lives is possible.

Taking Time for Yourself

You can only do this by being a bit selfish. What I mean is that you need to take the time to look at your own life, your own desires, and your own thoughts. Then you must make the time to control these thoughts and actions so that you yourself are happy first. You must make the time to guide your own boat in the sea of life and find your best place there.

Only when you are happy and love yourself can you love and hope happiness for others, otherwise it will be pretending at best and you can't keep that up for long.

Practical Application

Now I don't mean that you should not feed your children or care for those under your care. But next time, before you rush off to give your well-meaning advice or a helping hand, ask yourself: Did they ask for my help?

If the answer is no then send that person love from your heart and see them succeeding in your mind but don't interfere in their life. If they see you happy and successful in your own life, and feel the love that you send them then they just might ask for your help anyway.

But remember that the best you can do for others is to show them through example that what they wish to accomplish is possible. Help others by example and you will also be helping yourself. Send others positive loving thoughts and you will uplift them and help them without the weight of intrusive action.

Original source: johnkreiter.com
Original article title: Be A Little Selfish

Love Yourself and Free Yourself from Negativity

There are many things written about fixing your life. This entire site is devoted to self improvement and there are many methods that I outline that can greatly help you in all aspects of our shared reality.

While all of this material does aid in helping you deal with the difficulties that you might experience in life, there is one main aspect that is always overlooked. It is overlooked because it can be a very hard pill to swallow for most and the reality is that most people just aren't willing to follow this methodology.

The Most Important Tactic

Why is it that most people will not follow this one methodology that would allow them to improve so many aspects of their life? It is because the entire world devotes most of its time to telling you that life is a certain way and to think otherwise is self delusion and egomania.

This most wonderful self-improvement tactic is very simple: **love yourself!**

It is that simple but it is almost impossible to do for most.

Why Self-Love is Difficult

We are told over and over again that to love ourselves and to think of ourselves is selfish and self-centered. No matter what religion or theology that you care to study, you will almost always be told the same thing; that you are not the center of the universe and that you are here to fix something about yourself or worship something beyond yourself. In our Western society, we believe that we were born sinners and to think of ourselves, let alone love ourselves above all other things; well that is just out right sin.

Even if you are a highly logical person and an atheist, you will definitely not want to love yourself. Since science believes that we are just biological units existing in a mechanical universe, the idea that we are in some way important and worthy of love seems almost idiotic. And if you were to love yourself, what good would it do? Emotions and positive thoughts after all seem to have such little consequence in this reality.

The Challenge

But take a chance and do something completely rebellious, I use the word rebellious because of its connotations; love yourself. Practice just loving yourself, accepting yourself for who you are now and no matter what you do for an entire month, just love yourself above all other things in the world. Contemplate how wonderful you are and how great it is to be here in this world and how lucky this world is to have you in it.

This does not mean that you have to love your family or your children any less. You will be surprised at the fact that by loving yourself more you will be able to love them more as well. Realize how lucky they are to have you in their lives, how you make their lives so much better in so many ways.

The 20-Minute Exercise

I dare you to sit around for 20 minutes and just love yourself completely. Send as much love as you can to 'yourself', and adore who you are right now. If you are able to do this then the next day I want you to do the same thing but this time while you are looking in the mirror.

Will you be able to do this? Will you have the ability to just love yourself without judgment or recrimination?

Why Most People Can't Do It

Most people can't do it. They can't do it because they believe that they are unworthy of things. When they look at themselves or think of themselves they only see all the blunders that they made or how much it is that they need to improve. Try to fight this urge by just loving yourself and forgetting about all those little voices that tell you that you should not or could not love the one thing in your life that is the most important thing on Earth.

How terrible that must sound to some. To tell yourself that you are the most important thing on earth. Why do you believe that this is not so? Study this belief by asking yourself why you are feeling what you are feeling now. Ask yourself over and over again 'why', until you get down to the root of these feelings. The root of these feelings will be the belief or beliefs that you hold that make you think that you are not worthy of self-love.

When you discover what these beliefs are, change them because you deserve better.

The Benefits of Self-Love

I dare you to love yourself. And if you take my dare you will find an incredible thing; that by just loving yourself and accepting who you are totally, you will overcome many of the problems that you think you now have.

- Through love of self you will be able to find a better job, one that doesn't make you suffer but that makes you feel good about what you're doing.
- Loving yourself will allow you to have the strength to be with those that love you as you should be loved and to stay away from those that would abuse you or use you in any way.
- Loving yourself will create a positive attitude in your life that will naturally begin to change your ideas about what you deserve and these will naturally create a better future for you.
- Loving yourself will allow you to feel good again.

Q&A: How to Love Yourself When There's Nothing to Love

Q: It's not so easy to just love yourself if you don't know how to do it, and if there is nothing to love.

A: When we are in a really low place, it is very hard to think about loving anything, especially yourself. This is not the time to ignore those feelings and try and replace them with something else. This is the time to explore those feelings and to feel them. My advice is to feel them and to experience these supposed negative emotions as much as possible. When you do this you will find out why you are feeling unloved and this realization can be quite rejuvenating.

When you are ready to go beyond your negative feelings, when you feel spent like you have drained yourself of all this emotional energy; you can try and see if you can find a way to love yourself. To do this, look within your mind and try to find one thing that you love. It doesn't have to be a person it can be a thing like a beautiful sunset or a gorgeous flower. When you have that feeling in your heart, project that feeling on to yourself and try and love yourself like you love that flower.

When you do this, you might experience some odd emotions; something along the lines of "I'm not good enough for this" or "how dare I be so full of myself." Explore those feelings as well and find out why it is that you think that you can't love yourself. That flower is so lovely only because it can love itself, and like any creature in this world you are as precious. Say your name and learn to love the sound of it.

Original source: johnkreiter.com

The Importance of Being Humble

We can all be a little prideful at times. When we have devoted a lot of time to certain thing it can be quite easy to believe that we know everything about that particular thing and it can be very difficult to hear another person's point of view. This is natural, it just shows that you take pride in the amount of effort that you've put into something and have developed a certain sense of confidence in this area.

You should always be careful though that you don't become overconfident because this overconfidence will create a barrier that won't allow you to learn new things. If you believe that you know everything about everything or something, then there's nothing else that you can learn and this is of course not true. Try to always maintain a certain sense of humility so that you are able to contemplate new ideas from different angles and are therefore always able to expand intellectually and in all areas.

Stay Logical and Objective

Try to stay logical and always identify when you don't have enough evidence to prove your point completely. It is most important that you learn to approach any endeavor in a logical fashion so that you can objectively study what you know and what you don't know about whatever you are engaged in. Through logical progression and objective detachment you can separate your ego from your knowledge.

If you are not completely sure of your particular point, if you do not have all the evidence to prove your particular belief, always make sure that you phrase your belief in a way that does not make you sound like you are the final and undeniable authority on this particular point. You can easily do this by starting a statement in this way:

- "I may be wrong, but what I think is..."
- "Based on my knowledge in this area, I would say that..."

Humility as Strategy

Maintaining a level of humility is always good strategy. It allows you to adopt a position where you can state your point without being attacked because you are sounding like you are somehow indisputable in your knowledge. In order to maintain this personal humility, and therefore maintain superior position, make sure that you are able to identify when you are arguing a belief without evidence to justify it.

This can be rather tricky as we can all develop certain 'blind spots' to our own beliefs. The two biggest reasons for these are our ego and the fact that we have never questioned a belief but always 'assumed' that it was completely right.

Question Your Beliefs

It is always therefore a good idea to question every single belief that you have. Beliefs can take on the trait of being 'invisible beliefs'. This happens when a belief is completely skimmed over because we completely assume that this belief is totally and utterly true; it is beyond question. Learn to question even your religious, cultural, and political beliefs. If you do not then you will make general assumptions about things and believe your points to be irrefutable.

Always remember that "assumption is the mother of all screw-ups." --- Eugene Lewis Fordsworthe

Seek Alternative Perspectives

Whenever you can it is also a good idea to find alternative sources of information. This is most important because even if the information agrees with what your points of view are, they can be presented in different perspectives and viewpoints that might allow you to see things in a different light. This might allow you to consider new possibilities and to perhaps even see things that your sources of information have not seen.

Also try to find sources of information that totally contradict your point of view and contemplate those sources with an open and objective mind.

Exercise: Discover Your Blind Spots

A great exercise is to take a topic or an individual and make three lists:

1. Everything that you know to be absolutely true about a certain thing or individual
2. All the things that you think might be true but you are not sure about
3. All the things that you don't know about that certain subject or individual

When you are done, either show this information to the individual or try to dig as much information as you can on the subject. You can get some very valuable insights as to your thinking process and discover certain blind spots that you had not been aware of. This exercise can help you discover the nature of these blind spots and can show you where you have been making assumptions.

The Balance of Pride and Humility

Personal pride in what you know is a healthy thing. This personal pride lets you know that you have developed confidence in the subject. This personal confidence is usually achieved through hard work and personal study on your part. This personal confidence is actually a type of armor that you use on a regular basis to protect your individuality from any stray belief that others might try to impose upon you.

It is though the case that you should always maintain a strategic stance whenever you are trying to express your beliefs and make your points. By maintaining a stance of humility, you put yourself in a superior strategic position by letting others know that you do not consider yourself to be beyond refute.

Maintain a stance of humility and you will be able to express your points as you wish. You will also begin to open yourself up to new ideas and beliefs which will greatly expand your intellectual capabilities.

Original source: johnkreiter.com

Don't Be Afraid to Take Risks

Life is risk. We can definitely minimize the amount of risk that we experience in our lives but if we pursue this line of action too much we can end up with lives that are stale and boring. Risk is a natural result of being alive; since it is impossible for us to know every single possibility, since we cannot predict the future, any action that we take involves some kind of risk.

Why You Must Take Risks

Always be willing to be a risk taker. If you stop taking risks, in many ways you stopped living. Since risk is a natural result of being on this Earth then, you have to come to terms with the fact that you will always be involved in risky action.

While not taking risks can destroy the quality of your life, it is also the case that too much risk is also an imbalance. By looking ahead and imaginatively planning your trajectory, you must always do everything that you can to reduce the amount of risk that you take.

Chance Favors the Prepared

There is a saying that goes, "chance favors the prepared." This is indeed true because time spent on risk preparedness and risk avoidance is never wasted time. The most impeccable thing that you can do is to do everything in your power to foresee any and all circumstances that you might face, prepare for the circumstances as best you can, and then take the plunge; knowing that you did the best that you could and whatever happens is now beyond your control.

Taking a risk really means doing something. Doing something and failing will always be far more productive than doing nothing at all. If you ask any older person in your life what they regret most, I can bet you that what they truly regret most is the things that they did not try. Be willing to take a risk, because this life is built on experience and you cannot have this experience without taking some risk.

The Power of Failure

Failure is not a bad thing. All great success is really built on a sea of failures. Edison is a great example of the power of failure to create great success. When asked about the number of failures that he incurred while trying to develop the lightbulb, he replied, "I now know of over 9000 ways in which the lightbulb won't work."

He also has another wonderful quote that is definitely worth listening to: **"Many of life's failures are people who did not realize how close they were to success when they gave up."**

By not being afraid of failure or making mistakes, you can get yourself to take more risks. These risks can bring with them great reward if you are persistent.

Let Go of Self-Importance

Never be afraid to laugh at yourself. If you're able to let go of your self importance, you will discover that failure does not hold so much power over you. Often we fail to take risks because we believe that we will end up looking like a fool. If you are not scared of being the fool then you open up yourself to great possibilities; you are no longer held down by how you think others will perceive you.

Learn from Every Mistake

Always learn from whatever mistake you make. Just like Edison you must be willing to overlook your emotional anguish and take careful notes as to what you did wrong. In this way you can learn from all your mistakes and through each one you can discover better ways to achieve your ends.

The riskiest part of taking a risk is making a mistake, but if you learn to realize that this mistake is actually just a way for you to learn how to do things better, the risk then does not become a risk at all.

Don't be so scared to take risks. Life is to be experienced and not to be watched.

Original source: johnkreiter.com
Original article title: Don't Be Afraid To Take Risks

Confident Body Language, Leadership, and Presence

I'm not sure if you have heard of the power of body language, but if you haven't let me tell you that its pretty amazing stuff. People who have a good understanding of body language can read others like a book, and it appears that most (if not all) of our internal reality is expressed either consciously or subconsciously through body language.

What is perhaps even more amazing; by consciously controlling our body language, we can actually control our feelings and how we interact with the world around us. For example, if you were to smile right now for no good reason, you would find that you are actually feeling quite happy. The body is a brilliant machine that maintains holistic union at all costs, and body language is a great way to control this machine. What this means is that we can actually control our body language consciously, and in doing so we can control how we feel and act. As that famous little dictum says, we can literally "fake it till we make it".

What Is an Alpha Individual?

The term "alpha individual" typically refers to a person who holds a dominant or leading position within a social group.

Definition and Characteristics:

1. **Social Dominance**: An alpha individual is seen as the most dominant person in a group. They often take charge in social situations and make decisions. This dominance can appear in different places, like social gatherings, workplaces, or competitive settings.
2. **Leadership Qualities**: Alpha individuals are usually natural leaders. They have strong people skills, high self-confidence, and can influence others. These traits help them guide groups well and express their opinions or preferences during discussions.

3. **Cultural Perception**: The term often refers to "alpha males" or "alpha females," who are viewed as the most successful or powerful in their groups. This view can sometimes suggest aggression or competitiveness but can also include positive traits like decisiveness and charisma.

Overall, an alpha individual combines social dominance, leadership, and assertiveness, making them influential figures in their social circles.

Perhaps you are an Alpha or perhaps you are not. Being an Alpha Individual can be very rewarding and incredibly important when it comes to Social Dynamics, and I believe that there will be occasions when turning yourself into the Alpha in the room will be advantageous. Why would you want to be the Alpha; because they get respect, get noticed, and get most of the opportunities.

So, if Body language controls your internal representations and also controls the way others see you, perhaps the best way to begin to become an Alpha is to control your body language. To master this body language style, I am going to break it up into three distinctive techniques:

Technique 1: CHIN UP

Always keep your chin up, try to never look up at anyone. Why do kings address others from a throne on a pedestal? Why do you stand on a podium to speak? Because being higher up denotes authority. You might think that you stand on a podium so that everyone can see you and that is part of the reason, but the critical reason is that on a podium, you command attention. Others look up to you in deference.

Therefore to command attention and denote your higher status, keep your chin up at all times. Don't overdo it as you might crash into a coffee table or something, but generally keep your chin higher than anyone else in the room. If you find yourself in the presence of a very dominant person, make sure to keep your chin higher than theirs and whenever possible look down your nose at them. Again, don't overdo it. The more subtle that you can be, the better.

Be tall. Don't walk around or sit with bad posture. Expand your limbs so that you are always as stretched out as possible. The key is to strive for height.

If you happen to run into a very tall person and literally have to look up at them, arch your back with your chin raised and look up at them that way. What you are doing is basically arching yourself so that you can still look down at the giant.

Don't go up to a person and snuggle under them and look up with your big Bambi eyes. People like Bambi as a stuffed toy, not as a figure of responsibility and leadership.

Technique 2: TAKE UP SPACE

Alpha individuals take up more space than insecure lower cast people. They conquer their space and they own it. They are not afraid to expand their body and take up more room than their neighbor. Subtlety is again the key here, don't walk around like a paranoid King Kong on a mission.

- Try to keep your feet shoulder width apart when standing
- Expand your chest and open up your arms a bit
- When you sit, make sure you are comfortable, and take up space on your chair
- Use your hands and arms to own your space

Technique 3: RELAX YOUR BODY

This is perhaps the most important point in becoming an alpha individual. The greatest form of dominance that we can exhibit is a completely relaxed body that is comfortable in its own space.

Make sure to let go of any tension in your body, alpha individuals are seldom nervous. Don't try to not be nervous or scared, just don't be tense. If you feel your body tensing up, just focus on the tension and relax it. Focus on your posture if you get nervous; concentrate on keeping your dominant posture, and this should divert some of your uneasiness.

Remember also that posture actually affects our internal feelings, so as long as you relax your body, keep your chin up, and take a wide stance, you should begin to feel pretty comfortable. When standing, I recommend that you keep all your weight or most of it on one foot, this gives you a nice relaxed look and should help with most of the body tension.

Lastly, did I mention not to overdo it? It's crucial to strike the perfect balance when conveying confidence and authority through body language. After all, this is an art that requires finesse, subtlety, and a deep understanding of human psychology.

Body language is essentially subliminal, meaning it operates beneath the level of conscious awareness, yet still exerts a profound influence on those around us. So, you want to make your point -- convey your message, establish your credibility, or assert your dominance -- but you don't want others to notice that you are making a point.

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Charisma and Personal Presence

Charisma is often treated as a mysterious gift. In practice, it is usually the felt result of three ordinary qualities working together: attention, warmth, and steadiness. A charismatic person makes contact without appearing hungry for approval, listens without disappearing, and carries enough confidence to remain relaxed around other people.

Presence

Presence means giving the current interaction your attention. Put the phone away. Stop rehearsing the next sentence while the other person is speaking. Notice tone, pace, expression, and what has not yet been said.

Eye contact helps, but it should be natural rather than fixed. The purpose is contact, not pressure. A person who feels watched will withdraw; a person who feels seen is more likely to engage.

Empathy

Empathy is the effort to understand another person's position without pretending that you agree with everything in it. It appears in small actions: asking a useful question, allowing an answer to finish, reflecting the emotion behind the words, and remembering details later.

Do not use empathy as a technique for extracting compliance. People eventually feel the difference between interest and strategy.

Centered Strength

Warmth without boundaries can become appeasement. Strength without warmth can become intimidation. Centered strength holds both.

A centered person speaks clearly, does not rush to fill every silence, and can disagree without turning the conversation into a contest. Posture and breathing matter because the body reveals hurry, fear, and defensiveness before words do. Stand comfortably, let the shoulders settle, and speak at a pace that allows thought.

Communication

Charisma is strengthened by concrete language. Say what you mean, use examples, and avoid making every story about yourself. A vivid short story is often more memorable than a long explanation.

Names, compliments, and mirroring can support connection, but excess makes them feel manufactured. Use a person's name when it is natural. Compliment a real choice or effort. Match the general energy of a conversation without copying gestures like an actor.

A Simple Practice

In one conversation each day, practise four things:

1. arrive fully;
2. ask one question you genuinely want answered;
3. listen through the end of the response;
4. state one thought clearly without over-explaining it.

Review the interaction later. Where did attention leave? Where did you perform? Where did the other person become more open or more guarded?

Charisma grows less from adding tricks than from removing noise. Attention, empathy, clear boundaries, and ease in your own body create the conditions in which personal presence can be felt.

Original source: johnkreiter.com
Original article title: Unleashing Your Inner Charm: What is Charisma?

Mirroring Techniques for Building Rapport

Have you ever wondered how some people seem to effortlessly connect with others, building instant rapport and trust? The secret might lie in the art of mirroring, a powerful technique rooted in Neuro-Linguistic Programming (NLP).

Mirroring is a natural human behavior that we often do unconsciously when we're in sync with someone. It's that magical moment when you find yourself mimicking the gestures, posture, or speech patterns of a person you're talking to without even realizing it. NLP takes this innate human tendency and turns it into a conscious, powerful tool for building rapport and influencing others.

NLP mirroring is about creating a sense of familiarity and comfort by subtly matching certain aspects of another person's behavior. When done skillfully, it can make the other person feel understood, respected, and connected to you on a deeper level. It's like speaking their non-verbal language, sending a subconscious message that says, "We're on the same wavelength."

Is this manipulation? The short answer is no. When used ethically and with good intentions, mirroring is simply a way to enhance communication and build genuine connections. It's about creating a comfortable environment for interaction, not about tricking or controlling others.

The Science Behind NLP Mirroring

When we encounter individuals who exhibit behaviors, mannerisms, or speech patterns similar to our own, our brain's limbic system -- responsible for emotions and memory -- responds positively. This response triggers a cascade of neurochemical reactions, including the release of oxytocin, often referred to as the "bonding hormone." This physiological process creates a sense of familiarity, comfort, and trust, even in the absence of prior interactions with the person.

The neurological basis for the effectiveness of mirroring lies in **mirror neurons**. These specialized brain cells, first discovered in the 1990s, activate not only when an individual performs a specific action but also when they observe someone else performing that same action. This unique property allows for a direct, neurological link between the observer and the observed.

When we engage in mirroring behaviors, we're activating these mirror neuron systems in both ourselves and the person we're interacting with. This mutual activation creates a neurological synchrony that underlies the sense of rapport and connection that mirroring can generate.

The Art of Subtle Mirroring

> Figure / source plate
> Rapport as an ethical cycle of observing, listening, matching, asking, responding, and recalibrating.
> Source asset: assets/article-corpus-file18.png

Mastering the art of mirroring requires a delicate balance between conscious application and natural, fluid execution. The key lies in subtlety. Overt or exaggerated mirroring can backfire, coming across as insincere, mocking, or manipulative.

Key Aspects to Mirror:

1. **Body Language**: Pay attention to posture, gestures, and facial expressions. Adopt a similar overall style rather than mimicking exact movements.
2. **Voice Tone and Tempo**: Match the other person's speaking pace, volume, and intonation to create rhythm and harmony in the conversation.
3. **Breathing Patterns**: Subtly matching the rhythm and depth of breathing can establish a physiological synchrony that enhances rapport.
4. **Language and Vocabulary**: Incorporate similar terms, metaphors, or expressions into your speech in a natural way.

5. **Energy Level**: Match the overall energy and enthusiasm of the person you're interacting with.

Seven Specific Mirroring Techniques

1. The Delayed Mirror

Instead of immediately mimicking behavior, introduce a slight delay (10-15 seconds) before adjusting your own actions. This makes the mirroring less obvious and more natural.

2. Partial Mirroring

Selectively match certain aspects while maintaining your own unique characteristics in other areas. You might match speaking pace while maintaining your own gestures.

3. Cross-Over Mirroring

Reflect one aspect of behavior using a different part of your body. If someone taps their foot, you might tap your fingers in the same rhythm.

4. Vocal Mirroring

Gradually adjust your pitch, tempo, volume, and intonation to align with your conversation partner's speech patterns.

5. Emotional Mirroring

Tune into the emotional state of your conversation partner and reflect it back in your responses. Show enthusiasm when they're excited, seriousness when they share concerns.

6. Language Pattern Mirroring

Incorporate similar metaphors, analogies, or phrases that reflect the other person's way of thinking and expressing themselves.

7. Breathing Mirroring

Synchronize your breathing pattern with your conversation partner to create a deep, subconscious connection.

Applications in Different Contexts

Business Negotiations

Create alignment with potential clients or partners by subtly matching communication style, body language, and energy level.

Public Speaking

Attune yourself to the overall energy and mood of the audience. Adjust your presentation style and vocal delivery to maintain engagement.

Sales and Marketing

Quickly establish connection by observing and matching the customer's communication style, speaking pace, and emotional state.

Leadership and Team Management

Build stronger relationships by adapting your communication style to match each team member's preferences and thinking patterns.

Conflict Resolution

Use mirroring to de-escalate tension. Match the other person's state initially, then gradually slow your pace and lower your tone to bring down the emotional temperature.

Developing Your Mirroring Skills

1. **Start Small**: Focus on one aspect of mirroring at a time, such as speaking pace or posture.
2. **Practice in Low-Stakes Situations**: Try your mirroring skills in casual conversations before important interactions.
3. **Observe Others**: Pay attention to how people naturally mirror each other in social situations.
4. **Record Yourself**: Practice while recording on video to identify areas for improvement.

5. **Seek Feedback**: Ask trusted friends or colleagues for feedback on your communication style.

Mastering the art of NLP mirroring is about developing a deeper awareness of human behavior and communication. It's about honing your ability to truly connect with others on a fundamental level.

Remember, the goal of mirroring is not to manipulate or control others, but to create an environment of trust and rapport where genuine communication can flourish. Used ethically and skillfully, mirroring can be a powerful tool for enhancing your personal and professional relationships, resolving conflicts, and achieving your goals.

Original source: johnkreiter.com
Original article title: Mind-Blowing Mirroring Techniques to Instantly Connect with Anyone

Stop Negative Self-Talk Now!

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

One of the biggest concerns that you might have about negativity is that you might believe that it is completely out of your control. That these negative thoughts and impulses might seem to come at random times and happen for no good reason. You might believe that you are helpless and powerless, that you cannot change the tide of this debilitating energy.

This is not the case. You can find out why you are having these negative thoughts. It is possible for anyone to find the source of this negative self-talk and overcome it. What is required is that you question these negative thoughts and find out the source of their energy. This source is usually a negative belief about the state of things in your life or in life in general.

The Questioning Technique

A good way to be able to question these negative thoughts is to close your eyes and wait for the first negative impulse or thought that you have. If you are having trouble getting in touch with the negative self-talk, contemplate an area of your life that you are not happy with. Contemplate your monetary situation if you are having troubles in this area, or your relationships if you are having trouble finding a compatible mate. Contemplating in this way should get the negative self-talk juices flowing.

I like using this method because it allows you to question this negative self-talk on your own time and under your control. Otherwise the only other method possible is to wait and be vigilant throughout the day so that you can catch yourself in the middle of these negative thoughts and question them then. This can be difficult because this kind of personal questioning requires time and focus which you might not have at your disposal when you are engaged in taking care of your daily affairs.

A peculiar phenomenon: By trying to encourage this negativity, you will make it actually more difficult for this negativity to show itself. Indeed this is actually a good way for you to close off this negative self-talk when you need to; the more that you want it to happen, the less it is likely to happen, it is sort of like reversed 'Murphy's law'.

Identifying the Negativity

When you do have these negative thoughts, identify them as best you can. It is a good idea to keep track of how you are feeling; if you feel sad, angry or depressed, it is quite likely that you are engaging in negative self-talk. Stop your train of thought for a moment and try and determine the exact nature and the syntax of this negative self-talk.

For example, it is possible that you might say something like:

- "I hate..."
- "I'm scared of..."
- "This sucks."
- "I can't..."

Try and be as specific as possible in identifying what this negativity is all about. If for example you hate something, what do you hate specifically? If you feel a negative emotion when you contemplate something, try to find out what exactly is creating that negative emotion. Identify the underlying cause of your negativity.

Ask "Why?"

When you have done this, ask yourself "why?". Basically determine why you hate whatever you hate or why this sucks, why you fear what you fear or why you think you can't do something.

The funny thing about beginning to question these beliefs is that it will seem at first like the answers are quite obvious. "Life sucks because there are jerks everywhere!" "Duh!" **It is terribly important that you realize right there that this is a belief that you hold, it is NOT fact.** You make it fact by believing it and not questioning it.

The next step is just to keep asking yourself 'why?'. For example you could ask yourself, "Why do I believe that this sucks?". Doing this you follow a line of progression where you first identify this negative belief, clarify it, and then pursue its logic.

All Truth is Unquestioned Belief

Your beliefs will indeed surprise you when you begin to study them. The truly surprising part about them is that they seem so utterly obvious. Most people would tell you that this sucks for example because it, well sucks! If you are an average person then your logic agrees with the logic of most of people around you.

But believe it or not, there are some fringe personalities out there that really like waiting in line, which means that they have a different belief about this activity which you would not share, if you hate waiting in line.

All beliefs can be questioned because all truth is just unquestioned belief. Just because everyone else believes that it is true, it does not mean that it is true. Most external perception, perhaps all, is a result of what you let yourself believe.

Understanding Negativity

Negativity is not negative, as many would like you to believe. Any kind of negativity is just a type of warning that is letting you know that you are not happy with a situation and that you should take some kind of action to change it. Negativity, when it is understood for what it is, is a powerful tool that can be as constructive for your personal self as positivity.

While it might not be a good idea to walk around in a negative and depressed state all the time, it is far better for you to express these feelings and emotions when you have them than to try and suppress them and replace them with forced and artificial positivity. Without negativity there is no positivity, each balances the other out and is the impetus that cycles the other around an eddy that is but one facet of your personality.

Changing a Belief

To change a belief that is causing negativity from you in one way or another, you need to remind yourself that this belief is faulty. Faulty not because negativity is wrong per se but because it is an emotion and a perspective that you do not want to experience any more.

Changing a belief requires you to:

1. Understand logically that it was a belief on your part that was causing any negativity.
2. Realize that this belief is not truth but only a belief that you hold at this moment.
3. Discover for yourself that this belief is no longer applicable for one reason or another in your life.
4. Insert a belief that is far more constructive and will stop any future negativity around this situation.

For example instead of saying, "life sucks", you could tell yourself, "I believe that I have potential and that I can do whatever I truly focus myself to doing".

The Step-by-Step Process

1. **Find a quiet place.**
2. **Contemplate any negative thought or emotion.** Induce these negative thoughts or emotions if you have to by contemplating an area in your life where you are having difficulty.
3. **Identify and clarify these negative thoughts or feelings.** Get as specific as possible, identify exactly what the negative thought is.
4. **Ask yourself "why?".** Ask yourself why you think what you are thinking. Discover the underlying belief behind these negative thoughts.
5. **If you wish to change a belief;** tell yourself that this is just a belief, that you can change it.
6. **Once you identify the negative belief,** find a replacement belief that you feel will be far more constructive for you.

7. **Every time that you experience negative thoughts and feelings along these lines,** tell yourself that you no longer believe_____, that you now believe_____.

Note: There are times when this negativity can come from the exterior world. That is, there are times when the negativity is not coming from us but it's actually coming from those around us.

Original source: johnkreiter.com

Working with a Negative Thought or Phobia

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

There are times when try as we might, we cannot stop thinking about something that makes us feel awful. Thoughts like these can be incredibly detrimental to our mental state. Since our mind controls our body and our personal reality, it is very important that we learn to manage these negative thoughts.

The Nature of Recurring Negative Thoughts

Thoughts like these are often like a chronic pain. We know what is wrong, we know what it's about but try as we might we can't stop ourselves from reliving them. A chronic pain is like this, the injury is known and we are trying to fix the physical problem but the pain, even though it has done its job of warning us, won't stop. We must therefore use other methods to stop these thoughts that are no longer in any way helpful.

The Mental Screen Technique

A very good way to do this is to manipulate that mental image (thought). Our minds can be said to work very much like a tv or movie screen, or perhaps it would be better to say that our tv's and movie screens are designed to work just like our minds. If we change some of the ways we experience this troublesome thought in our heads, we can completely change our reaction to it.

For example lets imagine that you keep having a recurring thought of you having a bad accident and try as you might you can't seem to be able to stop yourself from thinking this thought. Instead of trying to get yourself to forget, as it were, you could instead change the way that you experience this thought in your mind instead.

Step-by-Step Process

Step 1: Catch Yourself in the Act

When you experience this thought you most likely see yourself, in your mind's eye, experiencing this event over and over again. Instead of just letting this thought happen, you do have the ability to catch yourself in the act of having this thought.

All you have to do is to be mentally vigilant and pay attention to your emotions so that when you feel awful, you will know that you are most likely experiencing this negative recurring thought in your mind.

Step 2: Change Your Perspective

When you are able to catch yourself as you are experiencing this dream, begin to change the way you represent this thought to yourself. You most likely will find that in your thought you are right there in the middle of it all reliving something.

That therefore is the first thing that you must change: **instead of being right in the thought situation experiencing everything as it happens, imaginatively remove yourself from the situation.** This changes your perspective so that you are no longer an actor in your thought but a bystander watching the thought from far away.

Step 3: Distance Yourself

Instead of being a bystander watching something that is right in front of you, imagine that this screen that you are watching this thought in moves ten feet away from you. You should be able to feel a big difference in your emotional state.

You have gone from:

1. Being immersed in a situation in your mind's eye.
2. Being a spectator watching this situation.
3. Having the mental screen on which you are watching the situation move ten feet away from you.

Step 4: Further Modifications

If this is not enough to lower the amount of pain that you feel from this thought then try:

- **Make the image black and white**
- **Lower any sound in the thought** (you can even turn off all sound)
- **Turn off any feeling** that you are experiencing during this thought
- **Make the image move even farther away** --- it can move away from you farther and farther so that it gets smaller and smaller until it disappears from your view

How do you feel now?

Consistency is Key

If you do the exercise correctly, you will find that this thought is no longer so painful or troubling. The trick here is to do the above every time that you catch yourself having the thought.

You might say, "I just had it, can't go back to it now". But this is what you will be really doing every time since catching yourself in the act is really stopping the thought. This is ok though, just look back at what you were just thinking and use all the techniques above to remove and diffuse the bad thought. Just try and do it right after having this thought.

The Reprogramming Process

You will have to do this every time that you have this thought. There are times when you will have to do this many times a day, maybe even an hour, but keep at it. In a lot shorter time than you might imagine, you will reprogram yourself out of this thought pattern and you will naturally find yourself thinking of other things.

When you find yourself thinking of other things, go with this flow. Let your mind follow a different path and you will be free from this negativity in no time.

Original source: johnkreiter.com
Original article title: Neutralize A Negative Thought Or Phobia

Working with Strong Emotions

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

Emotions can be incredibly debilitating if we do not have a way of dealing with them. Emotions that we consider negative such as anger, fear, and sadness can destroy our ability to act in a logical and coherent manner if we let these emotions go unchecked. Emotions can cloud our better judgment and can affect our ability to perform even simple tasks correctly.

The best way to deal with any kind of negativity is through the study of personal belief systems. By being able to discover what it is that you are believing about a certain situation, you can discover why you are feeling the way you are feeling at the moment. This is the only way to be able to stop negativity completely.

However, there are times when we are out and about and cannot just stop in the middle of whatever we are doing to question our belief systems. What do you do when you're being assaulted by emotions that are completely crippling your ability to act and think properly?

The Fine Art of 'Vulcanism'

You can call it the fine art of 'Vulcanism' --- in reference to Vulcans who are a race of alien beings in Star Trek that can completely control their emotions. Here are two powerful methods:

Method 1: The Here & Now Technique

This is fundamentally a Zen Buddhism concept. It basically says that the mind is the cause of all negativity and emotional unrest, that the mind exists in the future and in the past but that it is completely absent in the present moment.

If you pay attention to your thought process, you will quite quickly realize that this thought process is usually lost in future scenarios or in past events. By focusing your mind on this present moment, you are able to stop that mental dialogue that never seems to rest.

How to practise:

- Take a moment now to look about you.
- See the things in the room before you.
- Hear the sounds that are now perceivable to you.
- Focus more and more on the present reality all about you.

By being completely focused on the present moment, you will forget about whatever might have happened in the past and will not worry about whatever might happen in the future. Your emotional state will be quelled, and you will be able to attain a very powerful unemotional state.

Method 2: Complete Relaxation

It is impossible to be able to feel anything, other than joy and comfort, if your body is completely relaxed. Any emotion, especially the negative ones, create a tension in the body as a person's electromagnetic energy increases. Tension increases electromagnetic energy; tension also traps electromagnetic energy in the body like a kink in a hose. If there is no tension then there is no possibility of emotional escalation because it is this energy that is needed to feel emotion.

How to practise:

1. The next time you feel a debilitating emotion, take a deep breath.
2. Hold that breath for a couple of seconds.
3. Then exhale in a quiet sigh.
4. As you inhale, try to tense every single muscle of your body.
5. Hold that inhalation and tension for two to five seconds.
6. Then completely relax your body.
7. As your body relaxes completely, let the exhalation come out on its own, without effort.

If you do this correctly, you will feel a wonderful sense of relaxation as your blood pressure lowers. Your body will relax completely and any kink will be released, the energy accumulated in this tension will be released and all emotion will be washed away.

A Word of Caution

With these two methods you should be able to stop any emotion that you feel. However, I don't recommend completely cutting out all negative emotions.

Why negative emotions matter:

- Negative emotions are usually signals that we are unhappy with a situation.
- The reason is always a belief that we have that relates to this situation.
- If you do not express these emotions, you will not be able to discover the reasons for them.
- Negative emotions are a catalyst for change.
- They feel unpleasant because they are trying to tell us that we need to change something now.

Emotions and Intuition

Sometimes emotions are part of our intuition and they can help us to discover things that we are having trouble understanding logically. For example, you might want to work with a certain person but feel something negative whenever you are close to that person. This could be your intuition telling you that this person should not be trusted.

My advice: First feel those emotions and then turn them off to see if there's any difference in your judgment from one perspective to the other. It will be up to you to learn to recognize the difference between intuitive feeling and overzealous emotion.

Trust in your being, trust in the power of your whole self.

Original source: johnkreiter.com
Original article title: How to Control Your Emotions

Working with Negative Energy

The world can be a very negative place at times. Whether it is waiting in line or riding on a crowded bus, other people's negative energy can be quite draining. In a big city environment, this negativity can be very difficult to escape. Any place where a large number of people congregate, there is bound to be some friction. This friction can easily turn into a large pool of negativity that you will have to deal with.

How Negative Energy Spreads

Negative energy can be quite contagious if you are not careful. People have a tendency to mirror others and this can be your downfall. Next time that you are watching television, see if you can catch yourself matching the body language of the characters that you are looking at. We are constantly, and quite unconsciously, matching the body language of the people round us.

And body language is an incredibly potent way to change and create emotions. If you don't believe me, try walking around hunched over with a frown on your face all day, or try the opposite; hold your head high and try and keep a big smile on your face. This revelation might be very startling to you.

It is also difficult to deny that some places just reek of negative energy. We have all walked into a situation or a place that just seems to ooze bad energy. These places usually make you want to high tail it out of there as soon as possible.

Technique 1: Create Your Inner Sanctuary

Next time that you find yourself in a negative situation, one that you can't escape from, do the following:

Remove yourself mentally from the situation as much as possible. Remove every connection that you have invested in your present circumstance. If you like, you can imagine that you have just stepped into a very pleasant little

room that has shut you off from everything and everyone that is outside of you. Detach yourself as much as possible from the chaos around you and concentrate on the fact that you are in this comforting room.

- Feel the silence in this space and become one with it
- Breathe in the silence and comfort
- This is you in a relaxed state
- Remember this feeling
- When you open your eyes, try and remember your comfort place
- Relive the relaxation that you just felt

Technique 2: Complete Body Relaxation

When you find yourself in any kind of negative situation or environment, try to relax your body as much as possible. **A completely relaxed body cannot pick up or emit emotion.** Emotion creates tension; if you have no body tension then you are emotion free.

This is probably the most powerful way to fight off negative energy. The instant that you feel tension in your body because of a negative emotion:

- Take a deep breath.
- Release that breath in a nice, soothing sigh.
- Relax your body completely.

Also when you know that you will be going into a negative area, relax yourself as much as possible before you get there, and you will find that it will be much easier for you to stay positive.

Mastering Body Awareness

Learn to monitor your body during these times. At the first sign of tension build up, consciously will yourself to relax. If your shoulder begins to tighten, then consciously will that shoulder to relax.

If you get good at this then you will find that you won't have to worry about external negativity anymore.

Advanced: Energy Transmutation

For those who have developed the ability to absorb and transmute energy, a good affirmation for negative energy transmutation is:

> *"I take this energy and I make this energy mine. I have the power to transmute all this energy and make it mine now."*

The Role of Beliefs

Beliefs in 'self worth' are essential---they naturally allow a person to find their way and to feel that they can face challenges as they present themselves. Beliefs having to do with personal power are also good.

Believing in self worth is probably the most important belief you can have. To get there you have to work from the top down. You can't change the core without changing the surface beliefs first or else the battle that you might have with the eventual core belief will be overwhelming. You must move from the shallows into the depth of yourself.

Original source: johnkreiter.com
Original article title: How to Beat Negative Energy

Increase Your Energy

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

In our modern and frantic world, lack of sleep and 12 hour work days are becoming the norm. In order to survive the incredibly taxing modern schedule, the average person has resorted to coffee, cigarettes and drugs of all kinds. We have so much to do but we lack the energy needed to get it all done. Four cups of coffee a day does not make for a healthy lifestyle. And the excessive toll that the nervous system endures can be fatal in the long run.

Understanding Your Body's Energy System

In many ways we are sort of like an electrical machine that runs on an electrical charge. Our nervous system sends information in the form of minute electrical impulses and each organ in the body produces a small electric charge as it performs its functions throughout the day. Doctors measure these electrical charges through special equipment like the EKG to measure the heart and the EEG to measure the brain's activity.

Therefore if you find yourself running like the energizer bunny all day, there will come a point where you will literally run out of batteries.

Basic Energy Sources

Food as Fuel

When you eat something, you take energy from your environment in the form of calories, and convert it into body energy and work in the form of joules. Food must be considered fuel because this is exactly what it is. You don't want to put garbage in your car so in the same vein, do consider the type of fuel that you are putting into your body.

Breathing as Fuel

Breathing is also a form of eating, so breathing is also fuel. Breathing properly is a must therefore if you wish to gain more energy and you should devote some time to learning this discipline.

Sleep

A good night's sleep will charge your batteries better than anything else. Try to get as much sleep as possible, whenever possible. Learn to relax and if you are having troubles falling asleep then look for ways to beat insomnia.

The Biggest Energy Drain: Emotional Squandering

The squandering of nervous energy represents the biggest loss of vigor and power by the average individual. The satisfaction of one's emotional impulses is always accompanied by huge expenditures of emotional energy. This means that every time that you expend a huge amount of energy having a fit of one kind or another, you are actually draining some of that nervous energy (electrical energy) that allows you to perform and function throughout the day.

Therefore the first and foremost method of increasing energy is to learn to control your emotional outbursts and your reflexive actions.

Three Methods to Conserve Energy

A. Control Your Need to Be Expansive

This is the need to be extroverted, gushing, and unreserved. There should be a great effort made to exercise a more silent demeanor.

For example: you come across some type of news and you feel the urgent need to share this news or event with a friend. You must realize that this act of indulging will only squander a large amount of your energy. **Conserve your energy; say nothing.**

- Do not manifest so many reflexive expressions while listening to another person's conversation
- An animated overexcited demeanor can rob you of that much needed nervous energy

- Every exclamation, every word, every gesture that you withhold will increase the amount of emotional energy at your disposal
- Do not waste your energy on mere trifles, on commentary, in words of admiration

When you do have the need to speak, don't do it in an automatic or mechanical way but measure the expressions that you are going to make so that you are expressing yourself in a measured conscious way instead of a reflexive or impulsive way. Do not speak in an excessively animated way. **Above all, do not debate.**

B. Control Your Need to Be Accepted and Valued

People have a natural need to be valued as worthy by others, and they will pursue this need any chance that they get. We all have the need to have others think that we are cool or great in some way or another.

The need to feel and to express our self importance is the biggest drain that we have. If you want to limit your emotional outbursts and conserve your nervous energy, do everything in your power to limit these tendencies to feel important.

You do not need to show others who you are or what you are all about. You need to do, and in order to do things better, you need to have more energy. It is the ultimate waste of time and energy to be constantly placating the ego.

C. Control Your Rage (Sudden Fits of Enthusiasm)

If a person can begin by controlling any and all acts of impatience, he/she will be able to, in a very short time, develop a serenity and cool that will be able to overcome any obstacle.

The facial gestures, body movements and exclamations that are brought about by fits of irritation and rage can cause serious loss of nervous energy and should therefore be controlled as much as possible. You should strive for a detached cool at all times so that you are not forced into reflexive and impulsive fits by the world around you.

Becoming More Conscious

I do not want you to become a robot; what I want you to do is to start to consider all of the wasteful actions that you perform throughout your day.

I actually want you to start to be less of a robot and to consider your actions before you undertake them. The robot acts in a mechanical way so that when it receives stimulus 1, it performs action 2.

I want you to strive to be more than a reflexive creature. I want you to be more conscious of your every day actions, and through this basic exercise, gain back the energy that you have been throwing away like there is no tomorrow.

Original source: johnkreiter.com

Approaches to Insomnia

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

It is essential that you have a good nights sleep, so that the body and mind can recuperate completely from the stresses of the day. When you have had a good nights sleep, it is much easier to wake up in the morning and you find that you begin your day with a feeling of well being. The person that has a good sleep, thinks and acts with the full measure of his or her faculties.

The Benefits of Good Sleep

A person's exterior aspect also reflects the benefits of good sleep:

- The person who sleeps normally and well appears fresh and vibrant.
- He is clear of vision, and the muscles around his face are relaxed and calm.
- The voice seems to have a deeper tone and greater clarity.

The Cost of Sleep Deprivation

Lack of sleep takes its toll on the body:

- Sleepless nights can bring about major nervous disorders.
- These disorders create the other nervousness problems that plague many people today.
- Lack of sleep and rest puts the body in a state where it becomes difficult to fight off microbial infections.
- A person who lacks sleep finds it difficult to deal with bleakness or emotional distress.
- A person who lacks proper sleep lacks the energy to deal with the onslaught they must face on any given day.

The Immobility Technique

This exercise was developed so that you can exercise your will and efficiently begin your nightly sleep.

Step 1: Prepare Your Position

Finish your day's routines and get dressed, or undressed, for bed. Begin by lying down comfortably. Your limbs should be completely extended. Find the most comfortable position that you can, where your entire body feels relaxed and calm.

Once you have found a very relaxed resting posture, you need to immobilize your body completely. This is an exercise of will, where you will train yourself to maintain one position in bed for an extended period of time.

Make sure:

- Your lying posture is very comfortable.
- Your neck and head are positioned properly.
- Your joints are not bent in an unusual position.

Step 2: Progressive Relaxation

Make sure that all the muscles in your body are truly fully relaxed and calm. Begin with your feet and work your way up the body, using your consciousness to see and mentally command your muscles and tissues to relax.

As you command each and every part of your body to relax, exhale. This exhale should be like a sigh of relief.

Step 3: Resist the Urge to Move

Once you have spent a bit of time in this resting posture, you will develop a very strong desire to move. Usually we allow our bodies to move as they will while we are lying in bed, without much conscious thought about it at all.

This exercise requires you to do the exact opposite. You must stay very vigilant and make sure that you do not allow your body to move at all. You might find this harder to do than you imagine because of the fact that you have probably been very lax with your body's movement in the past.

When this need to change position arises, fight it at all costs. Stay immobile. You need to exercise your will power at this point. Don't give in; contain your body's desires.

Step 4: Allow Sleep to Arrive

After about fifteen minutes of this state of utter immobility, you will feel the growth of a very lovely feeling that lets you know that slowly but surely, sleep is beginning to catch up with you.

If you are persistent and maintain this state of immobility, you will see that you will slowly beat your insomnia. Stay immobile for as long as you need to. Eventually you will be overcome by a deep and restful sleep.

Original source: johnkreiter.com
Original article title: How to Beat Insomnia

Visualization for Headache Relief

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

I inherited the headache gene from my mother. I'll get headaches when I'm not eating right, not drinking enough, sleeping enough or if I'm stressed. Sometimes they are mild, the kind you can ignore. Other times they make it hard to concentrate on anything, and all I want to do is lie down and try to sleep so the pain will go away. In cases like these even pills can't take the edge off. I found a visualization practice that sometimes eases my headaches.

The great thing about this technique is that you don't need to have years of experience with visualization or meditation. **If you can day dream, then you can complete this exercise!**

The Visualization Technique

Step 1: Find Your Space

Find somewhere you can be undisturbed for about five minutes. Ideally you would be able to lie down in a dark and quiet room, but if you're at work this is probably not possible. The key is to find a place where you can be alone and relax (a deserted lunchroom or quiet park bench for example).

If you will be sitting, then gently align your spine so you have a fairly straight back. If it feels better, lean against the back of the chair for support. If you have a bed, lie on your back with your arms by your side.

Step 2: Relax and Focus

Begin by breathing deeply and slowly, concentrating on relaxing. When you are ready, concentrate on your head, and forget the outside world.

Step 3: Create the Energy Field

Imagine that your skull is made of energy. Give it a color! I usually choose silver, but you might prefer a soothing blue or radiant yellow.

Step 4: Capture the Pain

Once you have this image in your mind, locate the center of the headache. You want to feel the pain, and confront it with your full focus. Start contracting the energy towards it. Make the skull-shaped energy field get smaller and more spherical. Make it contract around the pain in your head, until the pain is completely surrounded by the ball of energy.

Step 5: Remove the Pain

When this image is strong in your mind, see the sphere (with the pain inside) slowly taking the shortest route out of your head. As the sphere leaves your body the headache may move with it, or might just start to fade.

Step 6: Dispose of It Properly

Don't stop your concentration once the sphere is outside. You still have to dispose of it properly. Imagine the sphere moving away from you, and out of the building. Control it downwards until you see it sink into the earth, and out of sight.

Step 7: Return to Your Body

Bring your attention back to your body. Keep your eyes closed and your breathing slow and steady. Feel for pain in your head. In some cases the pain may have completely vanished. You might feel a few last throbs of pain before it goes for good.

If your headache remains, it should have at least lessened somewhat. Try the visualization again to see if you can sweep up more of the pain.

The Key: Calm Resolve

The usual reaction to a headache is to try and ignore the building pain, while it grows and takes the enjoyment of the day away from you. Instead meet the pain head-on, treat it like an invader that you are going to eliminate. Put that strength and resolve into the energy that you use to capture it.

If your first attempt doesn't work, don't give up. If you doubt the effectiveness of this exercise, then it probably won't do a thing. Put scepticism aside and be confident. Do you feel even a little better? If yes, then it worked! Keep at it and the results will only improve.

Headache Prevention Tips

Some people are just prone to headaches, and will get them no matter what they do. However, the following tips can help ward them off:

Eat plenty of fresh fruits and vegetables. Avoid products that contain white or refined sugar as much as possible. Stay hydrated throughout the day.

Get enough sleep. Listen to your body and go to bed when you're tired. Turn the television off at least thirty minutes before you get in bed and instead incorporate a relaxing bedtime routine like sipping tea and reading.

Sleep on your side or back. Sleeping on your stomach causes a lot of pressure to build in your neck and cause a tension headache, because your head is twisted sideways all night.

Take breaks. Don't do any one thing for too long, especially if you're reading or working at a computer. Even two minutes of standing, stretching and looking around will rejuvenate you and help prevent eye strain and stress headaches.

Original source: johnkreiter.com
Original article title: Stop a Headache with Visualization

How to Relax

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

Relaxation is the key to everything, and the ability to relax is critical if you wish to maintain a healthy body. Hypertension and stress are like invisible wounds that rob the body of energy, allowing dis-ease to enter your body thus making you sick.

It is also imperative in any game or sport that you maintain a deeply relaxed body and mind. Without relaxation, your body will be slow, stiff, easily overcome or damaged. If the mind is not kept totally relaxed, it will not be able to act spontaneously and quickly to the ever changing present moment.

In other words: relax and win.

The Path to Mastery

In a world filled with anxiety, how is it that we attain a relaxed mind and body? It takes the ability to train yourself until relaxation comes to you with simple conscious effort. And believe me when I say that if you are willing to put in the work in the beginning, you will be able to relax easily, in a matter of seconds, and just about anywhere.

There are two different ways that are most effective in order to attain relaxation. These can be used as you see fit and interchanged in accordance to taste, mood, and environmental requirements. These two methods are **breathing** and **visualization**.

In order to master each technique, begin by lying down in a comfortable bed and closing your eyes. Once you have mastered each technique, you can do it in any physical position, with your eyes open or closed depending on what you prefer at the moment.

Method 1: Baby Breathing (Sleep Breathing)

This is the kind of breathing that babies normally use and the kind of breathing that you use when you go to sleep.

The Technique

1. **Inhale:** Begin by taking a nice deep breath, filling your lungs completely. As you do this, you will realize that there is a natural tension created as your chest muscles and diaphragm work to fill your lungs with air.
2. **Exhale:** Now that your lungs are completely filled with air, relax completely, release the air trapped in your lungs, letting all tension and worry leave your body forever. Let that out breath complete itself naturally.
3. **Don't control the exhale:** Don't decide how long the exhale will be, don't do anything at all, just let the exhale do itself. The exhale will get slower and slower as your lungs empty out of air and the body naturally stops.
4. **Follow the natural cycle:** Then there will be a natural desire to breath in, so follow this yearning and again take in a complete lung full of life giving oxygen.

Progressive Practice:

- If you fall asleep (which is quite possible), then do it next time sitting
- Finally, practice standing with your eyes open
- Soon you will be able to do it anywhere

The best part: Your body will begin to remember that feeling of great relaxation. Before you know it, you will be able to remember that feeling so that you will be able to become instantly relaxed, anywhere, anytime.

Method 2: Visualization (The Escalator Technique)

This method involves the use of your active imagination.

The Technique

In the panorama of your mind, imagine that you are riding down a very long descending escalator. You step onto this escalator and you slowly descend down a long, dark, and cozy-warm tunnel.

As you descend:

- You go by a beautiful number **Ten**, and as you pass this number you hear a soothing voice say, "Ten." The sound of this voice saying ten relaxes you completely.
- As you keep going down the escalator, you pass a **Nine**, and that great voice once again repeats this number: "Nine." As relaxed as you were before, you are even more relaxed now.
- Continue descending down this cosy tunnel…

This continues until you descend completely and reach **Zero** at the bottom of the escalator.

Variations:

- You can descend on an elevator or anything else that you might want to imagine
- You can start at 20, 30 or whatever you are most comfortable with

The Power of Recall:

Once you are a master of this technique, you can recall the feeling of great relaxation anywhere. Recall in your mind what you experienced at zero, or the bottom of the escalator. **The instant that you make this recollection, your body will relax completely.**

Original source: johnkreiter.com

Breathing with Awareness

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

The very first thing that you do when you begin life is take a breath and the last thing that you do upon your death is to exhale. To say that breath is the be all end all of existence is not an overestimation.

Your breathing regulates and controls every single function in your body. This is something that the East has known since time immemorial and the West is just beginning to understand. If you can at least teach yourself to breathe properly, then you will be a long way to extending your life and improving your health.

Breathing is Eating

Most people have heard the famous phrase about how you can go without food for weeks and without water for days but you can only last a few minutes without breathing. The most important lesson is that breathing is a form of ingestion: eating is ingestion, drinking is ingestion, and when you breathe, you eat.

The fact that you are digesting with your lungs instead of your stomach and intestines doesn't make breathing any less a form of food consumption. **Air is food, learn to eat properly.**

Quality of Air Matters

Just like having a good diet, you want to ingest healthy air. Most people nowadays live in the city, where unfortunately you will not find healthy air.

Every single chance you get:

- Take walks and strolls in areas with a great deal of flora---the more the better.

- Get out of the city when you can and go camping or hiking in the great outdoors.
- Take deep breaths when you get there, and your body will love you for it.

Using Your Full Lung Capacity

The best way to begin to breathe properly is to learn to use your entire lung capacity. Most people tend to breathe with only the upper one third of their lungs. This is a terrible mistake because you are robbing yourself of much needed energy.

The Glass Technique

Think of your lungs as one large glass and oxygen as the water that fills the glass:

When you breathe in: You are going to fill yourself just like a glass… bottom to top. This will fill your lungs from the bottom to the top.

When you breathe out: Just like a glass of water, you will empty your lungs from the top to the bottom.

This is the most efficient use of your lung capacity and it will allow you to take in much more energy with each breath. Also remember that just like the water fills the glass completely, you want the width of your lungs to be filled completely. Feel the pressure against the sides of your ribs as the air fills the full width of your lungs.

The Rule of Thumb for Energy Work

Please be very careful with these exercises. If you have heart trouble or if you are at risk of brain hemorrhage, please contact your doctor before you try anything that might be risky to your health.

Inhalation = Taking Energy In

If you are inhaling, then you are taking energy into your body. A slow inhale is like a sponge soaking up pure energy from its surroundings.

Example: A very long inhalation, as long as your lungs can possibly handle, while you imagine white light entering every pore of your being, followed by a short fast exhalation, and then another long inhalation (for as many times as you want) will allow you to absorb a great deal of life force.

Exhalation = Distributing and Concentrating Energy

If you are exhaling, then you are distributing and concentrating the energy that your body has or has just acquired through the inhalation. Therefore by making an exhalation far longer than the inhale, you make yourself stronger, more solid.

Example: You can imagine the energy of your body being channeled into a particular Chakra, so that as you breathe out, that particular energy center grows brighter from the energy and power that you are delivering there.

For healing: If you are injured, you can project energy into the injured area and speed up healing.

Original source: johnkreiter.com
Original article title: How to Breathe Properly

Sitting with Better Alignment

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

Personal posture is such an important thing to the health and well being of the body that it seems almost criminal that it is not given more attention. You are essentially a physical structure like a house or a bridge and just like these structures, your alignment must be perfect or else you will begin to feel stress that will eventually lead to a structural collapse.

Certainly you are a moving object unlike a static building, you also have amazing powers of self healing but if you continue to defy the laws of nature, as they apply to all the physical things on this planet, then you will eventually come to a point where you will not be able to heal yourself any longer.

The Problem of Modern Sitting

The average office worker will actually sit in one position for six to eight hours a day!

> *"62% of workers routinely end the day with work-related neck pain, 44% report strained eyes, 38% complain of hand pain, and 34% report difficulty in sleeping due to work-related stress." --- Integra Survey, 2000*

Method 1: The Chinese Sitting Style

This sitting posture is used a lot in Taoist sitting meditation and is a natural extension of the posture that one ideally assumes when one practices Tai Chi.

The 33 Blocks Technique

Take a cross-legged seat on the ground, or sit in a chair without leaning on the back rest. Your back should be straight and relaxed but not supported.

Think of your back as being made up of **33 individual blocks** (your vertebrae) that are stacked one on top of the other. Imagine you are building a block column, stacking these blocks one on top of the other until you have all 33 stacked all the way up.

Now imagine this column is built on a rickety table that keeps tipping one way and then the other. If your blocks lean too far one way, they will fall. The only way to keep your blocks up is to find that **perfect balance point** where they aren't tipping forward or backward.

The Litmus Test

Relax your entire body. Do you fall? If you relax every muscle, every tissue, does your body stay seated?

If your neck falls forward into your chest or if your body collapses into your stomach, then you have not stacked your 33 blocks properly.

Alignment Exercises

1. **Wall Exercise:** Find a nice straight wall and put your back against it. Slowly push back on the wall so that your spine begins to align with the wall. Try to get your back as straight as possible without pain. Let your neck stay curvy---it's not meant to be perfectly straight.

2. **Beach Ball Hug:** Get a large core exercise ball or beach ball and try to hug it while seated. This exercise allows you to feel your way to a perfectly aligned back.

Goal: If you can stack your 33 blocks perfectly and balance them so that you don't have to use one bit of muscle to hold yourself up, then you have success. If you feel any tension whatsoever, realign yourself so that the tension goes away and you are totally relaxed and loose.

Advantages: Wonderful for sitting without moving for hours---great for long meetings or typing for long periods.

Disadvantages: If you have to do a lot of moving on your chair, you will have to do a lot of readjusting.

Method 2: The Japanese Sitting Style

This posture is more dynamic and is used in archery, tea ceremony and Zen meditation.

The Archer's Bow Technique

The best way to learn this sitting technique is to kneel on the ground placing your bum and the weight of your body on the bottoms of your feet (seiza position).

If you sit this way, your back will naturally arch so that your back takes on some of the properties of an archer's bow. The human back is actually very similar in curvature to an unstrung Japanese bow.

The spine has to naturally want to arch backwards a bit. As they say in Zen meditation training: **"Your back must be kept straight, and the anus must want to look up at the sky."**

What you are doing is creating a natural tension so that:

- Your back arches backwards a little.
- Your stomach pops out slightly from this dynamic tension.
- You are essentially "drawing a bow."

Important: Never overdo it! The idea is that with the slightest of effort, you draw the bow and the pull from gravity on your body does most of the work. The little tension should feel good.

Once this is mastered, you once again want to balance your spine so that it is not falling forward or backwards but is perfectly balanced.

Advantages: Better when you have to lean forwards and backwards constantly in your day. As long as you keep that bow taut, you will be able to reach for mouse, stapler or whatever you need.

Disadvantages: At first you can feel a bit of strain on your lower back. Also if you have a history of lower back problems, this might be too much for you.

Final Recommendation: The Donut Cushion

Get a seat cushion---specifically a donut cushion. These can be either foam or inflatable. This cushion is ideal for either sitting style described above and will help you achieve a more balanced sitting posture.

Original source: johnkreiter.com
Original article title: How to Sit Properly

Increase Your Energy, Part 2

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

Modern man suffers from a serious lack of energy. Our incredibly hectic modern pace, lack of proper sleep, and bad diet are clear reasons for our energetic lack. But aside from maybe learning to develop a better diet, there is very little that most people can do to help their current lot.

If you can, do slow down. But I know that most people will not heed this advice. Increased credit debt, mortgage trouble, kid's soccer leagues and an infinitude of other reasons have the modern individual over a barrel. You can't slow down because if you do, it is quite possible that the very world around you might come to an end.

Since you will not listen or quite possibly you can't slow down, I can perhaps help you find energy in other ways so that you might be able to cope a little better with our modern situation.

Note: Drugs are not the answer. Coffee, while a good and natural food of the earth taken in moderation, can cause many health problems if abused.

If you have high blood pressure, or at risk of heart or aneurism problems, please talk to your doctor before you try the following technique.

The Breath-Hold Energy Technique

Preparation

Before you begin this exercise, learn how to breathe properly so you can take energy in from the air and fill your lungs properly and completely.

The Exercise

Step 1: Three Deep Breaths Take a number of long deep breaths. While inhaling, make sure that you fill your lungs completely. Fill your lungs from top to bottom and expand your entire chest cavity. Take three good long breaths like this.

Step 2: Hold the Fourth Breath. On the fourth breath, hold your breath---do not exhale. When holding your breath, practise holding it with your diaphragm instead of your throat. You will know the difference because:

- Throat holding = large pressure in your neck and head.
- Diaphragm holding = all tension and effort focused on your lower chest.

Step 3: Generate Heat As you hold your breath, imagine that there is a heat that is starting to be generated in your lower back. Imagine that the base of your spine is heating up almost like a motor being turned on.

As your discomfort builds from holding your breath, focus on the heat that is growing more and more intense in your lower back. The heat grows in intensity in direct proportion to the discomfort you feel.

Continue until you can't take it anymore and you must open your mouth and suck in a large gulp of air.

Step 4: Create the Light Ball Inhale again, but do not breathe out---once again hold your breath. Focus on the growing heat in your lower back, except that this time the heat is so intense that a ball of light is being created there. Your lower back begins to glow with heat and power, increasing in direct relation to the discomfort you feel.

Continue until you can't take it anymore and exhale, then take a third deep breath.

Step 5: Distribute the Energy Hold this third breath. Focus on the glowing ball of energy in your lower back. With this final breath, imagine that this glow, heat and energy from your lower back begins to move up your spine and as it does this, it pushes into every cell in your body---from your pinkie, to your toes, to the top of your head.

This power from your lower back forces itself out with great vigor, in direct relation to the discomfort you feel from holding your breath.

Do this until you can't hold your breath any longer. Finally open your mouth and suck in that wonderful and cooling fresh air. Relax your body and catch your breath.

The Key to Success

This is an incredibly powerful exercise that will increase your energy far better than any drug.

- Learn to focus your imagination so that you can very clearly see and feel the heat and light at the base of your spine
- Focus all of your concentration as you do this exercise
- Use the tension from your breath to drive yourself to great realism in all the things that you are imagining

Mastery

In very short order, you should be able to perform this entire exercise in only one breath so that you can go from heat to light to shooting energy. Once you can do this, you will be able to increase your energy anywhere, anytime and in very little time.

Original source: johnkreiter.com
Original article title: Increase Your Energy Part 2

Laughter, Mood, and Resilience

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

In the Batman movie "The Dark Knight," Heath Ledger gives the most outstanding interpretation of one of Batman's most sinister villains: The Joker. The Joker is an incredibly evil creature that is the embodiment of contrast. He is at once seemingly insane, yet at the same time he is seemingly a man of great vision and dark wisdom.

The Origin of the Clown

If you look back at old European history, you will realize that the creature now known as 'the clown' was really a malicious being, bringing madness and fear to all that he came in contact with---definitely an odd beginning to the modern version of the clown. It might just explain the reason why most kids start crying their eyes out and run away in fear when they see their first clown at some birthday party.

The Joker's Secret

The source of the clown's madness and the source of the Joker's power lies in the fact that he knows something that we don't know, or are afraid to know. The Joker has looked into the face of the abyss and he has gone mad from this vision.

The being that is now the Joker was once sane and was endowed with a gigantic intellect. But this great intelligence was his downfall. His questioning and searching finally led him to the edge of the abyss---an abyss that he could not cross, an abyss that drove him mad and nearly killed him.

When the Joker/clown emerged from the mouth of the great 'Lurker of the deep', his mind was shattered. His face contorted into a grimace of pure madness, his hair frayed and discolored, his body bent and deformed from the great strain on his nerves.

The Medicine of Laughter

But the Joker, though mad to most, survived and flourished. He survived by doing that which seems to be beyond reason. He survived by mimicking what he saw in the great void... **Chaos.**

And his great medicine was laughter, and he laughed because **laughter is beyond reason, beyond thought. Laughter is chaos in the brain.**

Laughter:

- Relaxes the tensions of your body.
- Expels pain and fear.
- Is a convulsive explosion that allows us to experience, ever so briefly, the freedom of totally letting go.

If you wish to exorcise a demon, laugh at it.

The Trickster's Gift

And that is the trickster's joy, his greatest gift to us: he makes us laugh for the sheer love of Chaos. He acts and says crazy things, forcing our brains to make great leaps in perception. Our synapses twitch one way, then the other and AHA!

The Exercise: Forced Laughter Therapy

Take some advice from that evil clown, The Joker:

1. Find a time or a place when you can be alone and undisturbed (the lonelier the better)
2. **Laugh for five minutes straight**
3. Force yourself to laugh in a light-hearted mood without stopping

4. It will be a bit hard to get going at first, but you will notice that if you keep at it, soon this effort will turn into uncontrollable laughter
5. Keep laughing harder and harder until deep belly laughs begin to flow out of you naturally

The Benefits

At the end of five minutes, you will feel a little tired but cleansed. This exercise will:

- Relieve your stress.
- Cure you of any oppressive feeling that you might have.

If you can laugh at chaos, it will take a step back.

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Original article title: Learn From the Joker and Cure Yourself with Laughter

Ways to Work with Anxiety

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

Anxiety is the one key symptom of stress. Whenever you dread some event and you feel your heart pounding, your hands sweating and your head throbbing, you are experiencing anxiety. It is normal to feel stress but if you are constantly nervous, worried, uneasy, or fearful, you may have some form of anxiety disorder.

Symptoms of Anxiety

- Dry mouth
- Sweating
- Irregular heartbeat
- Breathing difficulties
- Muscle tension or trembling
- Insomnia
- Headaches
- Dizziness

The modern urban dweller experiences some form of stress every day. It is therefore no surprise that many people suffer from some kind of anxiety disorder.

Lifestyle Strategies to Reduce Anxiety

1. Have a Good Breakfast

By having a good nutritional breakfast, you are able to give your body the nutrients that it needs in order to be ready for the day. You have been essentially starving yourself for 6 to 8 hours while you sleep. Digesting a good breakfast also slows down the body's nervous system and this is a wonderful way to relieve any kind of anxiety.

2. Get Good Sleep

It is sometimes difficult to get to sleep when you are worrying about the problems of the upcoming day, but it is essential that you try to get as much sleep as possible. Lack of sleep can cause dizziness and disorientation, it can also make you far less stable emotionally. A good night's sleep refreshes the body and strengthens your conscious control over yourself.

3. Take Regular Vacations

We often believe that the world will grind to a stop if we are not able to work hard every day. You must realize though that in order to work better you need to take good breaks. Make sure that you take some kind of vacation on a regular basis and that you take as many breaks as you can whenever you are working. A week vacation or even a simple 15 minute break during a work day allows your body to relax which is the most effective way to combat any kind of anxiety.

4. Do Some Gardening

A wonderful way to relax and focus your mind on things that are less stressful is to just get out in the garden and do a little easy work. Getting close to the Earth and being close to plants allows your body to take on a different rhythm. Through gardening you are able to experience the natural rhythm of the Earth which is far slower and much more natural to all of us.

5. Laugh More Often

Laughing is one of the greatest therapies that you can ever give yourself. Get a book on jokes and make sure that you go around telling some of these to your friends and coworkers. Try to watch funny movies and TV shows. Laughter instantly relieves tension and allows the release of pent-up nervous energy.

6. Get a Massage

Relaxation is one of the most powerful ways to combat any kind of anxiety. A massage forces the body to relax even when it is tense and overworked. If you don't have someone that can give you a massage, you can give yourself one with great efficiency. Practice massaging your body at least twice a week for half an hour per session. You will be surprised at the power of a self-massage to relax you.

7. Relax to Music

Music has a magical way of being able to quite quickly change our mood and our focus. Get yourself a pair of good headphones and make sure that you turn on the tunes whenever you feel a bit stressed out. Experiment with different musical styles and see what works best to soothe your nerves. There are some wonderful nature sounds and special music compilations designed specifically to get you to feel like butter.

8. Get Some Sun

Whenever you see a sunny day, make sure that you get out there and experience some of that wonderful energy on your body. A sunny day has a way of brightening our mood instantly and the rays from the sun have a natural healing quality that our bodies need. Play hooky if you have to, but make sure that you get out on the sunny days and get some fresh air as well.

Helpful Supplements

Kava

Usually a pill that you can get in most health food stores, made from the roots of a plant and used by Polynesian people for hundreds of years. It has an incredibly calming effect but it can make you drowsy if you take too much. Usually sold as 'kava kava'---one or two 250 mg capsules should do the trick.

Valerian

You can usually get this herb as a tea but it is also possible to get capsules. This is a super sleep aid with no side effects that I am aware of. A couple of 475 mg capsules should be good enough to give you a good night's sleep.

Vitamin B

Try to get a B complex, something that has vitamins B12 and B5. Vitamin B has an amazing way of reducing stress and creates a calming effect on the mind.

Emergency Measure: Breathing Exercises

If these things are not working or you find yourself in a situation where you're just starting to stress out, try some breathing exercises which will be of great help in reducing any kind of tension that you might be feeling at the moment.

Original source: johnkreiter.com
Original article title: Ways to Combat Anxiety

Supporting Eye Health and Visual Comfort

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

If you are a person that wears glasses or contact lenses, you are not alone. According to the Vision Council of America, about 75% of the adult population wears some kind of vision correction device. That's a lot of people and it seems to be a trend that is going up, not down.

Your Eyes Are Muscles

Most people tend to work out---you see joggers, walkers, people that do aerobics or Pilates, and yoga is everywhere. Unfortunately people seldom consider their eyes when they think of working out, and this is a pity because just like any other muscle in the body, these optic muscles need to be exercised as well.

It is quite possible to transform weak body muscles into strong ones and in this way you can improve your vision and reduce eyestrain. Even the nerve connections between your eyes and your brain can be exercised and better developed. You can also do simple exercises that will allow you to increase blood flow to your eyes which has a healing benefit.

Eye Exercise Routine

These exercises can be done anywhere whenever you have time. They were developed to exercise the muscles that hold your eyeballs---the ones responsible for moving your eyes up and down, side to side, and in circular motions.

Exercise 1: Vertical Movement

In a quiet place, take a comfortable sitting position and try to relax your body completely. With your eyes closed, try to look up as far as you can, giving yourself a good stretch but not beyond the point of discomfort. As you look up, take a deep breath in and hold that breath as you hold that ocular pose. Now breathe out and try to look down as far as you can in comfort. Hold that pose for a count of three and then relax your eyes. **Repeat 3-5 times.**

Exercise 2: Horizontal Movement

With your eyes closed again, try to look to the left as far as you can without moving your neck. Breathe in as you do so and hold for a count of five. Now as you breathe out, try to look to the right as far as is comfortable for you and hold it there for a count of five as you exhale. **Repeat 3-5 times.**

Exercise 3: Horizontal Line Tracking

With your eyes open, look at some long straight line in the room---usually the best way is to look at the ceiling and pick one corner. Try to look from that one corner of the ceiling to the other. Without moving your neck, gaze from one corner to the other, trying to keep your eyes focused on that straight line, like watching a tennis match. **Do 3-5 complete cycles as slowly as possible.**

Exercise 4: Vertical Line Tracking

Find the top or bottom corner of a wall and follow the straight vertical line created where two adjacent walls meet. While keeping your eyes open and not moving your neck, try to look from one corner all the way to the bottom corner in a straight line, then follow that line back up. **Do 3-5 complete cycles as slowly as you can.**

Exercise 5: Refocusing Practice

While sitting at your desk or after reading for a while, take your eyes away from your monitor and try to focus on something far away. You can also outstretch your hand and focus your eyes on your hand, then try to focus on something farther away at the other end of the room. **Repeat 3-5 times.**

Post-Exercise Relaxation

When finished, rub your palms together until you warm them up and then place your warm palms over your eyes. Do not press down on your eyes but lightly cup your warm palms over them and allow yourself to relax completely. Take a deep breath and hold it for a count of five, then breathe out slowly, trying to relax. Feel the warmth from your hands and allow your eyes to relax as much as possible.

Additional Tips

Blink more often. Since most of us spend so much time staring at a computer screen, we tend to focus so intently that we forget to blink. This can dry out your eyes and cause them to get sore and itchy. Take a break and just bat your eyelashes for a good 10 seconds.

Reduce eye strain at the computer. Reduce the distance between the things you are looking at so your eyes don't have to refocus constantly for many hours.

Supplements for Eye Health

- **Vitamin A:** Like your mom used to tell you, always make sure that you eat your carrots. If you don't like carrots, take vitamin A as a supplement. Vitamin E is also good for the eyes.
- **Bilberries:** A European variety of blueberries, proven to sharpen vision and help increase night vision. During World War II, British pilots were given bilberry jam on a regular basis to keep their eyes in top shape.
- **Astaxanthin:** One of the most powerful antioxidants you can find. It protects cell membranes and is said to be 550 times more potent than vitamin E. Studies have shown it is effective for maintenance of ocular health. Try 200 mg a day.

Original source: johnkreiter.com
Original article title: Ways to Improve Your Vision

Approaches to Seasonal Affective Disorder (SAD)

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

I live in the great White North. It's a great place to be for the most part because it is fresh and clean, a place where the power of nature still reigns. Unfortunately living in the great White North means that I don't get very much sunlight throughout the year. I have a naturally dark complexion, and as a result I suffer yearly from 'seasonal affective disorder'. Because this is the case I have learned some techniques and created others to deal with this pressing disorder that affects many people throughout the world.

Symptoms of SAD

It is possible that you might be suffering from seasonal affective disorder and you don't even realize it:

- Sleepy, lacking in energy, and unable to get going on anything
- You can't sleep at night but you seem to be sleepy all day
- Loss of sex drive, and not interested in any kind of socializing
- Anxiety, feeling stressed out like you can't cope
- Angry and irritated at the world
- Depression, feeling gloomy for no apparent reason
- Increased appetite, especially for carbohydrates and treats

Method 1: SAD Light / Full-Spectrum Light

One of the best ways to deal with seasonal affective disorder is to get yourself a SAD light. You can either get a light unit or just one light-bulb to replace a bulb in your house.

Key requirement: Make sure you get a full-spectrum light that covers as much of the electromagnetic spectrum as possible. Full-spectrum light is far more powerful and can go far enough into the Ultraviolet and Infrared spectrum to give you the energy you need to stay happy and healthy.

Budget option: Go to a home and garden store that sells indoor lights for plants. These will have the full-spectrum coverage you need and usually cost far less. However, you can only use plant lights for a maximum of 15 to 30 minutes because they tend to be far more powerful with little or no filtration, and can damage your eyes and skin if overexposed.

Method 2: Regular Exercise

This is probably the best way to deal with SAD because it is good for you in so many ways. Exercise:

- Relieves stress and anxiety.
- Allows your body to release endorphins---natural feel-good chemicals.

Best exercise for SAD: Put on some good music and start dancing to it for a good 15 to 30 minutes, at least three times a week. The music will make you happy and the exercise will help by reducing stress and creating feel-good chemicals in your brain.

Method 3: Vitamin D Supplementation

Vitamin D is incredibly important for anyone who lives in an area where sunlight is somewhat scarce. The darker your complexion, the more vitamin D you should be taking. I personally try to take 1000 IU every day during the winter.

Method 4: Christmas Lights Indoors

One of the things I really miss when light levels become very low is the ability to see brightly colored objects. By putting up Christmas lights inside my house that have a lot of reds, purples and bright yellows, I am able to satisfy my need to see these colors. LED lights are more energy efficient, though the light from them will seem a bit cold.

Method 5: Yellow Tinted Glasses

One of the best techniques I use is to wear a pair of yellow tinted glasses. I went to a hardware store and bought a pair of construction glasses with yellow colored lenses. They are definitely not the most stylish, but they work amazingly well to make me feel better during gloomy days.

They:

- Amplify whatever light is around.
- Make everything seem more colourful and beautiful.

The only downside is having to take them off, which can re-accentuate the grayness of the day. But this is a minor side effect compared to the benefits of wearing them on an overcast day.

Original source: johnkreiter.com
Original article title: How to Cure Seasonal Affective Disorder (SAD)

Approaches to Constipation

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

Constipation can be a very difficult thing to deal with. This type of irregularity can make you feel very uncomfortable which can affect all aspects of your life.

What Is Constipation?

Constipation is basically infrequent bowel movements. Your stool is usually hard and it's difficult to pass through your system. Never judge your bowel movements against someone else though because what is infrequent for one person might not be frequent for someone else.

A good rule: If you have less than two bowel movements a week, you have a constipation problem.

Symptoms to Look For

- Less than two bowel movements per week
- Hard and dry stool that is difficult to pass through your system
- Having to strain every time you go to the bathroom
- Bloating of your stomach and a general discomfort there

Common Causes

Stress can be a big factor. For example, if you're working on a 9 to 5 schedule, you may have less frequent bowel movements because you are constantly worried about staying within schedule. Most people have natural bowel movements in the morning which can be in total conflict with the average working schedule.

Solutions for Work-Related Constipation

a) Get up early enough that you are able to have a nice comfortable morning before you go to work, giving yourself more time to have your natural morning movement.

b) Get over any stigma of going to a public washroom. Try to find a public washroom in your workplace that you might be comfortable with, and perhaps find a time during the morning where most people might not be there. Remember that a good bowel movement is one of the most important things that you can do for your overall health.

Natural Cures for Constipation

1. Eat More Roughage

Add more fiber to your diet: fruits, vegetables, and whole grains. This adds bulk to your stool and helps it move quickly through your digestive tract.

2. Move Your Body

By exercising, you are actually helping your body process food in your digestive tract. Things as simple as a quick walk around the block can help.

3. Drink Lots of Water

Drinking lots of liquid keeps your stool soft which helps it move easily through your digestive tract. The amount of water you should drink depends on your environment---the dryer the place you live in (like a desert), the more water you should drink every day.

Note: Coffee and tea are diuretics (they cause your body to lose water), so if you drink these, make sure you also drink a lot of water to supplement.

4. Stay Regular

If you set a time for bowel movements, it will be far easier to stay regular. Try to listen to your body and find out when you have a natural desire to use the washroom, and try to use this time on a regular basis.

Laxatives (If Needed)

Make sure that before you take any laxative that you talk to your doctor, especially if you're diabetic, pregnant, or taking any medication. Take lots of liquids when using these.

Type 1: Bulk Producers

These bulk up and soften the stool. They are considered safer because they should not damage your bowels.

- **Flax:** Usually comes in capsules or oil. Take as directed, up to three times a day.
- **Glucomannan:** Usually comes in pill form. Follow package directions.
- **Psyllium:** Usually comes as seeds or powdered husks. Take two heaping tablespoons mixed in a glass of water.

Type 2: Stimulants

These work on the smooth muscles of your intestines and can provide relief as quickly as two hours.

Warning: Unsafe if taken for more than 10 days in a row---they can damage your bowels and create dependency. They can also cause cramps, diarrhea and dehydration.

- **Castor oil:** Usually 3-4 tablespoons during the day. Avoid before bedtime.
- **Senna:** 1 tablespoon with a glass of water. Avoid before bedtime.
- **Cascara sagrada:** Two teaspoons of powder with water.

Simple Home Remedy

Mix 2 tablespoons of honey into a tall glass of warm water and drink it. It tastes good and there's no risk of addiction. Even drinking warm water by itself can be incredibly good for constipation, but adding honey helps with micro-biotic enzymes and makes the water taste great.

Original source: johnkreiter.com
Original article title: Cures for Constipation

Supporting Recovery from a Sprained Joint

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

A sprain can be a very painful thing. The sprain of any joint can tear up the tissues around the joint causing a lot of swelling and redness. Depending on what joint you sprain, you can be out of circulation for a while and it can be costly depending on what you are doing in your life at the moment.

The Salmuera Cure

My grandmother, who was a certified nurse and who also practiced many forms of natural healing, recommended an interesting cure for all the sprains I used to get. This cure greatly increased my recovery time and usually had me up and about in a few days.

My grandma called this cure **'salmuera'**. It basically consisted of taking a large pot of very hot water and adding at least a half cup of salt to that water. The hotter the water the better, and the saltier the water the better as well.

How to Apply the Treatment

For a Sprained Ankle:

1. Fill a bucket with water, **as hot as you can stand**
2. Add at least a **half cup of salt** to this water (the more salt the better)
3. Stir the water with a spoon until all the salt dissolves
4. Test the water and let it settle until you are able to actually put your foot into the water

5. Stick your foot up to the strained area and try to keep your foot in there as long as you can

Tips for Application:

- If you cannot keep it in there for very long because the water is too hot, put the foot in as long as you can take it, stick your foot out and let it cool off for a bit, then stick your foot back into the bucket
- Do this until the water is lukewarm
- **Do this twice a day** every day until your strain feels better

Safety Note:

You must be careful---you don't want to make the water so hot that you burn yourself. Use your own judgment. If you turn on the tap and run it on hot water until you see steam come from it, then you have water at about the right temperature.

How It Works

The saltwater sucks out some of the fluid from the cells around the strained joint. By doing this, the salt water helps to:

- **Reduce the swelling**
- **Tighten tissue** that has been torn and twisted
- **Compress tissue back into place** so that healing can begin much faster

Results

You will be surprised at how effective just one salt bath like this can be. With this treatment, recovery typically happens in a day or two rather than being benched for much longer.

Original source: johnkreiter.com
Original article title: How to Heal a Sprained Joint

Managing Seasonal Allergies

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

It is a wonderful thing to see the end of winter and the beginning of spring. The budding trees and the blooming flowers can be wonderful for the emotions after a long gray winter. Unfortunately many have mixed feelings about the coming of spring because its arrival means that allergy season is now in full swing.

Why Spring Allergies Happen

Allergic reactions happen because your immune system over responds to all of the new material in the air. As the pollen and mold spores begin to fly, people's noses get stuffed up and throats get sore. There are even those that break out in skin rashes that can make the entire spring season quite unbearable.

Symptoms of Springtime Allergies

- Skin rash or hives
- Stuffy nose, sneezing
- Coughing, difficulty breathing
- Red, watery eyes

Prevention: First Line of Defense

A good first line of defense is to try and stay inside for a while until your body begins to build up its defenses:

Work Out Inside

If you are a jogger and suffer from springtime allergies, it is always a good idea to do some indoor jogging until your body has had time to adjust to the springtime conditions. Breathing hard while you're outdoors will make it much easier for pollens, dry grass, mold spores, etc. to enter your nasal passage.

Avoid Yard Work

You don't want to be outside until your body has time to adjust. Don't go outside with a rake and start disturbing the ground and creating more debris that will cause you great pain eventually.

Keep Windows Closed

This might seem like the wrong thing to do at the beginning of spring when you want to start letting fresh air back into your house, but it is always a good idea to keep your windows closed for the first few weeks of spring so that you have time to adjust.

Use a Dryer

In the spring people start to hang their clothing out to dry again but this is something you should avoid if you have allergies. Your clothing can pick up the pollen and other debris while it is hanging outside and will further exacerbate your allergies when you put this clothing on.

Shower After Going Outside

When you do go outside, make sure that you take a warm shower soon after you have come indoors. A nice warm shower will wash away any spores or pollen that you might have picked up on yourself, especially in your hair. Blow your nose and wash it out really well with the water---this will help to relieve any sneezing or sniffling. Also make sure that you change the clothing you were wearing outside.

Natural Remedies

For Skin Rashes (Poison Ivy/Poison Oak)

Make a thick paste of **baking soda and water**. Use this paste to cover any of your itchy areas. This is a wonderful cooling paste that reduces itch and makes the springtime rashes at least bearable.

For Sneezing, Watery Eyes, and Stuffed/Drippy Nose

Mix **a tablespoon of horseradish with a little bit of honey**. Take this a couple of times a day. Both ingredients will help to kill any bacteria, and the horseradish will break up the mucus and open up your sinuses.

Original source: johnkreiter.com
Original article title: Natural Cures for Spring Time Allergies

A Balanced Breakfast

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

I wanted to write down my typical breakfast, or lack thereof really. I hope that it will help you to figure out a way to best start your day. I put it together to get a real good jump start in the morning. I have a pretty tricky stomach and I have to always make sure that I consider the many things that tend to upset it.

The No-Food Morning Approach

I don't actually eat anything in the morning. I usually have a hot stimulating drink and some supplementary pills. I find that I am usually not very hungry first thing. I also find that eating so early tends to just slow down my metabolism and makes it that much harder to wake up and start using all of my energy.

If you are tired or groggy in the morning then I suggest that you try my breakfast. Many would tell you that a full breakfast with waffles, eggs and toast are the best thing ever but this kind of breakfast will just slow you down.

Yerba Mate: The Perfect Morning Drink

My typical breakfast starts with a cup of **Yerba Mate**. Yerba Mate is a traditional drink in Argentina, Uruguay, and Chile. It is an amazing alternative to coffee:

- Unlike coffee it won't make you jittery
- It won't mess with your heart
- You could pretty much drink it all day without all the side effects common to coffee (including bad breath)

Some scientists think that Mate has a different form of caffeine called mateine which has all of the benefits of regular caffeine but none of the bad side effects.

How to Make Yerba Mate

1. Get yourself a bigger one-cup tea infuser (available at tea or coffee shops)
2. Add 4 to 5 heaping teaspoons of yerba mate to the infuser
3. Add hot water (not boiling---mate works better with hot water just below the boiling point)
4. Let the Mate sit for a half minute
5. Remove the infuser, add sugar or stevia

Tip: You can use the Yerba Mate in the infuser to make 2 to 3 cups before you need to add more. To find the best Yerba Mate, try shopping at a Latin or Italian store---it will be much cheaper than a specialty tea store. My favorite brand is 'Cruz de Malta'.

My Daily Supplements

With my Mate I take supplement pills:

Blue Green Algae (1000 mg)

You can buy these as blue green algae, Spirulina, or Chlorella---they are all the same thing. This is amazing stuff, referred to as a super food. It is high in vitamins, minerals and proteins. Benefits include weight loss, memory booster, immune system enhancer, and much more. It has amazing detoxifying properties.

Vitamin D (1000 IU)

If you live in the North, you need to supplement this vitamin. Researchers are finding that this vitamin is responsible for an incredible amount of stuff, including mood enhancement and immunity boosting.

Coral Calcium (210 mg every second day)

This is another amazing supplement. Some researchers have suggested that the long life span in Japan and especially Okinawa are a direct result of the amount of Coral Calcium that the locals ingest.

Powdered L-Glutamine (1 heaping teaspoon)

The brain has 2 types of fuel: sugars (glucose) and L-glutamine. This amino acid will help repair the body, boost immune system, and help in coping with stress. The powdered stuff is pretty much tasteless and dissolves incredibly fast in your mouth with a little Mate.

If You Need to Eat Something

If you find that you need to eat something before lunch, then try and eat something light. The best thing you could do is to have as much fresh fruit and veggies as you can to get through any cravings. Try getting yourself a juicer.

The less that you eat before noon, the better and more energetic that you will feel!

Original source: johnkreiter.com
Original article title: The Perfect Breakfast

If You Are Having Trouble with Your Diet, Remember That You Are What You Eat

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

It is a natural desire to be healthy and strong. It has become a trend to become healthy and that's a good thing. More and more people are engaging in regular exercise and more and more people are watching their diet in order to better their health and increase the quality of their life. If you are finding it difficult to maintain a proper diet, it might be helpful to you to realize that you are your food.

The Literal Truth: You Are Your Food

Some might think that this is a bold statement, a bit of a lark---that you are your food. But this is not the case. The reality of the situation is that you are what you ingest.

Too many take for granted that the body is an object that does not change, aside from perhaps getting bigger, that it is kind of like a tube that goes through food, that it ingests nutrition and foodstuff but is not fundamentally changed by the food that it processes.

Your Body is Constantly Rebuilding Itself

This is not the case. Your body is not an object like a house. Your body is constantly growing and developing and the body that you have now is completely different from the body that you had 7 or 10 years ago.

It is a well-known fact that every single cell in your body is replaced every 7 to 10 years.

What this means is that the body that you have now is completely different from the body that you had possibly less than a decade ago. Imagine that---your entire structure, every single last cell, has been replaced and you are as new, physically speaking, as you have ever been.

Where Does the Material Come From?

Now where do you think that material comes from that makes up this body of yours? Well it comes from what you ingest of course.

Think about that: your bones, your organs, your brains, and even your eyeballs have been re-created by the things that you eat or drink. When you consider this, it does put a whole new spin on your diet, doesn't it?

A New Way to Think About Food

Next time that you are about to eat something, think about the above fact. If you are essentially what you eat, then it is the case that you should eat the best things that you can find.

I'm not saying that you should follow any particular diet---this is up to you, and it is your choice. What I am saying is that you should be careful about what you eat, especially in this modern age where good natural foods are something that must be pursued.

Guidelines for Eating

Eat whatever you like whenever you like and as you see fit. But make sure that what you eat is:

- Something wholesome and natural.
- Not full of chemicals that you cannot even pronounce.
- If you are a meat eater, try to eat meat from animals that have been treated fairly and properly fed.

The Interconnection You Cannot Escape

Some like to see life as some kind of terrible physical contest where you are allowed to take as much as you want because you are more dominant and more powerful. Knowing that you are truly what you eat, you realize that there is an interconnection that you cannot escape.

- If you treat what you will eat like a worthless object, then you are treating yourself in that same way because that worthless object will eventually be you
- If you pollute the ground where your food will grow, then you are polluting yourself because you are that food
- If you feed your food garbage or if you feed yourself garbage, then you are turning yourself into garbage

You Are the World

You are what you eat. You are connected to the entire world because the world is you. You are made of all the things around you---your body is renewed every 7 to 10 years through the things that you ingest.

If you treat the world around you like a dump, then realize that you are turning yourself into that dump.

If you learn to love yourself, you will learn to love the world around you. If you learn to love the world around you, you will learn to love yourself. If you love the world around you and yourself, then you will treat the world around you well and you will be treating yourself well as a result.

Never forget that you are the world---because you are what you eat.

Original source: johnkreiter.com
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Metabolism and Sustainable Fat Loss

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

There are a lot of people who would love to increase their metabolism. Having a high level of metabolism enables you to burn fat and lose weight fast with the least amount of activity. Metabolism is the chemical process that occurs in living organisms, resulting in growth, production of energy, and elimination of waste.

Key Factors in Metabolism

The most important factors in the rate and strength of your metabolism are **muscle tissue** and **activity**:

- The more muscle you have, the more energy you burn.
- The more activity you do, the more energy or calories you burn.
- How much you eat, what you eat, and genetics also play a very large role.

Metabolism starts to slow down when a person begins to slow down with age or as a result of a very sedentary routine.

12 Ways to Increase Your Metabolism

1. Build Strength Gradually

As we get older our metabolism slows down and we get flabbier, but new studies show that we can reverse this effect---lower activity and age-related changes can both contribute to reduced strength and energy use. The more muscle that you have, the more calories you burn and therefore the less fat that you have.

Use weights when you exercise. There is nothing like resistance training to increase your metabolic rate and overall strength. You don't have to start with very heavy weights---if you can feel a resistance from the weight, then you are benefiting from resistance training. If you are not interested in building muscle bulk, use lighter weights with lots of repetition while maintaining comfortable form.

2. Do Cardiovascular Training on a Regular Basis

The ideal is to do something that will have you taking deep breaths but not wheezing. Begin slow and build up by increasing the length of the workout and the speed. Try doing your cardio with some weights.

3. Eat Breakfast

They don't say that breakfast is the most important meal of the day for nothing. After having been asleep for hours, the body is literally starved for sustenance. If you starve the body, the metabolism slows down. thinner people eat breakfast.

4. Stay Away from Sugar

When the body consumes sugar, all of its caloric needs are met very quickly because the body can very quickly break down sugars and make body fuel. Unfortunately the body will then store the pasta that you had just consumed before the only way that it knows how---by turning it into fat.

5. Eat Hot, Spicy Foods

Hot foods with lots of hot peppers will actually increase your metabolism!

6. Get Your Daily Dose of Sleep

Research has shown that people who don't get enough sleep will increase in body weight. If you are lethargic all day due to a lack of sleep, then your metabolism has slowed down. Another important issue is that if you are now regularly working out, you will want to give your body more sleep so that it can heal and recuperate.

7. Drink More Water

Water is the single most important ingredient in flushing out waste from the body. Have you noticed that you start to feel lethargic when you don't drink enough liquids? This is because the body needs water for all major functions and if you don't have enough of this precious liquid then your body will try to compensate by slowing itself down.

8. Eat Smaller Meals with Greater Frequency

The ideal would be to eat four to six small meals a day with not more than 3 hours in between. **This is a very BIG secret to metabolic increase!**

9. Never Skip Meals

The most common idea when dieting is that you have to skip meals. This is the biggest mistake that you can make! Not eating on a regular basis slows down your metabolism.

10. Plan When and What You Will Eat

Start a journal that will allow you to plan in a very specific way what and when you will be eating. The more chaotic that your meals schedule is, the more chance there is of losing the momentum that you want to maintain.

11. Drink Lots of Green Tea

It can be used as a substitute for coffee. Tea has actually more caffeine than coffee and will stimulate your system. Unlike coffee, there are no real bad side effects from drinking too much tea. And of all the teas, green tea has been shown to flush away fats from the system.

12. Eat Plenty of High Energy Foods

Fruits are a great source of energy and you should teach yourself to use them as replacements for junk food. Royal bee jelly, bee pollen and blue green algae are fantastic sources of energy since they are basically concentrated super foods. Buy these in pill form and you can pop them throughout the day whenever you are feeling a little tired.

Original source: johnkreiter.com
Original article title: Increase Metabolism and Lose Fat Fast

Is It Bad to Play Video Games?

In this day and age videogames have taken over as perhaps the premier form of modern entertainment. People have many devices in which to play these games and you can see somebody playing just about anywhere, now that tablets and smart phones are much more affordable.

The History of Entertainment Fear

Being far older than I look, I can remember that day when people used to worry about television and how this evil little device was going to take over the minds of the world, turning us all into zombies that would work all day and then come home to drool in front of our televisions. And before this it was the radio that people feared.

People have always wondered about these seemingly simplistic forms of entertainment. In many ways they are rightly concerned that many of these programs or video games are truly just a waste of time. They worry that their precious time is taken up by menial and silly things.

Generally speaking, I do agree that there are many programs and games out there that are really just a waste of time and they are specifically designed to hook the attention of the viewer. These games and programs can be quite destructive because they have an addictive quality.

Are All Video Games Bad?

The answer is an emphatic NO!

It has been a long-standing trend to consider these forms of entertainment a waste of time. I personally believe it comes from our Puritan background where we consider "idle hands to be the devil's work." People sitting in front of some kind of monitor with very little movement tends to engender a negative reaction in others.

The Value of Subjective Experience

Human growth is not a purely physical affair. Our subjective, highly personal experience is an incredibly important part of our lives. It is true that most people believe that you must experience things physically and from this physical experience you grow subjectively. But subjective growth without physical action goes on all the time---for example, in our dreams there is no physical action at all and yet our dreams help us immensely in our personal growth.

Benefits of Video Games

1. Self-Discovery and Personal Definition

When we play a videogame it is usually because we like that game. This in and of itself is a subjective experience that teaches us about our personal likes and dislikes and allows us to define the parameters of our personality. Since videogames are so prolific and varied, they can truly help us fine-tune our desires and the scope of our personal values.

2. Inspiration and Creative Growth

When we are playing a game that we like, we are doing so because certain facets within it challenge or inspire us. This personal inspiration allows us to fully experience these facets we covet so much. It allows us to experience new ideas and formulate our own conclusions. Many artistic individuals find great inspiration in videogames, not because they are copying something but because pursuing something they enjoy allows their minds to make a quantum leap into new possibilities.

3. Safe Exploration of Dark Themes

Sometimes we pursue certain games because we are curious in an almost morbid way. People forget very quickly, but as children we are all quite morbid---we love to pretend that we are dead or killing someone in terrible ways. Children do not do this because they are evil but because they have a more free approach to their subjective reality. They explore what it would feel like to experience certain terrible situations.

When we are drawn to violent videogames, we are doing very similar things---exploring what it would be like to experience certain situations. As long as we are willing to explore our feelings while performing this subjective exercise, we will discover that these are just passing fancies.

4. Emotional Release

Videogames can help the subjective individual state by allowing a person to release certain hormones and emotions that might have been built up during the day. Often when people engage in violent or whimsical videogames, they do so because they are trying to pursue a type of release they are not getting in their physical life.

Those that usually engage in terrible physical violence are usually those that do not allow themselves this kind of release---instead they try to control and bottle up these feelings. After a while the bottle becomes full and explodes, releasing this anger on the objective physical world.

The Power of Subjective Reality

Videogames are not a bad thing---they are a source of growth and great subjective potential. Just like the radio and the TV before them, the videogames of today help us find internal truths.

Individuals that greatly enjoy videogames and play them regularly tend to be people with huge imaginations. These videogames provide new ideas and mental scaffolding that they use to pursue new ideas within themselves. This is especially true of introverts who need this kind of subjective vehicle to grow in ways that would be very difficult through regular objective means.

Subjective reality is a valid reality. In many ways this subjective experience is far more valid than the objective and physical one.

It has become our custom in this modern age to explore our subjective experience through videogames, television, comic books, books, etc. Do not deny yourself these subjective realities because you believe it is somehow a wicked waste of time.

If you explore your feelings, you will know when you are playing silly games that are wasting your time, and you will also know when you are truly inspired to take action in the subjective realm. Pursue your desires in this subjective realm and when you do so you will grow immensely as an individual.

Original source: johnkreiter.com

Self-Acceptance and Difficult Emotions

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

One of the biggest causes of stress, anxiety, and negative emotions of any kind is our inability to cope with our mistakes. Even though it is a well understood fact that we are all fallible---a fact easily understood logically---making even the smallest of mistakes can cause an instant upsurge in blood pressure.

Some people are able to see and accept the mistakes that others make without much trouble, but they tend to fly off the handle, emotionally speaking, whenever they themselves make a mistake.

The Real Crux of the Matter

While I could tell you that we are all imperfect creatures, that we all make mistakes, and that these mistakes are a natural part of our daily process, I doubt that it will help too much when it comes to forgiving yourselves for the mistakes that you make.

The reason is that even though people can logically understand that mistakes are a natural thing, what they are really doing is accepting the fact that **others** will make mistakes. It is much more difficult for them to accept that **they** will make mistakes and that these mistakes are natural.

The real crux: accepting the fact that YOU will be making a lot of mistakes often.

Why Is It So Hard?

When we try to understand something logically, we tend to go through the process like any academic process---we put it on the blackboard and look at it in a detached fashion. We put all the facets of this particular problem outside of ourselves, structure these facets, and then figure out how they fit together.

While this is a very good way to understand logically why we all do make mistakes, this is not a very good way to realize **EMOTIONALLY** that what we are seeing on the board is going to happen to us as well.

The Solution: Take the Final Step

What you must do is begin to realize and accept as fact the inevitable conclusion that you will be making mistakes. You must consciously take the realization you logically came to and put yourself into that scenario you had previously only conceptualized.

Basically, you need to take the last step in your logical reasoning---the conscious realization that you are the one who will be making those mistakes. That you will be making mistakes often, and that you need to forgive yourself for these mistakes because they are natural.

You will make mistakes, many mistakes, and this is natural. It will actually help you to get better at everything that you want to do.

Objective Realization, Then Emotional Stability

I'm not asking you to make an emotional realization, because these can only happen through time and personal experience. What I'm saying is that you need to accept the final aspect of this logical conclusion, and by doing so you will allow yourself to make mistakes without so much emotional trauma.

Self-acceptance is one of the most powerful things you can do to relieve stress and anxiety in your life. To just work on your emotional states will only have you bouncing from one emotional state to another without fixing the problem at its root---which is usually a belief you hold.

These beliefs can best be tackled by using logical and objective thought so you develop a natural inclination towards your desired goal. Essentially you are not fighting yourself---you are expanding yourself and giving yourself direction consciously.

Benefits of Self-Acceptance

Better Problem Solving

When you accept the fact that you will make mistakes, you are inspired to correct any behavior that you do not like. If you make a mistake and can't handle that fact emotionally, you will try to ignore mistakes instead of correcting them. Without personal recrimination, you will logically or intuitively find ways to correct mistakes. You will be a better problem solver when you are not so emotionally distressed.

Accepting Reality

When you accept the fact that you do make mistakes, you are accepting reality. Since there are no perfect people, it is quite unlikely that you are the one true perfect being on Earth. If you look around, is there any person who has never made a mistake? Since the answer is no, then why do you expect that you will never fail while others are allowed to do so?

Mistakes Are Your Friends

Mistakes are there so that we know the right way to go. Through mistakes we realize that what we have done was not correct and are therefore given an answer as to how to proceed next time. If we make another mistake, we are told again that this too was wrong and must correct our course.

Mistakes are our friends!

Accept the fact that YOU are going to be making many mistakes throughout the rest of your life. Forgive yourself for these mistakes and accept yourself. Develop self-acceptance and through this one act, relieve yourself of much of the stress, anxiety, and negative emotions that can make your life difficult to bear.

Original source: johnkreiter.com
Original article title: Through Self Acceptance You Can Beat Crippling Emotions

How to Overcome the Fear of Rejection

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

There are few things that can be more debilitating than the fear of rejection. This fear usually stems from a deep desire to be loved and liked by everyone that we meet---which is an impossibility. You need to develop a thicker skin or figure out some way to reframe what rejection means, or else you will be stuck without the possibility of ever going beyond the first obstacle of life: fear.

In order to be a successful person, you need to be able to overcome this fear. It is a terrible thing because it will stop you from taking action.

Why Action Is Essential

If you cannot act, if you can't put yourself or your work on the line, then there is no possibility of you becoming a success. Begin by realizing that in order to succeed you must fail, because it is through these failures that you will understand what you are doing wrong.

You can either see failure as a type of doom that spells your future disaster, or you can see it as a growing experience that will show you a better path.

The Ego Connection

This fear has very little to do with your work or who you fundamentally are as a person. This fear is completely related to your ego and its inability to feel pain. The worst pain that the ego can feel is an attack upon itself.

Since it is nearly impossible to get rid of this ego, the best way to deal with it is to either:

- Come to a logical conclusion that it can accept.

- Reframe the meaning of the pain it is experiencing.

Accept the Inevitability

To begin to overcome the fear of rejection, you must realize that it is an inevitable part of life. There is no possible way that everyone will like you or that everyone will like or love what you do. Since you can't please everyone, you must prepare yourself for the eventuality that someone is not going to like what they see.

Take Responsibility for Rejection

Fear of rejection can stop us cold and make us stop trying. If you stop trying, you will stop making progress, and without progress there is no growth.

Rejection must not be taken lightly---it must be understood as an obstacle to overcome. By not trying to ignore it or whitewash it with flowery positive words, you have a far better chance of overcoming rejections in the future.

Taking responsibility for rejection allows you to:

- Look at it in closer detail.
- Avoid crippling emotional responses.
- Objectively study the reasons for rejection.
- Determine whether it was caused by something you did.
- Create a logical approach to avoid similar rejections.

If you are rejected because of something you are and cannot or do not want to fundamentally change, then accept that this rejection is beyond your control.

Reframing Rejection

When you can't find objectivity because you are deeply hurt, it is sometimes easier to look at things in a different way until you regain enough composure to find a more detached view.

Useful Reframes:

Reframe 1: When your ideas are rejected, you get the benefit of more information about what is and isn't going to work. This allows you to get closer and closer to a successful outcome.

Reframe 2: Nothing that people do to you is personal. People have their own reasons and their own anxieties for whatever they do or say. Any hurtful rejection from another person usually means that *they* have many negative beliefs and anxieties that they have to deal with.

The Ultimate Lesson

There is no reason to fear rejection if you realize that rejection of any kind is always a lesson. It is your decision whether you wish to grow from this lesson or take it personally.

Sometimes the lesson is simply that you need to understand that others will judge you through their own particular beliefs and ideas---which can be wrong. When this is the case, the lesson is that people aren't perfect, just like you.

Original source: johnkreiter.com

Working with Anger

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

If you want to have a happy and productive life, you need to learn to manage your emotions. The emotion that gets us into the most trouble is anger, and it is critical that you manage this emotion or else you won't be able to function very well around other people. Whether you become aggressive, scream and yell, or perhaps even violently lash out, angry emotional outbursts can wreck a career, a marriage, or a good friendship.

Never Suppress Anger

It is never a good idea to try and suppress an emotion. You do not want to block an angry emotion or impulse because this will only lead to greater trouble in the future. Anger is a natural emotional response to certain stimuli and it is as important as the feeling of joy or love.

To suppress this emotion will:

- Make you feel powerless.
- Instantly lower your self-esteem.
- Build up frustration that will eventually explode.
- Lead to hurting others or yourself.

Discover the Underlying Beliefs

What you need to do is manage your anger by discovering the beliefs that are causing it in the first place. Remember that the anger you are feeling may be quite justified. Anger allows us to confront difficult situations so that we change what we do not want in our lives. If you feel anger, allow this emotion to happen and discover why you are having this feeling.

Express Your Anger Privately

If you have been suppressing your anger for a long time or know that your anger is completely out of control, begin by immediately trying to discover what is causing your angry outbursts.

If you think you cannot express your anger in public, wait until you are somewhere by yourself. In a private setting, give the feeling safe expression: speak it aloud, write it down, move your body, or press into a cushion without injuring yourself or damaging property. As you do, ask yourself: **"Why am I feeling this way?"**

Allow yourself to feel this emotion totally, and through this release you will naturally discover the beliefs causing this emotion.

Common Beliefs That Cause Angry Outbursts

Review these typical beliefs that cause anger and see if any ring true:

- **No one must ever treat me poorly or disrespect me.**
- **The world must not be unjust or unfair, especially to me.**
- **I must get what I want when I want it and nothing should get in my way.**
- **No one should ever make me feel guilty, inadequate, embarrassed, or ashamed.**
- **No one and nothing must ever expose my weaknesses or my mistakes.**

Study the phrase that pertains to you and try to do a little backtracking. Keep asking yourself why you feel that statement is true. Discover your own feelings and beliefs as these will always have their own personal quirks---since you are an individual with your own characteristics and problems.

Evaluate and Change Beliefs

As you study these beliefs, decide whether the belief is empowering or disempowering. Discover for yourself if the belief causing your anger management problems is right or wrong for you now.

If it is wrong or disempowering and you wish to change it, have a little talk with yourself. Have a debate with yourself---ask the part of you that believes this beyond a shadow of a doubt whether it might be wrong.

Use logic and honesty to point out why it might not be a good thing to believe, for example, that the world is unjust and unfair. Use past experiences in your life to let that part of you know that indeed it is not always true. Continue this debate as often as you need to until you can get that part of you to realize it is wrong.

Compassion for Yourself

There's no need to hate that part of you or to try and defeat it. This part of you is most likely trying to help you and thinks that you need to have these angry outbursts because it is the only way that you can get something you need.

Show this part of you that there is a different way to go about it---that there is something else it might want to believe instead because the old belief was not correct.

When you can make this personal change, you will find that your anger will no longer be an issue. This is not a fix that will last a lifetime---you are constantly changing and growing, and you might need to have a debate with yourself in the future about a different belief.

Original source: johnkreiter.com
Original article title: How to Control Your Anger

How to Overcome the Fear of Failure

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

Everyone in the world suffers from the fear of failure---it is perhaps one of the most often felt phobias. It is true that failing has a number of bad consequences and a fear of failure is quite natural. It gives you both a warning signal and energetic impetus to try and get you to perform at your best.

Unfortunately, too much of this fear without the realization that it is actually an ally can stop you from taking any kind of positive action---and this can stop any great success in your life.

The Logical Approach to Overcoming Fear

A good way to overcome this fear, or any fear, is to logically understand the reasons for your fear and then objectively tell yourself that this fear is natural and that the price of action outweighs the price of failure.

Key Points to Remember

Fear is Part of the Discovery Process

There is no possibility of success without discovery. Success comes as we gain new knowledge, and this new knowledge can only be gained by making mistakes. It is through these mistakes that we find the correct path toward accomplishing our goals.

Success means being prepared to fail in order to learn from failure.

You Are Good Enough

Even when things don't seem to be going your way, remember that you are worthy and capable no matter what you might be believing at the time---or even what others might be telling you.

Fear of failure is usually directly related to the fear of being seen as a loser by others. Remember though that failing at anything means that you are actually trying to do something that is possibly new and difficult for you---and this is quite often something that those judging you are not willing to do.

You Can Succeed

Always remember that initial failure does not mean you will fail completely. Failure is just a way to recognize a better way to approach or do something.

If you try your best and stay strong, it is more than likely that you will succeed at whatever you attempt. If success means learning (which is indeed the case), then it could be said that there is no failure---because no matter what happens, you will always learn something new from whatever you attempt.

Avoiding Failure Means Avoiding Possibilities

If you wish to get over the fear of failure, contemplate how much you will lose if you do not act. The fear of failure is nothing compared to the fear of:

- Having never accomplished anything.
- Having never experienced anything new.
- Living a life of despondent comfort.

Don't Be Afraid to Let Others Down

We often feel the fear of failure because we think that when we fail we shall let others down. Remember that the best thing you can do for others is to become a better individual yourself. There is no way to accomplish this unless you are willing to take a chance and do something outside of your comfort zone.

The Best Way to Overcome Fear of Failure

The best way to overcome the fear of failure is to logically and objectively look at the reasons why you are afraid and then realize that this fear is not capable of stopping you.

If you are doing something that you truly wish to do and that you know will expand your abilities, then objectively you will see that this fear is just a good warning to help you perform your best---but it is not a barrier that can stop you.

Original source: johnkreiter.com

How to Stop Procrastination

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

One of the most difficult aspects of getting anything done is getting started. Procrastination can be a very difficult obstacle to overcome, and unless you discover ways to overcome this inertia, you will never begin any worthwhile project.

The Allies of Procrastination

1. Busywork

Busywork is work that you think you need to do but that really is a way to avoid doing what you should be doing. For example, whenever I'm about to engage in a big writing project that I'm not excited about, I tend to find all sorts of things that I should be tidying up.

Solution: Create schedules for yourself. By scheduling a starting time for your work, you give yourself that extra "oomph" needed to start on time.

2. Inability to Focus

This obstacle presents itself as a little voice in the back of your head telling you that you are focusing on the wrong thing and limiting yourself to other possibilities. Focusing can be difficult because it means eliminating other choices and accepting limitations.

If you listen to that voice telling you that you are limiting yourself, you will never get started on anything because you will think you are wasting your time. You basically create a way to waste time by endlessly contemplating the idea that you are wasting time---a genius way to get yourself to not do anything at all!

Solution: Take time to logically write down the reasons why you need to accomplish the project at hand. Add a list of consequences of not accomplishing your goal. Examine this list and logically conclude on the reasons why you need to get this task done ASAP. Never ignore this little voice---it could be telling you something important.

3. Fear of Imperfection

Often we won't begin anything because we are fearful that we won't perform as well as we think we can. If we think that by trying something we will discover we are not as good as we thought, we will do anything to avoid that thing.

As a true dreamer, I have huge amounts of self-delusion about my own ability. A little voice inside my head tells me that if I attempt something, I will discover just how ineffective and inadequate I really am.

Solution: Remember that it is far more important to be productive than to be perfect. Let go of self-importance. The only way to get better at something is by doing it. Screwing up is just a gauge showing you a better way next time.

Key Questions to Ask Yourself

When having problems beginning any task, ask yourself:

Is my priority for accomplishing this goal too low? Honestly question how important the goal is. If it is low priority, are there other things you could be doing instead? If high priority, are you clear in your own mind how important this goal is?

Are there things in this project that I'm not clear about? Is it the case that there are things you don't know or aren't completely clear about? Lack of clarity can prevent any initial action on your part.

Have you scheduled the time for this goal? In order to do anything, you need to schedule the time to do it. If you can't schedule a certain time, you will never get started because it will always be on the to-do list "sometime in the future."

Do you feel overloaded? Does this task feel like too much? Are you doing too much already? Make sure to clearly define your time schedule so you don't feel like you're doing too much at any one time. This definition can help you begin difficult projects because it will logically allow your mind to see that this new goal is doable.

Are you scared? There are times when we are scared that we might actually succeed or fail at what we're about to attempt. This fear is a friend trying to tell you that there are certain unconsidered ideas about the task. If you are fearful in any way, find out if there is a reason why you don't actually want to accomplish it.

Overcoming Procrastination

You overcome these obstacles by consciously questioning what they are bringing to light. Through this conscious questioning, you come up with your own reasoning that will nullify the power of the allies of procrastination.

It might seem like a lot of questioning before you begin any project, but in a short period of time you will discover that you won't have to question yourself very much and your procrastination will be a thing of the past.

Think of procrastination as a friend that is trying to make sure you have "covered all your bases" before you start any project.

Original source: johnkreiter.com

How to Meditate Properly

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

We are all told over and over again that meditation is good for us, but few of us know how to meditate properly. Meditation is supposed to be very good for mental health and also for our physical well-being. In a highly stressed out life, where the average person works about 40 hours a week, meditation seems to be a wonderful way to bring balance.

The Three Key Factors of Proper Meditation

1. Mental Focus

In order to meditate properly you must realize that the one key factor is that you must be able to focus your mind on one particular thing. By focusing the mind, you give yourself a type of rest because the mind is then not flying left and right with all sorts of mental aberrations.

2. Bodily Relaxation

Proper meditation also involves bodily relaxation. Body relaxation and the reduction of tension can greatly affect the mind since there seems to be a direct correlation between physical tension and emotion.

3. Inner Space

This is the concept of inner space---our internal conscious reality. It is the reality we would experience if we went inside ourselves and ignored usual sense data. Essentially, it is the reality you would experience if placed inside an isolation tank where you could not use any of your five senses.

Proper meditation involves this kind of internal consciousness and is the key to creating expanded conscious awareness. **Proper meditation is not just a way to relax but must also be a way to expand yourself and your being.** Without this final component, meditation just becomes a task and not a way to expand your horizons.

Three Methods to Meditate Properly

Method 1: Concentrate on One Thing

You could concentrate on:

- **An external object:** Look at an apple on the table in front of you, trying to keep your attention solely on this apple and not letting anything get in the way.
- **An internal image:** Concentrate on an image of an apple that you are holding in your mind. This is a more difficult task, since you must be very good at visualization.
- **A task:** Many people like to concentrate on their breathing, which is a wonderful way to keep your mind focused on one thing.

The key to this kind of meditation is to train your attention to focus solely on this one task and to bring your mind back if it decides to wander.

Method 2: Concentrate on Body Relaxation

This method does two things:

1. It allows you to focus on one thing to the exclusion of all other things.
2. It allows you to relax your body and take yourself into a natural trance by becoming deeply relaxed.

Method 3: Go Into Inner Space

One of the best and easiest ways to do this is to imagine that you have a dial that controls the volume of your senses. By dialing this volume down, you are imaginatively turning down how much you can see, hear, taste, touch, and smell.

After turning the volume of your senses down, **explore what is left. Explore this reality.**

The Benefits of Proper Meditation

It is up to you to explore which technique provides the best kind of meditation for you. Meditation done properly is in many ways dreaming---it will:

- Alter brain chemicals
- Balance your hormonal levels
- Provide a great rest for your body
- Allow certain excess chemicals to be correctly processed
- Develop more chemicals in the brain that the waking consciousness needs to function at its best
- Create new levels of relaxation and awareness

Original source: johnkreiter.com
Original article title: How To Meditate Properly

Bone Breathing

Health note. This essay reflects a personal self-help perspective, not a diagnosis or treatment plan. Persistent, severe, sudden, or worsening symptoms require qualified medical or mental-health care. Do not delay urgent help because of an exercise in this book.

Practice note. Treat altered-state, breath, visualization, and reality-reframing exercises as optional experiments. Stop if they increase fear, confusion, dissociation, sleep disruption, or difficulty distinguishing imagination from ordinary events.

I would like to share with you a very powerful technique called **Bone Breathing**. It's an ancient technique that goes back to India and to China, practiced by both Yogi's and Chi Kung masters in different variations. The reason for its widespread use is that it is an incredibly powerful technique that allows you to literally suck in energy from the environment around you.

Understanding Prana/Chi

To understand how this technique works, you must first understand the concept of 'prana' or 'chi'. These words name the vital energy found in the breath. Most ancient mystical groups believe that there is a power all around us, and that it is this power that allows us to function in the physical world.

We are born into the world with some of this power and we also ingest this energy to survive. We usually ingest this energy through eating and other natural methods, but **the most powerful way to absorb large amounts of this vital energy is through breath**. Breathing becomes a mystical function responsible for how much energy and power we have in our bodies.

Benefits of Bone Breathing

The bone breathing technique allows us to ingest large amounts of this vital energy. We can use this energy to:

- Stay healthy.

- Get motivated.
- Strengthen our sense of purpose.
- Generally become more powerful.
- Relieve pain.
- Speed up healing.
- Revitalise energy.

Note: Before you begin, consult your doctor if you suffer from high blood pressure, heart problems, or are at risk for aneurisms.

Basic Preparation

First, imagine that the air around you and the air that fills your lungs is actually a kind of light---a type of vapor or gas slightly thicker than typical air. With this imaginative construction in mind:

1. Fill your lungs completely from bottom to top, like a glass filling with water
2. Empty your lungs completely from top to bottom, like a glass emptying

Use only a comfortable, unforced breath; there is no single pattern that everyone should maintain all the time. Keep that imaginative construction of the vital vapor or "prana" in mind---it will teach you how to use this energy properly.

The Bone Breathing Technique

Bone breathing is mostly concerned with sucking in vital energy through different parts of the body during inhalation.

Arms

1. Imagine that you are breathing through the bones in your arms
2. Think of your arm bones as being giant sponges that suck in the vital prana through the force of your inhale
3. Imagine a bit of resistance because the bones are thicker and harder to breathe through than your throat

4. Imagine sucking in the vital energy through your arm bones and filling your lungs from bottom to top
5. When your lungs are completely filled, exhale in a quick sigh

If done correctly, your arms should feel almost tingly, your blood pressure will have gone up, and you will feel more alert and energized.

Full Body Routine

1. **Arms:** 10 breaths through the bones of your arms, then relax
2. **Legs:** 10 breaths through the bones of your legs, then take a break
3. **Back:** 10 breaths through the bones of your back, then take a break
4. **Skull:** 10 breaths through the bones of your skull, then take a break
5. **Whole Body:** 10 breaths through every pore in your body

After this completed routine, you should feel amazingly strong and light as a feather.

Practical Applications

This technique allows you to pull energy into one specific area and super-charge yourself there. For example:

- **Tired legs after a long walk:** Bone breathe through the bones in your legs for 10 breaths, take a break, repeat until you feel better
- **Any fatigued body part:** You can breathe through any part of your body that requires a large flood of vital force

The Key to Success

The key is to combine your imagination and your breathing in order to suck up huge quantities of this vital energy that is all around you.

This is the first step in learning to control prana, chi, Odic force, or most simply---**the vital force of life**. Through bone breathing you can revitalize your energy and increase your power.

Original source: johnkreiter.com
Original article title: How To Do Bone Breathing

Empathy, the Most Important Skill of the 21st Century

I have mentioned on a number of occasions that empathy is one of the most important skills that you can have in life. I would dare say that empathy is the one skill that has the ability to take humanity into the next level of awareness. Empathy, once you have become proficient at it, will be a catalyst that will completely change the way that you interact with others.

Beyond Manipulation: True Empathy

There are many books and groups out there advocating some kind of social rapport, their final outcome being some kind of persuasive skill where you are able to get your way. They tell you about all sorts of tricks and techniques to make it seem like you are in the exact same subjective place as the person you are trying to persuade.

How about if instead of trying to get one over on a person by making it seem like you understand what they are feeling, you actually learn how to empathize with that person and truly see and feel where they are coming from?

The Ego's Fear of Empathy

It can be a very scary thing for the ego to try and empathize with another person. The ego feels like it might:

- Lose itself.
- Lose out because the other person will have control over it.
- Be unable to see both its own personal perspective and someone else's perspective.
- Be at the mercy of the other person.

This belief can scare you to the point that you will never be able to identify with the feelings and thoughts of people around you.

Understanding the Ego

The ego is not wrong or evil---it is just trying to help you by doing what it believes it has to do to put you in a superior position. Think of the ego as a small part of yourself that has been given the task of dealing with objective reality in the best way possible.

For thousands of years of human interaction, the ego has discovered some hard but strategically powerful methods to deal with the competitive aspects of reality. The ego will do its best to make sure that you survive in the best way possible.

The Ego Can Evolve

But the ego can evolve if you let it. By understanding that the ego is a small part of you and not the whole, you can begin to use your ego in a more expansive way. By discovering the limitations of the ego, you will see outside of it to realize a broader view.

If the larger part of you can realize that it can see its own personal perspective **and also completely empathize with the subjective feelings of another person**, then this realization can allow the ego to learn new things. You can slowly train your ego to understand that it will not be eradicated or overcome when it empathizes completely with another person's subjective reality.

Your ego will then start to become far more capable and flexible. By expanding the range of the ego, you are actually doing exactly what the ego wants---becoming a more successful survivor.

How to Empathize

To empathize with someone else, you have to essentially put yourself in that other person's shoes.

The technique:

1. Imaginatively project a part of yourself into the other person.

2. Allow yourself to experience what they are feeling.
3. Pretend that a part of you goes into that other person.
4. Instead of having one body, you now have two bodies from which you can perceive.

If you have worked on your ego, it will be quite easy to:

- Perceive what that person is perceiving and feeling.
- Stay centred where you are.
- See completely from their perspective, only from your perspective, or from both perspectives at the same time.

You will not fear losing yourself or being overcome by the other person's feelings. You will not even be scared of any negativity or pain they might be feeling because your ego will realize that even though it is empathizing, it is still intact. You can let go of this empathic grasp at any time.

The Path to Truth

Instead of developing techniques where you pretend or act as if you are in rapport with what another person is feeling---learn to empathize for real. Instead of trying to put one over on the other person by acting like you really care, actually truly experience what they feel.

Become truthful instead of trying to deceive yourself and the other person. You can become far more than you might currently be letting yourself become. Learn to empathize with others and you will learn to help yourself and them simultaneously.

Original source: johnkreiter.com

How to Develop Self-Confidence

Well-being note. Use these suggestions conservatively and adapt them to your circumstances. Stop if a practice causes pain, panic, dizziness, or worsening symptoms, and seek professional advice when needed.

Self-confidence comes easily to some while it is most difficult for others. Self-confidence can really be boiled down to a belief about your personal self. Even though external circumstances tend to make self-confidence easy or very difficult, it is personal belief that is the source of all self-confidence. A belief in your own ability and in your own self-worth is imperative.

Self-Confidence Must Be Practiced

Self-confidence is not something that many are born with. It must be practiced. To do this:

1. **Motivate yourself** and make it a goal to always question any feelings that are negative and make you feel less than anything or anyone else
2. **Question and understand** these thoughts and feelings to discover the beliefs creating them
3. **Realize** that it is the belief that really shapes the way you see the world around you
4. By understanding these beliefs and questioning them, you are essentially **practicing** at becoming more self-confident

Act Self-Confident

Sometimes it's a good idea to act self-confident even though you don't feel that way. By acting in a self-confident manner:

- You begin to **feel** what self-confidence feels like
- You can learn to replicate it in the future
- You understand better why self-confidence is such a good feeling to have

Acting confident can also bring up feelings and thoughts telling you that you are not self-confident at all. **Do not suppress these feelings.** Instead, learn to experience these feelings fully with the intention of discovering the underlying beliefs causing them. Acting confident becomes both a learning tool and a motivator.

Develop Flexibility

If you can become flexible in the way that you act, self-confidence will be far easier to accomplish. Flexibility of action allows you to have options, and with options comes confidence.

Always try to:

- Plan ahead.
- Give yourself as many contingency plans as possible.
- Be strategic in your actions.
- Be prepared for unforeseen circumstances.

By having contingencies, you are flexible. By being flexible, it becomes very difficult to knock you off your track. Even though you can't prepare for everything, the fact that you have more options will allow you to develop more confidence.

Learn from Mistakes

We all make mistakes---that is the way of life. Always learn from your mistakes because this is the only way you're going to avoid them in the future.

Mistakes are your natural course correctors. They show you what to do by showing you what has not worked in the past. **If you are not making mistakes, you're basically going stagnant.** Mistakes are good---don't let them ruin your confidence.

The Inner Voice

Many who lack self-confidence have a little voice inside their heads usually telling them something negative. There are times when you will need to silence this voice because it can turn into a loud scream and be quite distracting.

However, realize that **this voice is actually your ally and friend**. What it is really doing is telling you where you might be making a mistake---it's sort of like your own "Spidey Sense."

Imagine having something so powerful that it allows you to know instantly where you might be going wrong! As long as the voice is not hindering your action at a critical time, try to turn this supposed enemy into one of the greatest allies you will ever have. It will show you:

- Where you are about to make a mistake.
- Where you might be going the wrong way.
- What beliefs are making you feel less than worthy.

Be Kind to Yourself

Finally, always remember to be kind to yourself. Being kind to yourself means understanding that you should love yourself as much as you are willing to love many others in your life.

It is sometimes amazing to realize that there are people who are willing to give everything of themselves to those important in their lives but are not able to be this kind to themselves.

Be kind to yourself and realize that you are a great traveler on a journey of self-discovery. Learn to love yourself and self-confidence will come naturally.

Original source: johnkreiter.com
Original article title: How To Develop Self Confidence

Good Leaders Must Be Able to Laugh at Themselves

Being in a leadership position can be quite difficult if you are too stiff. I have personally seen people in leadership positions that seem to be stuck in a fight or flight state continually---in an incredibly nervous and apprehensive state all the time. If you look at these people, they tend to shiver like a nervous poodle and they take any small thing as an affront to them personally.

The Problem with Excessive Seriousness

A person in this kind of tense nervous state creates bad feeling in any area they find themselves in. If a person like this is put in a leadership position, they tend to overreact and take their job far too seriously. While a leadership position requires a serious attitude, an overtly serious attitude can cause many difficulties which will not allow for good group functioning. A leader needs to be far more flexible and must have the ability to not take him or herself so seriously.

Self-Importance is Debilitating

A good leader must always be able to laugh at himself. If a leader is not able to laugh at himself, he will come off as being overtly serious to those that must follow him.

Self-importance is an incredibly debilitating mannerism, especially if you are a leader of a group of people. If you cannot take your 'SELF' lightly, you are essentially creating a type of heaviness in yourself which, just like a gravitational pull, tends to suck any kind of good energy away from those people that rely on you to provide positive and enthusiastic energy.

Essentially, a leader that is too stiff and too self-important will not be able to provide the kind of positive energy required to get others to follow his orders.

Don't Act Like a Monarch

Many would-be leaders think that their position means they must walk around like a monarch or a head of state. This is completely incorrect---it's the worst thing you can do when trying to create a following of motivated and trustworthy individuals.

Next time you blunder, make sure you let go of that self-important stiffness and laugh at yourself. Leaders who are able to laugh at themselves create a positive and light mood in their followers---this is critical when creating a good band of individuals.

The only things that should be important to a good leader are:

- Great performance from his team.
- The ability to accomplish whatever tasks are brought before him.

Self-importance should always come in dead last on a leader's importance scale. A leader must be willing to laugh at himself and see things outside of his own selfish mentality.

Laugh with Your Team

If someone in your team screws up or makes some kind of mistake, make sure you are also able to take it lightly and laugh with them in a good-hearted way. If you are able to step outside of your self-importance, you will know if the person who made a mistake did it by accident or through no fault of their own.

Using good judgment, laugh at the mistakes that others make when you know they were not being lazy or inept. By being able to take yourself and others lightly, without so much seriousness and draconian angst, you will be seen as a fair leader who is positive and energetic. Your followers will rally around you and your team will develop into a good band of workers that can handle just about anything.

Maintaining Leadership Status

You maintain your leadership status and position by always making sure you are the person who has the last word on everything. Laugh at yourself and laugh at the mistakes of others when you deem it correct, but with a smile, make sure your team knows there is a line where they must get serious and focus on the job at hand.

You do this by:

- Allowing others to work using their own strengths.
- Making them feel they are not being oppressed.
- Developing a strong character yourself so others feel they can rely on you to make hard decisions and get things moving.

Being Human Creates Respect

In order to be a good leader, you must let go of your self-importance. The more human you are perceived to be by others, the more they will respect you and your decisions.

By taking yourself lightly and being able to joke, you are seen as a decent and humane leader who is trusted to be empathic enough to make decisions that will not hurt any individual or the team in general. A leader that is able to laugh at himself will have the ability to develop a strong team of individuals that will follow his decisions without negativity.

Original source: johnkreiter.com

For Difficult Conversations, Have an Ace Up Your Sleeve

Interaction with others is very difficult to plan. People are dynamic beings and it is very difficult to completely direct the course of a personal interaction. Talking to others can be a difficult thing for some people---they lack confidence and believe they will make fools of themselves by saying the wrong thing. Even people who are quite adept at talking to others can sometimes run into difficulty when the conversation goes in a completely odd direction.

Preparation Breeds Confidence

The best way to overcome these problems is to be a little prepared. All preparation breeds confidence and it is therefore always a good idea to be prepared for any interaction you might have. Preparation allows you to contemplate the upcoming interaction and to have contingency plans for how to handle anything that might go wrong.

The Backup Question Strategy

A great way to be prepared for any interaction is to have one or even a few backup questions. These questions can be used to get you out of an awkward moment of silence where the interaction becomes incredibly uncomfortable.

What the backup question does:

- Gives you extra time to better gauge which way you need to take the conversation.
- Helps you get your way.
- Serves as a backup that buys you time when the interaction goes into "left field."

Choosing Good Questions

The question does not have to be anything crazy---it can just be something the other person would find interesting enough to ponder for a little while. It is possible they may not even be able to give you a coherent answer, but the time that you get is precious and allows you to think of a new direction for the conversation.

A good question format: "What do you think about _____?"

All you need to do is pick something current like politics, religion, or anything that most would consider quite sensitive or difficult to answer in one sentence. Questions like these usually require a little bit of explanation and are therefore great ways to give you time when you need it.

Important Considerations

You don't want to offend the other person, so always review these questions and make sure you are not asking something that is too sensitive to them. But if you keep a question like this on hand that you can use in any interaction, you will have a wonderful little "ace up your sleeve" that you can pull out at just the right time.

Advanced Techniques

Once you get the hang of it, you will be able to pull out this little ace whenever you need it, at just the right time. It's a great way to:

- Kick-start the conversation again.
- Re-evaluate your conversational strategy.

You can expand this technique by:

- Having a number of questions so you can maintain a conversation through these "aces."
- Separating your questions so you have questions for men and questions for women.
- Deciding how complex you want to make these questions and how many you want to have.

Just remember that you want to stay on focus---if the conversation needs to go in a certain direction, keep this in mind when you come up with those ace questions.

Conversations and interactions with others can be a difficult thing even for seasoned pros. It is always a good idea to have an ace up your sleeve. This "ace" takes the form of a question that you can use whenever the conversation goes into dead silence or in a direction that is in no way to your benefit. Having this ace will allow you to be successful in any difficult conversation.

Original source: johnkreiter.com

Always Have a Contingency Plan

In all facets of life it is always a good idea to have a contingency plan. You must try and get yourself into the habit of always thinking ahead. In this way you can plan one step ahead and therefore be prepared for anything or anyone that might come along. Eventually you will want to increase the steps ahead that you can plan, and just like a chess master, you can be three or four steps ahead of your competition.

The Map Is Not The Territory

It is very seldom that things go perfectly. No matter how hard we try to come up with the perfect plan, it is quite often the case that things do not work out exactly how we plan them.

Always remember: the map is not the territory. What this means is that while things might look good on a map, the actual terrain in which you might be traveling can change constantly and quite quickly. Life is an open system where surprises can present themselves at any moment. By realizing this and expecting the unexpected, you will not be easily caught with your pants down.

Developing the Habit

It is an incredibly positive habit to always get yourself to think of contingency plans. When a situation is very stressful or just very important, it is always a good idea to have at least two contingency plans that will allow you to ride through or around any unforeseen problem.

It is true that you can only plan for those events that you might foresee, but contingency plans also allow you to have a more flexible mindset so that even if you have not foreseen a certain future event, you will be more flexible and therefore far more prepared for the unexpected.

What you are trying to do is essentially outsmart the worst case scenario.

Contingency Plans Build Confidence

By having a contingency plan you become more confident. It is always good to be confident but never so confident that you ignore the possibility of failure. True confidence can only be achieved through preparedness, where you know that you can handle any problem that might come your way.

As Louis Pasteur once said: **"Chance favors the prepared mind."** It is a good idea to always live by this motto.

The Strategic Question

Before you engage in any activity, always ask yourself: **"What are my options?"**

This is a great starter question that will allow you to focus your mind on solutions. A question like this can motivate you to come up with contingencies to any situation in your life.

What you must do is motivate yourself to always think and act strategically. By acting strategically, you:

- Consider all your options.
- Consider all the probable outcomes of your action.
- Consider any possible surprises that might present themselves.

Once you have done this strategic thinking, you create a set of actions that you believe have a good chance of being successful.

Your Mind Is More Capable Than You Think

Go into any situation with as many options as possible. While this might seem like a difficult proposition---where you are essentially thinking too much before any event---it actually becomes quite easy if you motivate yourself to do it in the beginning.

Your conscious mind is an amazing machine that can find patterns and deviations to patterns in just about any situation. Given the right motivation, your conscious mind can quite naturally and effortlessly come up with contingencies and strategies in a flash.

If you are not willing to:

- Motivate yourself to come up with contingency plans, or
- Believe that your mind is powerful enough to come up with these plans very quickly,

...you will not be prepared when faced with unexpected situations.

The fewer options you have, the fewer options you give yourself, the more likely you are to suffer and to lose in the game of life.

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Why and How to Be Assertive

In order to become successful in life you must be willing to assert yourself. The ability to be assertive is very important because it allows us to make your intentions known and well understood. Without this ability you end up being dominated by others and by the environment around you.

What True Assertiveness Is

Assertiveness is usually a tricky topic because it can be seen by some as being overtly forceful or manipulative. However, assertiveness is positive action manifesting itself through strong personal intention.

In order to be assertive in a truly positive way, you must learn to listen to others. True assertiveness is the natural impulse of a strong personality to act and to make its intent palpable. This type of assertiveness is not scared of listening and contemplating the opinions of others because it is not competing and therefore is not worried that it will somehow be overcome.

While it is not competing, true assertiveness does want to create---and creation requires power and focus. This can only be achieved through strength of character and personal understanding.

Express Your "I"

Assertiveness means expressing your "I" self. To be truly assertive you need to understand yourself as a separate individual with his or her own desires and needs.

Do not be afraid to:

- Let others know what you think.
- Let others know what you want.
- Begin a phrase with "I believe..."

It takes more strength than most people realize to put yourself on the line and to make your points heard. Assertiveness starts by developing the courage and personal understanding to be able to do this.

Communicate Clearly

In order to be more assertive you must be able to make your points understood. Always practice communicating in an articulate and concise manner. Try to stick to the most important points to make them as clearly understood as possible.

Criticizing Others Properly

A person that is assertive sometimes needs to criticize the work of others. Being assertive means being very clear about what you want and being strong enough to assert these intentions to others. When you do this you will run across individuals that will not do things within your standards.

If this is the case, you will need to criticize their actions so that they know what they're doing wrong and also how to do things properly from then on.

Important: When you criticize others, try to criticize their actions and not their character. In this way you will separate the action from the doer and will find it much easier to get people to change to better suit your needs.

Dominate Your Space

In order to be assertive you must be able to dominate your space. An assertive personality is very much different from being a bully. The person who is assertive must learn to use the power of body language.

A good distinction between assertiveness and bullying: While assertion stands firm, bullying tries to force.

This is a great clue as to how you should maintain your body language:

- Do **not** lean forward or make overtly aggressive gestures.
- Do take up your space.
- Stand tall and centred.

- Stay firm in your position.

In this way you are able to give orders and make your point. These orders are followed and your point is listened to because of the strength of your personal character, not because the other person feels threatened.

The Ability to Say No

Being assertive is the ability to say no. Never commit yourself to anything that you don't want to commit yourself to. Say no with assurance and with personal strength.

If you understand yourself and your desires, then you will know what you want and what you don't want. If you are being led into something you do not want to do, you need to say no with complete and total strength of character.

Assertiveness Is Not Bullying

To be assertive is not to be a bully. To be assertive is to:

- Understand your personal being.
- Understand your motivations.
- Understand your values.

Knowing yourself implicitly, you then develop the force necessary to stand by these values. Assertiveness is the ability to stand by your values and to not compromise on anything in your life.

True success can only be achieved through assertiveness because it is this assertive power that will create the control necessary to accomplish your will.

Original source: johnkreiter.com
Original article title: Why And How To Be Assertive

Learn to Be Flexible

You must learn to be as flexible as possible when you're trying to accomplish your goals. Life is a very difficult thing to predict. This is so because life is not a closed system---random events and random things can be introduced into it at any time. If you are not able to predict something, then it is very wise to always remember to stay flexible so that you can change in accordance with changing circumstances.

Hold Your Goals Lightly

Always remember to hold your goals lightly. Never put your head down and march straight without deviation. Doing so will not allow you to change course when you need to, and this rigidity of course can make success impossible.

Always ask yourself: "Where can I be more flexible?"

By asking yourself this on a regular basis, you are able to see many more of the options available to you and give yourself a wider variety of probable actions. Never commit to anything too quickly or you will be caught with your head on the road while something comes along from the side and slams you completely off course.

Stay Aware of Changing Circumstances

You must be prepared to change if circumstances change. In order to discover these changing circumstances, you must be continually aware of the things around you.

Stay sharp and focused on the changing things around you and always be prepared to change yourself. Life has many variables and these variables can become actuality with great speed. Nothing is ever simple or as straightforward and predictable as many would like you to believe.

Be prepared to steer around the storm instead of trying to plow through it.

Be Willing to Change Your Goal Completely

It is possible that you might need to change your goal completely. Sometimes we look at things and they seem quite possible and doable, but as we begin our journey we realize that these goals and final destinations are not as attainable as we once thought.

Never let your ego get in the way of abandoning a goal if this goal is not attainable at the moment. Sometimes we allow ourselves to see things that aren't really there and fool ourselves into believing we could accomplish things that are quite difficult just to appease our vanity.

Don't let peer pressure or external influence convince you that you must try something that you know you are certain to fail at. Practice good strategy and stay objective so that you can react flexibly when you need to without letting your pride get in the way.

Be Ready to Change the Steps

It is also possible that you will need to change the steps to get there. A goal in many ways is really a journey, and this journey has different routes. Sometimes the route needs to be changed, which means that your goals might need to change.

With different goals, the steps needed to attain them might also need to change---be prepared to make these changes quickly. Even though some things seem as stable as geography, realize that terrain changes very quickly on occasion.

Re-evaluate Your Motivations

It is possible that your motivations might change and that you might need to re-evaluate. You must constantly re-evaluate your current desires and motivations.

As your motivations change, so do your resources and the amount of time and effort that you can put into any particular goal. As things change with time, it becomes imperative that you take regular breaks to re-evaluate the map leading to your goal.

If things have changed and therefore changed the terrain leading to your goal, make sure that you are willing to flexibly change whatever you need to in order to get your goals accomplished.

Stress Is a Warning Sign

Regular stress is a sure sign that you are not making the correct adjustments. Give yourself permission to take a break and re-evaluate so that you can make the correct adjustments in order to reach your goal in a quicker and easier fashion.

It is a well-known fact that the most flexible species is always the species that will continue to survive. As the world around it changes, the species that is most flexible is able to readjust itself and survive under changing circumstances.

Learn to be flexible in your goals and in this way you will find success rather than failure.

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Original article title: Learn To Be Flexible

Leaders Work with Their People

Leaders always work with their people. A leader must always be able to collaborate with all of the members of his or her team. He must be able to use their resources well and make sure that everyone is working as a cohesive unit. A leader shows teamwork and cohesive action by example---he makes sure that he shows others that he is a team player and that he respects what every single person in his team has to bring to the table.

Your Greatest Resource Is Your Team

A leader must always make full use of his resources. His greatest resource will always be his team. A leader must be able to understand his team and in this way use them in the most effective way possible.

You must also show them how to cooperate and how to act as a unit that will work cohesively without strife.

Why Internal Competition Destroys Teams

Some leaders believe that it is a good idea to pit individuals in his team against each other and in this way supposedly motivate them to try harder. **This type of strategy is shortsighted** and will eventually destroy the cohesion of the team to such an extent that future progress will be impossible.

Competitive strife within a certain team can only bring about distrust from all its members. This distrust will eventually infect the entire unit and will make any creative unity impossible.

The Power of Collaboration

Leaders collaborate with others in order to create group cohesion. This cohesion allows for:

- More creativity.
- Faster results.

- Better group results.

It is most important that the leader knows how to bring about group unity---that leaders subtly push the many diverse personalities in their team into a perfect working unit.

Questions to Build Team Engagement

In order to discover ways to group cohesion and to engage the entire team, always ask your team the following questions:

1. **"What do you think we should do?"**
2. **"What would you do if you were in my shoes?"**
3. **"What opportunities do you think we are missing?"**
4. **"What information or ideas do you have that you think would help in this situation?"**

By asking these questions of all his employees on a regular basis, a leader begins to understand his teammates and also shows them in a direct fashion that he respects their ideas and their input.

Be Accessible

A leader should always try to make him or herself available so that others do not find it difficult to engage him or her in relaxed open discussion.

Any leader that tries to assert dominance through fear and a rigid demeanor will only alienate his people and create a group environment that is not flexible and strong.

The Bottom Line

In order to make the best use of his greatest resource---his people---a leader must learn to collaborate with others. By working together with others and by showing them respect as he does so, a leader creates the kind of unity that any winning team needs.

Original source: johnkreiter.com
Original article title: Leaders Work With Their People

How to Make Hard Choices

Life is all about making choices. The wonderful thing about life is that we choose most of the things that we will experience. Some might say that we consciously choose, whether we realize it or not, all the experiences of our lives. Whatever the case may be, it is true that we constantly need to make choices---and some of these choices can be very hard.

Stay Objective

If you find it hard to make some choices, there are certain techniques that can help you. Something that helps right off the bat is to always try and stay objective.

Emotions are a wonderful way to discover your inner psyche, but sometimes they can get in the way of making good choices because they tend to cloud our perspective. Next time you are finding it difficult to make a choice, see if perhaps your emotions are getting in the way.

If your emotions are getting in the way: See if you can step back from the situation and see it from a third-person perspective. This way you will have a broad view of the situation and a clear mind.

Write Things Down

Sometimes it is difficult to make a decision because the situation is so complex that we are not able to see everything clearly. When this is the case, it is always a good idea to write your potential decisions and the particulars of the situation down on paper.

By writing things down, you stop taxing your mind trying to remember and keep everything in perspective, and you allow your mental energies to focus on coming up with the correct choice.

When we are trying to keep everything in our minds, it is sometimes very easy to forget the small things. This can skew our entire thought pattern because of one missed item. Make it a practice to write down your problems and your decisions on the subject---that way you will have more mental space and energy to deal with any decision or problem.

The "Pros, Cons, and Fixes" Technique

If you are having problems making hard choices, here is a wonderful technique you can use:

Step 1: Create Three Columns

On a piece of paper, make three columns:

- **Column 1: PROS** --- positives, benefits, and advantages.
- **Column 2: CONS** --- negatives and problems.
- **Column 3: FIXES** --- ways to neutralise the cons.

Step 2: List All the Pros

For the decision you're considering, write down all the positives, the benefits, and the advantages of making this particular choice.

Step 3: List All the Cons

Write down all the negatives and all the problems associated with making this particular decision.

Step 4: Identify the Fixes

A fix is basically a negative that can be fixed. Try to take cons from the list and turn them into pros. You are trying to neutralize as many cons as possible.

On paper this can be easy because as you look at your list, you will have one column of positive things and one column of negative things. As you look at these, you should have a better idea of how you can fix some of the big problems that your choice might incur.

Step 5: Compare What Remains

Compare all the pros against all the cons that you could not fix. Now you can look at all the positives and negatives of the choice that you are about to make and come up with a far more logical and objective conclusion.

Multiple Options

If there are many choices---for example, the need to choose between many options---you can still use this method by creating a chart for each of the options you have available.

When you are having trouble making decisions and you think that the problem is either too complex to keep all in your head or that your emotions are clouding your judgment, try this technique and you will find that your choices will become far easier to deal with.

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Original article title: How To Make Hard Choices

Leaders Must Always Be Tactful

Leaders must always confront things in the most diplomatic way possible. When you are a leader you are in the spotlight and as such must always be careful in how you act and what you say. As a leader you must take full responsibility of all your actions because these actions will be intensely scrutinized by all the people around you.

Never Attack Your People

A leader must never attack his people. Many believe that because they are in a leadership position they can treat others any way they want. **The exact opposite is actually the case.**

Because of the leader's position, he or she must develop great self-control or else his or her actions will bring him or her down. The team is the leader's greatest resource and if it is treated in a poor fashion, it is a waste that will eventually destroy the leader.

Whenever you have any interaction with your people, you need to be as tactful as possible.

Outcomes Over Emotional Outbursts

Never approach any situation with aggression. A leader must always be conscious of the outcome before taking any kind of action. **The outcome is far more important than any emotional outburst.**

A leader needs to consider outcomes and final objectives or else he will not be able to get anything done. An objective outlook coupled with logical thinking is the basis of all great leadership.

Without this objectivity, a leader is just a wild ape breaking shrubbery to make a point---most likely accomplishing nothing constructive.

Addressing Problems Diplomatically

If you need to address a problem with one of your people, don't instantly jump on that person's face. The tactful approach is always best when dealing with your people, as they are the only ones that can accomplish what you need done.

Before you confront anyone:

1. Take time for yourself and review the situation.
2. Ask yourself: What happened here? For what reason? What needs to change?
3. Go into the confrontational situation understanding what the problem was.
4. Know what your course of action needs to be.

You can then use the most diplomatic approach possible in dealing with the situation and the employee. Always remember that the most important thing for you as a leader is the correct and ultimate outcome to the situation.

Consider Your Final Objectives

Once you have identified the behavior(s) by an employee that caused the problem(s), you need to come up with a solution that corrects this problem. Most importantly, you need to keep your team's final objective in mind.

Before making a rash or popular decision, the leader must consider what he is ultimately trying to accomplish with his team. It is possible that you sometimes need to do something you do not want to, or something that is not popular, because you need to consider how every personal action affects your ultimate objectives.

This can be tricky because you must:

- Consider your final objective.
- Consider a diplomatic solution to whatever problem you are facing.
- Weigh the consequences of any action you take.
- Consider how your decisions and actions will affect your employees and your chances of achieving your final goals.

Follow Up and Stay Objective

Once you have taken action, remember to always follow up. Make sure you always keep an eye on the results of your actions so you can monitor whether you have made a correct decision or if there needs to be any modification to your actions.

You must always stay nice and never take on an aggressive and vengeful attitude. Objectivity must be maintained so that you can see things clearly and be seen by your subordinates as a fair and just leader.

When Problems Persist

If problems persist, you can then take action to stop the employee or particular problem in its tracks. By staying objective and acting in a fair manner, you place yourself in the perfect position to do whatever it is that you need to do to stop the continuing problem.

Positioning yourself as a fair and objective person, you can now act in a decisive fashion and whatever decision you make will be seen as strong and tactful action.

The Sacrifice of Leadership

While as a human being you need to express your emotions, as a leader, make sure that you curtail any negative emotions that you might feel around your team. **This is one of the great sacrifices of leadership**---that you must stay stable and strong for the betterment of the team.

A leader needs to act tactfully and diplomatically in order to achieve his goals in the most efficient way possible.

Original source: johnkreiter.com

Always Try to Build Powerful Alliances

Always try to build alliances. An alliance is a cooperative venture that you make with someone else or a group of others. This cooperative venture allows you to accomplish things that you are not able to do on your own and to overcome barriers far more easily.

Win-Win Is Essential

An alliance should always be a win-win scenario. Whenever you make an alliance with another group or individual, make sure that you are always in a win-win scenario.

Of course you always want to align yourself in such a way that you are in a winning position---this after all is the reason for most alliances. But you must always also try to make sure that those that you align yourself with are profiting as much as you.

This is very important: Any alliance that is developed through crooked methods will always cause you far more grief and hardship than help.

The Value of Good Alliances

You can save yourself a ton of work if you are willing to associate yourself with the right people. Good advice is worth its weight in gold. Sometimes just a simple sharing of information can create strong alliances that help both parties.

The Natural Way to Create Alliances

The most natural way to create strong alliances is to just be nice to other people. There is no better way to create wonderful cooperative ventures than to be respectful, giving, and good-hearted.

Basically, if you are nice to others, others will be nice to you.

There is no need to develop a cloak-and-dagger attitude where you see the entire world as a harsh and competitive environment. By simply being kind to others, by being empathic, and by finding out and giving others what you think they need, you develop natural relationships and alliances that are very strong.

With an open heart you give naturally and your strategy becomes the strategy of no strategy.

Overcoming Fear of Giving

Many do not wish to give of themselves because they believe they will be hurt, and that alliances created this way can be dangerous. But if you really contemplate how you create alliances, you will see that this is one of the most logically powerful ways to create good and powerful cooperative ventures.

This is so because alliances created in this way have a **deep biological basis**. All of nature creates and cooperates in this way, and as natural creatures ourselves, we too have a deep biological imperative to be part of cooperative ventures where win-win is a natural conclusion.

Cooperation Is The Foundation

It is a popular notion that the world is a competitive environment where everyone and everything is out to destroy and eat the other. **Scientists have discovered that this is not correct**---all of nature functions as a cooperative whole where everyone and everything gives as much as it takes.

Think about a driver driving on the road. This driver is not able to drive properly if he or she cannot trust every single other person on the road. Even though there is a lot of argument and profanity on the road, underneath this antagonism there is respect and trust.

Nothing can be built or maintained for any length of time without a cooperative venture where all involved believe that they are getting what they want and that they are being treated fairly.

The Power of Good Alliances

A good alliance always works to your benefit and will allow you to do things that you could never do on your own. A good alliance will allow you to save tons of work and to make whatever work that you have to do much easier.

The best way to create a very good alliance is to be natural and create cooperative ventures that are win-win in nature.

Original source: johnkreiter.com
Original article title: Always Try To Build Powerful Alliances

Never Make Yourself Second Best

You must never forget that you are the most important person in your life. Some, especially parents, would disagree with this statement, but the fact of the matter remains that if you do not treat yourself well or consider your own needs first, you might not be around long enough to take care of those that you really care for.

Since you are at this moment looking out at the world from within yourself, using your senses in an outward fashion, you could really say that you are at the center of the universe. Even though you might think there are other things outside of you that are more important, the world begins from your own inner being outward.

Don't Lose Yourself in Love

Never lose yourself through the loving of another. Great love and passions can sometimes completely take over our actions and we end up losing our own self-identity as a result.

This kind of "self-annihilating love" can seem quite satisfying at the time but it can have very negative consequences. To lose yourself in this way means that you believe that the other person or thing is far more important than you, and that to give up your total being to this other---perhaps even your life---is worth it.

You must realize: There is nothing more important than your personal self. True love is expressed in a balanced way where love of the other and love of the self work in tandem.

There is no real love of others without the love of self. Anything expressed without the love of self is really a nihilistic drive that eventually destroys the lover and the loved.

Respect Your Feelings

Not making yourself second best means respecting your feelings. Never suppress your feelings but always try to express them as fully as you can.

While this does not mean you should impose your feelings upon others, it does mean you should allow yourself to feel your feelings fully in the privacy of your own being.

Your feelings can let you know when you are not loving yourself enough by perhaps having you experience selfishness or anger. These feelings are not negative---they are just letting you know that you need more time on yourself and that you need to take care of yourself and your own needs.

Express your feelings and get to know your feelings. Get to know what they mean and use them to discover your true self.

Honor Your Passions

Honoring yourself means honoring your passions. We are all given only a certain amount of time in this life, and wasting it doing things that you do not want to do or what others think you should do is a waste of your personal life.

Never make yourself second best---always follow your passions because they are yours and they are the desires you have.

Cultivate your personal hobbies and always make sure to take enough time for yourself to just think and contemplate your own life. By taking time for yourself you will discover your own thoughts and with these will discover yourself.

The Mirror Exercise

Treat yourself to something nice at least once a day. Stand in front of a mirror, look at yourself, and say: **"I love myself."**

Some people might find this to be incredibly difficult. If this is the case, you must ask yourself why this is so. It is possible that you could have been told by others---perhaps parental figures---that this is a bold and vain way to act. If others told you this, then they did not truly understand what personal expression really means.

This little exercise can have incredible benefits:

- Identifying the beliefs that are creating low self-esteem within you.
- Beginning to increase your self-esteem and personal identity by having you face those feelings.

When you love yourself, you only wish the best for yourself, and as a result you stop sabotaging your life through negative thoughts and emotions. When you love yourself, you can love others truly---without nihilistic dependence on the other.

Original source: johnkreiter.com

Good Leaders Lead Through Motivation

As a leader you must be perfectly clear about the fact that you have to tell other people what to do. Leadership basically means that you set the course---you are the one that says where you and your team will go and what you will do to get there. Since you are the head of a group, team, or organization, you are the one in charge of giving orders and making sure that others do as you say.

Never Command Through Fear

Good leaders never command through fear. Any leader that believes he can control and command others through fear will have a very short career.

Fear only creates antagonism and resistance, and leading this way is very draining. A leader that tries to get others to do things through fear and angst will only create a self-defeating atmosphere that has no possibility of accomplishing anything but self-implosion.

Command Through Motivation

A good leader always commands through motivation. He begins by:

1. Creating trust.
2. Letting those below him know that while he is the leader, he is not better than them.
3. Motivating them through passion and internal desire to accomplish whatever needs to be done.

In this way his unit develops cohesion and a type of internal fortitude that allows his team to withstand any obstacle. It also gives his people the motivation to always give 100% in whatever they do.

Discover What Drives Your Team

In order to lead your team through motivation, you must find out what drives them. You must have enough awareness to find their likes and dislikes. A good leader must involve himself or herself in his teammates so that he or she knows exactly what to do to get them to perform at their best.

Questions to discover your team's motivation:

- What part of the work do you like?
- What part of the work do you dislike?
- What do you think your work style is like?
- Do you like working with other people?
- Do you like working in teams? Why?
- What do you think you will be doing in ten years?
- What are your values? What beliefs are important in your life?

Understand Each Individual

It is very important that a leader understands his people. Each individual belief, value, and opinion is important and will set the standard for the dynamic of any group environment.

Each individual must be treated:

- With respect.
- In accordance with his or her wishes.

The leader must make compromises and must know where he can push in order to make sure that all is done in the best way possible.

Perfect Leadership Seems Like No Leadership

Perfect leadership is like no leadership at all. What this means is that the perfect leader seems to not actually lead---he or she just naturally opens the way and lets the people perform in their natural manner.

This type of leadership requires incredible intuition and the ability to place your team just right so that they accomplish what needs to be done through their own internal desires and motivation.

If you can manage to lead your people through the correct motivation, you will develop an incredibly loyal team that will do anything you ask of them.

Original source: johnkreiter.com

Great Leaders Always Pay Close Attention to Others

Great leaders always pay great attention to the people that they are dealing with. Every interaction---no matter how small or large---requires full focus and attention. Leaders do not take things for granted; they realize that the only way to win is to never overestimate or underestimate either the situation or the people before them. Every interaction is a kind of battle where full attention must be given.

Understanding Needs Leads to Success

By concentrating fully on the other person, leaders are able to correctly assess what the other person needs. By identifying these needs, a leader is able to figure out exactly what is needed in order to either win in a situation, or how to get others to do what they want.

While leaders have a natural propensity to see situations in a martial sense---where tasks must be attacked and overcome---they must also realize that the best way to deal with any situation is to come up with a win-win scenario. In order to do this, leaders must be able to create a cooperative environment instead of environments where "dog eat dog" is the norm.

Empathy Creates Trust

By being empathic about the needs of others, a leader is able to create trust. **You cannot fake this kind of trust**---it is only manifest when you are truly concerned with the needs of those around you.

In this way the leader is able to create a band or a tribe of trusted followers that are willing to work harder and to put more on the line in order to accomplish what he or she desires.

People Over Projects

A good leader must be able to show the people below him that they are far more important than the project at hand. He must make it apparent to his followers that they are the driving force that can accomplish the required task, and that without them there is only failure.

This kind of impassioned rhetoric cannot be made without a true understanding and belief that the team is important and invaluable. And this understanding is not possible without the leader's ability to focus on his people and on their needs.

A leader that is not able to focus on other people will not have the kind of understanding and flexibility required to create passion and cohesion in his followers.

Developing Empathy as a Leader

In order to become more empathic as a leader, challenge yourself to pay more attention to the needs of others:

- Ask yourself what the other person needs in every situation you face
- Always try to put yourself in the shoes of the other person
- Try to imaginatively contemplate what the other person is feeling

A leader must be able to expand his or her consciousness so that he or she can see things in a broad perspective, and in this way discover new insights that will allow them to succeed where others have failed.

Compassion Is Strength

By paying great attention to others, leaders show their compassion. While some would tell you that compassion from a leader is a negative thing, the reality is that **people will not follow leaders that do not show humanity**.

In the leader, compassion is seen as great strength because it takes great strength and conscious ability to be able to realize the needs of everyone and everything when you are in a high position.

Many believe that it is difficult for a leader to look down and around them, as leadership is usually identified with an aggressive need to look forward and push ahead. Any leader therefore that is able to find enough compassion to see and understand those around them is seen as being far more capable than the average.

The Rare Empathic Leader

Being a leader means being empathic. It means:

- Taking the time to feel out what those around you need.
- Having the empathic ability to see into every situation.
- Being able to register exactly what is needed in order to win.

This capability is rare and highly prized because leaders that are able to do this are able to create new possibilities and to get others to do things that they would not normally do.

Learn to focus on the other and you too can become this kind of leader---the leader that is prized and is in high demand.

Original source: johnkreiter.com
Original article title: Great Leaders Always Pay Close Attention To Others

Leaders Simplify the Message

A good leader needs to simplify the message. It is most important that as a leader you are understood perfectly, and that you make your message as clear as possible. You will not be able to get others to do what you want unless your message is simple and clearly stated. Others will also not pay attention to you if your message is hard to follow and difficult to understand.

Attention Is Everything

Influence is most important to a leader. The most important precept of influence is the ability to capture attention. **If you cannot hold the attention of others, then it is impossible to manipulate that attention.**

If a message is boring because it is too long and too hard to understand, you will not have the kind of attention that you need in order to persuade well. To be a great leader you need to be a master persuader, and a master persuader needs to have a strong, clear, and simple message that will be easily understood by those that need to hear it.

Respect Their Time

People seem to have far less time now than ever. If you find yourself in front of a meeting or engaging a client, they will be far more receptive to you if you are able to show them that you understand their time constraints.

You do this by simplifying your message and showing them that you appreciate their time enough to make what you have to say simple and to the point.

Warning signs to simplify more:

- Clients looking at their watches.
- People looking away frequently.

Make your message simple and to the point and others will stay engaged to what you have to say, and will dedicate more time to process it.

Make It Interesting

Part of simplifying the message means making that message interesting. If your message is interesting, it will capture the attention of those hearing it. This interest creates a natural desire to want to examine your message and give it more mental time.

Ways to make your message more interesting:

- Make it quick and fast.
- Change your pitch and tone.
- Articulate your ideas using colourful metaphors.
- Use the power of reframe.

The Reframe: Add unexpected ideas, points, and personal thoughts. The reframe is really the ability to create an "AHA" moment in the listener's mind. A reframe is really just like a joke---it completely changes how one was perceiving a certain idea.

Leave Them at a High Point

Simplifying the message means that you want to leave your audience at a high point. Whether you're giving a speech, addressing clients, or talking to your employees, you want to have a quick and fast message and leave the listener at a point of high energy.

Make it quick, fast, and intense. Leave them wanting more and you will be appreciated as a great speaker and commander.

If they do have questions, then they can talk to you afterwards---and this is a great way to have one-on-one time with those individuals that matter most.

Simplicity Is Persuasive Power

If you can simplify your message and make it exciting, you will greatly improve the kind of persuasive ability that you have. Great leaders need to pursue power, and by simplifying the message, you gain persuasive power.

Simplify the message and you will become a powerful and charismatic leader.

Original source: johnkreiter.com
Original article title: Leaders Simplify The Message

To Be a Good Leader, Act Like a Leader

In order to be a leader, you must act like a leader. It is possible that you could find yourself in the position of leadership, but you truly will not be a leader until you begin to act like one. Leadership is a difficult and challenging role and must be given great consideration or else you will fail.

Position Does Not Make You a Leader

It is possible that you are now a leader because you own a business or you have been assigned a task by your superiors. If this is the case, it is most important that you consider deeply how a leader should act. If you do not, it is quite possible that you will not be able to accomplish your goals.

Not acting correctly as a leader can have dire consequences:

- You could fail and perhaps totally kill a project.
- "Monkeywrench" your career.
- Thwart your business.

Characteristics of Good Leadership

In order to become a good leader and therefore act like a good leader, think of these characteristics as your guide:

1. Believe You Can Shape Your Life

Leaders must have confidence in themselves and in their abilities. They must believe that they have the power and the skill to create a positive life for themselves. A leader must know first and foremost that he can change his life for the better before he tries to involve himself in the life of others.

2. Lead Through Good Dealings, Not Control

A leader must be empathic, and his relations with others must be based on his or her deep understanding of the other person. **Control is always a sign of fear and is therefore a sign of weakness.** Others will challenge this weakness.

3. Cooperate Instead of Overpowering

Making people do anything is a negative practice and one that will not last very long before someone stands up to challenge your authority. Leaders lead by creating passion and camaraderie, instead of trying to belittle and overcome.

4. Motivate Others to Contribute

By realizing that the people in your team are your resource and must be used in the best way possible, a leader soon realizes that the best way to get the best from his people is by positive motivation.

If you order someone to do something, you will at best get the minimum from them. But if you motivate them in the right way, they will give you the best that they have. If you can't positively motivate others to contribute and give you their best, then whatever task you are trying to accomplish is destined to fail.

5. Get Others to Follow Through Respect

If you try to get others to do something because you think that you are entitled as a leader, then you are truly not a leader---you are just a spoiled brat.

In order to have others follow you, you must set yourself up as the example that others will look up to. Leaders must get others to like them or at least respect them by showing their team that they are worth this respect.

The Bottom Line

Good leadership takes talent and personal training on your part. It can be given to you or thrust upon you, but it does not mean that you are actually a leader---it just means that you are put there through circumstance.

To become a good leader you must learn to act like a leader. If you do not, then you will fail and whatever task that you were performing will fail. Learn to act like a leader and you will not fail yourself and others.

Original source: johnkreiter.com
Original article title: To Be A Good Leader, Act Like A Leader

What Is Persuasion?

Persuasion is an incredibly powerful ability. It is the ability to get others to do what you want them to do. Or to be more specific---it is the conscious act of getting someone to do what you want them to do.

The Power of Attention

Through persuasion you are able to get others to focus on you exclusively. You can focus their attention so that you become the center of their world.

This attention can be conscious or unconscious---the difference being that the person you are trying to persuade is either aware or unaware that you are now controlling the focus of their minds.

When you have this total attention, you are able to change their beliefs and emotions so that they act differently from what was expected. The more attention that you can get from someone, the easier it becomes to change their minds.

The Art of Storytelling

Persuasion is the interaction between you and other people. It involves:

- Words.
- Gestures.
- Body language.

These are all used in conjunction in order to tell an enticing story. This communicative effort allows you to refocus the other person's mind onto thoughts and ideas of your choosing.

You become a magician of sorts that weaves a spell which allows your audience to see and feel what you are saying.

Persuasion vs. Regular Communication

Any kind of communication is a kind of persuasion. Any communication is the act of having "the other" completely understand what you are trying to express. To do this you must be able to get the other to see and feel what you want them to, using metaphor and grand gestures in order to express yourself in the best way possible.

The real difference between persuasion and regular communication is that with persuasion you are consciously trying to get a certain response from the other.

The Fundamental Principle

There are many techniques and abilities that can be learned in order to become a better persuader. The fundamental principle though is **the ability to be an incredibly good storyteller**.

Your ability to grab someone's attention and to have them completely experience what you are saying involves the ability to captivate others through the magic of your words and gestures. This is definitely a skill that can be improved. It requires attention and effort because it is so important in our daily interaction with others.

Develop Your Persuasion Play

You might try to develop your own "persuasion play"---this is a planned act that you design yourself, using proven techniques, to persuade others to do something that you want.

It is essentially a technique that you develop and keep for when you need to persuade someone else.

Elements you can use:

- Body language.
- Voice pitch.
- Eye contact.
- Metaphor.

All of these can help you deliver an impactful message that will be able to persuade another person to your way of thinking.

Conscious vs. Unconscious Persuasion

Persuasion is a natural action that we all do everyday, but there is a difference between our conscious doing of it and what we all do naturally.

True persuasion is:

- A conscious act with a definitive objective.
- Something that can be improved and perfected.
- A powerful tool in your arsenal.

This type of true persuasion is the key to interpersonal relations and therefore the most important skill to develop for all of us.

Become a master of persuasion and the world is your oyster.

Original source: johnkreiter.com

Become a Leader

First and foremost: becoming a leader means that you take responsibility. Whether this means responsibility for your general situation in life or just the situation that you find yourself in at the present moment. This personal responsibility is the one factor that will spur you to take action in your life.

Why Most People Are Followers

The majority of the human population is made up of followers. The biggest reason why most people are followers is because it's much easier to take orders than to give them. It's much easier to not have to put your neck on the line.

But there might come a point when you say to yourself that enough is enough and that the outcome of a situation is too important. At this moment you will have to make a decision to take responsibility for the outcome, because as they say, **"If you want a job done right, you have to do it yourself."**

Remember: **True leaders are self-made, not born.**

The Art of Telling People What to Do

The most important factor in good leadership is the ability to tell people what to do. But it's not simple. A leader must learn to influence others in such a way that he or she does not ruffle any feathers.

Leaders must master the art of prudence and group cohesion. To be a good leader means being very understanding of the needs of others. Only when you can understand the needs of those that you wish to lead will you have any chance of attaining a leadership role.

The idea that the best leader screams orders and rules through fear is wrong. In elite armies, the leader is always responsible, respected, and liked. **If people don't like you in a war situation, you tend to accidentally get shot in the back.**

How to Get Others to Follow You

People follow strength and certainty. They follow those that act in a very congruent manner.

Congruency means that all your actions (body language), tone, and phrasing are aligned with the message that you are conveying. When you say something, you believe what you say with every ounce of your being.

People follow those that seem very certain of what they are doing and seem to know exactly where they are going.

See the Big Picture

In order to be a leader, you must see the big picture. You must understand:

- Where you fit in the scheme of things.
- To whom you answer.
- What the overall group motivation is.
- What the general group benefits, rewards, and punishments are.
- What obstacles you must overcome to accomplish your mission or goal.

Lead by Example

To be respected and trusted you must set an example that others would follow. **Truly grand leaders do not even need to command others at all.** They just set an example that others must follow. When advice is asked of them, they respond with kind words and set others in motion towards the completion of the group objective.

Essential Leadership Skills

Maintain Good Relationships

Work very hard to maintain good relationships. Always show others as much respect as you can. In this way others will be prepared to follow you anywhere. If you ever disrespect another, they will remember it for the rest of your relationship together.

Know Your Trade

Understand your trade better than anyone in your team. You don't need to know the ins and outs of every little thing, but you must have a familiarity with all the things you will be dealing with and most importantly understand how these things fit in the big picture.

Master Communication

Learn to communicate. Rehearse if you must but be sure to master the art of verbal, kinesthetic (body language), and written communication.

Practice Fair Judgment

Being a good leader often means being a good judge. Practice the art of fair and ethical judgment. Learn to logically appraise a situation and give judgment in the most fair and humane way possible.

Assign Tasks Wisely

Leaders must know how to assign tasks. You can't do it all yourself. Judge the characters and merits of all the people you are charged to lead. Discern the strengths and weaknesses of each member and assign tasks accordingly.

The Bottom Line

Being a leader takes a lot of hard work and diligence. That's why most people would rather just be followers and why most leaders fail. But if you have the will and desire to become a leader, then you only need courage and hard work.

Your courage will come from taking responsibility for your life and your situation. And with hard work you will learn to master the techniques needed to change your life and the life of others for the better.

Original source: johnkreiter.com

The Power of the Eye to Persuade

Would you like to learn a technique that can persuade others and bend them to your will? How about a way to stop another person in their tracks and totally invade their soul? Would you like to learn a technique that creates instant sexual tension?

This is exactly what this technique teaches. If you master it, you will be able to exert your will with incredible results.

The Evil Eye: An Ancient Recognition

In Greece and Southern Italy, old fishing boats are adorned with a single eye---the eye of Hera (Greek Goddess)---for protection from "The Evil Eye." The power of the evil eye is a belief held by just about every culture in the world, from Greece to Rome, Egypt, Latin America, to Sub Saharan Africa and beyond.

This illustrates the power of the human gaze---recognized by every single ancient culture on earth. A strong gaze is really a projection of a strong will. A person who has mastered the technique of the powerful gaze can project their intentions---whatever they may be---with great force.

Training Exercises for Developing a Powerful Gaze

Exercise 1: The Dot

Take a piece of white paper, draw a small dot on it, stick this paper on a wall just below eye level, and stare at it for fifteen minutes. This develops focus and concentration.

Your eyes will want to wander---refocus them and keep staring at the dot. Commit yourself completely to staring, putting the full force of your being into this effort. Blink as often as you need but keep your eyes on the dot.

Exercise 2: Following the Line

Look up to the top corner of a room. Follow with your eyes the line that connects the ceiling to the wall, from one corner to the other. Move your neck but keep your eyes focused on that line. If your eyes waver, start again. Do this fifteen times until your eyes don't waver from the line.

Exercise 3: Mirror Gazing

Stand in front of a mirror and stare into the reflection of your eyes without blinking. Do this for as long as possible.

Your eyes will get itchy and water. When you have to blink, take a break then begin again. Work up to staring for 30 seconds without blinking. (The Greek Evzones guards are said to stare without blinking for their entire watch!)

The "Dropping the Stone" Technique

Timing is very important. What you want is to catch the object of your intention by surprise. One minute everything is going great, then boom---you let them have it. This technique is called **"dropping the stone."**

Use this when the other person is not expecting it. If you want sexual attraction, use it after striking up personal conversation---one minute you're making small talk, then they look up at you and you drop the stone.

Application Instructions

For Persuasion/Winning Arguments

- Remain totally calm and unemotional
- Let them talk about unimportant things
- Drop the stone whenever you make a point
- Logically and calmly say your piece while staring into their left eye
- Do not become frazzled or impatient
- Once you've dropped the stone, do not look away anymore
- Keep gazing and making your point politely until they blink

For Dominant Sexual Attraction

- Stare at the object of your affection until they blink or look away
- Do NOT "stare down" the person---there's a difference between winning a staring contest and being provocative
- Think of it as showing how much you want them, not as a contest
- If they start talking, talk back but don't blink until they blink

For Submissive Sexual Attraction

- Stare at your love interest but give in at the last moment
- When you lock eyes and feel that connection/tension, hold the gaze for a second
- Then smile and look down at the ground slowly

After performing your power gaze, look somewhere else and act as if nothing happened. If the person is interested, they will send signals.

Do not underestimate the power of your gaze and of a strong focused look. Next time you want to exert your will or create sexual tension, "drop the stone."

Original source: johnkreiter.com

Meeting Goals

Many people set goals for themselves, which is a good thing. Unfortunately, following through on those goals becomes a very difficult thing for many, and most goals are never achieved. The methods below are intended to make a goal more specific and easier to act on.

Get Clear on Your Goals

Let us begin by becoming very clear on what you want your goals to be. To do this, you will have to spend some time alone and explore your inner visions. **See a picture of your ideal future self and work backwards to find out what you will have to do to get there.**

It's also possible that you already have a list in your head of all the things you would like to accomplish. This will not be enough though---you have to put all these goals on paper.

Create a Mission Statement

You have to create for yourself a sort of mission statement that will give you the guidance you require to get yourself going in the right direction.

Why writing goals down matters:

- It makes them real.
- It takes them out of the chaotic mess your mind can become.
- It allows you to have focus.
- It allows your mind to begin working on solutions to obstacles.
- It prepares your mind to work hard for your benefit.

Get detailed: plan your short-term and long-term objectives, but more importantly create an **inspirational paragraph** that will represent what you plan to accomplish.

Dreams vs. Deadlines

It is very important that your goal is a **dream that you have**, not a deadline that you have to meet.

If you think of a goal as a deadline, the pressures you put on yourself will never allow you to meet those goals. Deadlines seem logical since this is how things work in a mechanical world, but people are far more complex than a mechanical instrument. You have to take into account that you are a person with feelings---when you don't consider your psychological make-up, you are not taking advantage of your full potential.

When you try to achieve a dream (as opposed to meeting a deadline), you are following an inner vision. You look forward into the future and you are inspired to use all of your abilities because you have a deep desire to fulfill a wonderful dream.

Learn to see your future goals as wonderful dreams and you will naturally create a forward momentum that will give you the strength and impetus to achieve them.

The Ultimate Inspiration: Your Mortality

If you need some final bit of inspiration, there is nothing more inspirational than your death! If you were to die tomorrow, what would you have accomplished today?

Think about:

- What your tombstone or obituary would say.
- What people would say at your wake.

As gruesome as this might seem, try to think about what others would be saying about you after your death.

Would they talk about all the things that you did or would they talk about what a quiet and dull life you led? Would they talk about the fact that you died young because of your eating habits, or would they talk about the fact that you were in amazing shape and looked great even at your advanced age?

Become the person that you always wanted to be before it's too late.

Original source: johnkreiter.com

Persuade Others with Voice Power

The ability to persuade others to your desires is an incredibly powerful thing. It is hyped about in many articles, books and seminars. What is rarely discussed though is the power of the voice to persuade and entice others.

The Power of Voice

The timbre and resonance of a powerful voice can make a great impression on a person. The power to move people emotionally with your voice can be incredibly potent when you are trying to persuade others to your point of view.

The power of a well-developed voice can:

- Shatter glass.
- Entrance and soothe.
- Affect even the coldest heart.

The need to develop a powerful speaking voice is most important for anyone that has to deal with people on a regular basis. Unlike other persuasion techniques that require you to be in front of the person, this technique allows you to affect others even while on the phone.

Voice Development Exercises

The following simple exercises will allow you to develop your voice so that in a very short period of time you will be able to have a dramatic influence on others through speech alone:

Exercise 1: Humming

Sing with your mouth closed. It doesn't matter what you sing, but don't sing too loud as this might damage your vocal cords. This exercise develops the timbre and musicality of your voice. Easy to do every morning as you are getting dressed and ready for work.

Exercise 2: Syllable Pronunciation

Read half a page from any book out loud, pronouncing every syllable of every word in a clear and prolonged manner.

Example: *I-saw-te-rri-fic-thun-der-while-I-was-at-the-ca-bin-by-Kam-loops-lake.*

Exercise 3: Consonant Emphasis

Read the same words, but this time pronouncing each consonant as if it were three letters instead of one. This develops clean, perfectly articulated voice with clear, crisp tonality.

Example: *I-sssawww-ttte-rrrrrri-ffficcc-thththunnn-ddderrr-whwhwhillle-I-wwwasss-attt-thththe-ccca-bbbinnn-bbby-KKKammm-lllooppppsss-lllakkke.*

Exercise 4: Speed Practice

Repeat Exercise 3 at a faster rate. Increase the speed at which you can read the passage, but never forget to pronounce the consonants as if they were three, and add pauses when needed.

The Results

These exercises quickly develop your "verbal suggestion" power. They make the voice:

- Larger than life.
- Penetrating.
- Very persuasive.

Your words will be recorded deeply within the mind of those you are communicating with. They will embed themselves in their minds so that your words will be remembered repeatedly throughout the day.

If you are diligent in your practice, it will be very hard for others to refuse your affirmations and nearly impossible for them to refuse your instructions.

Usage Guidelines

Do:

- Maintain a serene state while speaking.
- Never lose sight of the final desired outcome of your words.
- Pronounce all syllables in a clear and crisp manner.
- Wait until the other person is done speaking, then use your powerful voice.

Don't:

- Rush your words (this causes them to lose power).
- Irritate those to whom you are speaking.
- Interrupt when another person is speaking.
- Argue.

If by the end of a conversation you have not gotten the other person to your point of view, do not act nervous. Hide any emotional response because the game is still on. Your words, because of the power of your voice, have been deeply embedded in the listener's mind and they will undoubtedly ponder them long after you have parted.

Original source: johnkreiter.com
Original article title: Persuade Others With Voice Power

Leaders Are Masters of Paradox

Reference: The Art of War by Sun Tzu

Those that would be successful leaders must master paradox.

Leaders Must Be In It to Win

Whether it's overcoming an obstacle, finishing an objective, or beating the opposition---leaders have to be in it to prevail. If you do not carry a winning objective in mind, those that follow you will soon rebel.

Leaders need followers and followers need to feel that they stand behind someone that is strong and will succeed against any opposition. **You cannot fake a winning attitude.** You must know deep within yourself that you can win, that you will win, and that you have the methodology to win.

Winning Means Being a Master of Contradiction

When they expect you to go high, you have to go low. When they think that there is no way that you can catch up, you must appear ahead of them. To do this you have to appear to be one way while in reality you are the complete opposite.

To win, you must do what they don't expect. In order to catch the opposition off guard, you have to trick them into thinking one thing while in reality you do something completely different.

The Art of Strategic Deception

When you are prepared, appear unprepared: When you have finished all your work and are ready to move ahead, appear totally unprepared. Frazzled and unready in appearance, within you are ready to strike ahead. Act agitated but be prepared.

When ready to attack, appear ready to retreat: When you are ready to let them have it, act as if you are ready to run. Don't telegraph your moves, especially your attacks. An attack or strike is a forceful action---this can be a strong attempt to overtake an obstacle, direct line of questioning in a debate, or the launch of a new product.

When emotional, appear calm (and vice versa): If you are boiling mad and crazy with emotion, appear to be the picture of calm peacefulness. This is beyond not sweating the hard stuff---this is outright deception. If you are calm, then appear emotionally crippled. sweat when it suits you. If you care, act as if you don't; if you don't care, act like a nervous wreck.

When united, appear scattered: When your people are cohesive and united, make them seem like they are all over the place.

The Purpose of Paradox

The idea is to portray a completely different image of what you are. The reason is simple and obvious: **if your competition knows what you are going to do, they can counter or block any move that you make.**

Winning means taking the initiative in all action and always being one step ahead of the competition. If you are easy to read, then you are at best second. People do not follow second best.

Important Caveat: Never Deceive Your Own People

Don't make the mistake of appearing weak, clumsy, or haughty to your own people. The idea is to deceive the opposition and not to discourage those under you.

Let your people in on your deceptions:

- Command with a velvet touch and keep them in the loop.
- When in private council with your people, talk straight and let them see your strength.
- If you are planning something big, let them know about it.
- If it is better that some people stay in the dark, at least let them know you are on top of things.

- Always assure those you would lead that you have it under control.

Those that win act as if they can't... until it's the right time to move.

Original source: johnkreiter.com
Original article title: Leaders are Masters of Paradox

Be Swift and Win

Reference: The Art of War by Sun Tzu

Great leaders must be swift. Whatever it is that you need to do and whatever it is that you have to get done, has to be done quickly and with great confidence.

Calculate, Then Strike

You must calculate, and while you calculate you must not appear as if you are calculating. You must become a master of misdirection, and never let your competition see your intention.

BUT there will come a time when calculation and misdirection will be over---this will be the time to act.

Action must always be swift and aggressive even when it might appear that it is the easiest thing in the world. Action must always be focused, decisive, and fast.

The Danger of Prolonged Action

A leader cannot afford to take any action that will be prolonged in any way. If you prolong your actions, you are taking a huge risk that:

- Your forces will be depleted.
- Your strength will be gone before you can best whatever obstacle you are facing.

If this is the case and you find yourself facing an obstacle that you can no longer best because of your lack of forethought and swift action:

- Other leaders will be appointed in your place to do what you could not.
- Those beneath you will be subject to harsh criticism.
- Your people will be seen as lacking in skill and ability.

The Formula for Success

These problems must be avoided at all cost. The way to avoid them:

1. **Calculate beforehand** - Only act when your efforts are sure to be short, sweet, and highly effective
2. **See the weakness** - Identify the Achilles heel in the obstacles or challenges you face before you take action
3. **Rally your people** - Make sure they know what they are doing to the letter
4. **Gather your forces** - Weigh the consequences of your actions
5. **When certain, ACT** - Act swiftly, with the full momentum of all your people and forces at your disposal

Intelligence Without Speed Is Useless

You could be the smartest person imaginable. You could be incredibly clever and imaginative. **This unfortunately will not make one bit of difference.** Once you find yourself in a prolonged campaign that has no end in sight, you are done.

Even clumsy and brash actions can be successful sometimes---most usually if they succeed quickly. But you will never find any success in an action that is long and dragged out.

This Applies to Everything

Please do not make the mistake in thinking that this is effective only when it comes to physical conflict. **All action follows this rule**---whether it is a marketing campaign, a mountain climb, or crossing the street.

Large Vision, Swift Execution

You can have a large vision. Any challenge poses many obstacles. The idea is that before you undertake any challenge:

- Try to foresee as many obstacles as you can.

- Make your move only when you know you can deal with these obstacles in a winning manner.

Winning means acting quickly. Winning strategy is swift action!

Original source: johnkreiter.com

The True Cost of Leadership: How Leaders Calculate and Manage Risks

Reference: The Art of War by Sun Tzu

What Is the Real Cost of Leadership?

Every meaningful goal comes with a price. Leadership demands sacrifice in time, energy, and often reputation. The cost is not only financial; it also involves personal risk, strategic planning, and long-term accountability.

Why Every Decision Has a Cost

Every objective you pursue has an underlying cost that extends beyond money. Leadership requires awareness of what is at stake: your credibility, your team's trust, and your organization's stability.

When you take responsibility, you open yourself to scrutiny, which tests your integrity and judgment. **True leaders understand this balance and act only after weighing all potential consequences.**

How Leaders Calculate Risk Before Acting

> Figure / source plate
> A leadership decision stack from purpose and context through communication and review.
> Source asset: assets/article-corpus-file19.png

Leaders who succeed do not act on impulse. They analyze situations, measure risks, and plan outcomes before committing resources. To master this discipline:

1. **Recognize that every decision carries both visible and hidden costs**
2. **Evaluate emotional impulses before making an irreversible move**
3. **Gather data and anticipate potential results**
4. **Commit only when you are fully prepared to invest every necessary resource**

A simple rule: *Walk softly and carry a big abacus.* Always calculate before you act.

What Makes a Leader a Risk Taker?

Leaders are natural risk takers because progress always involves uncertainty. However, good leaders are **strategic risk takers**. They weigh potential rewards against potential losses and accept responsibility for the outcome.

By predicting challenges and preparing responses, leaders transform risk into opportunity.

Planning vs. Impulse: The Leadership Balance

Impulsive actions often lead to lasting losses. Planning requires patience and foresight. Great leadership lies in balancing intuition with analysis.

Quick insight: Successful leaders think ahead before they act. They ensure that every risk taken is deliberate, strategic, and purposeful.

What to Do When You Cannot Plan Ahead

Sometimes, leaders face immediate crises that prevent full preparation. In such cases, strong leaders **create time**. They use quick-thinking strategies to buy moments for analysis and resolution.

Practical steps:

1. Distract the competition to regain tactical space.

2. Use those moments to review and realign your position.
3. Choose the most effective immediate response.

The ability to create time under pressure is a mark of exceptional leadership.

Turning Crisis into Opportunity

Imagine being thrust into a situation with impossible odds. A great leader remains calm, adapts instantly, and finds creative ways to maneuver. Like walking into a den of hungry lions and emerging with their food bowls---this symbolizes mastery through adaptability and mental control.

Why Calculation Leads to Leadership Success

Leadership requires continuous assessment. The more you calculate before acting, the greater your control over outcomes. This process builds trust among team members, as they recognize consistent, thoughtful decision-making.

With trust, teams become motivated, cohesive, and resilient.

Original source: johnkreiter.com

Calculate and Win

Reference: The Art of War by Sun Tzu

In order to be a good leader, you must be able to conceptualize and implement strategy. Any action that we take in life---whether it's buying a house, eating dinner, or crossing the street---involves strategic thinking and action.

Strategy Applies to Everything

It is the craziest of notions to think that strategy does not apply to everything that you do in life. You might think it doesn't apply to you if you are a happy-go-lucky wanderer, but in all things, strategy has played a role in what you do and how successful you are at it.

The strategy of having no strategy is a strategy.

As a leader of people, it is MOST essential that you begin to understand and use strategy in all things that you do. Strategy is deeply rooted in the way of nature, and nature only allows the fittest to survive. To ignore strategy is to invite defeat.

Our Greatest Weapon

As human beings, our greatest weapon---our greatest survival tool---is our brain. Our ability to plan ahead, to organize, and to follow through on long-term goals has made us one of the most successful creatures on the planet. To ignore this is foolish and quite costly, even deadly.

Leaders therefore must become masters of strategy. If they ignore this, then they will not lead. And if any are foolish enough to follow leaders without strategy, they will fail.

The First Fundamental: Calculation

The first fundamental of a great strategist, and therefore a great leader, is the ability to calculate. Before we can take any action, we must calculate probabilities and possibilities so that we can be as certain as possible that what we are about to do will be successful.

Logic is our great friend in this, but if studied to any extent, logic will eventually dictate that calculation is flawed---you cannot calculate for all probabilities. We do not live in a closed system; our moves involve infinitely complex boards of action with so many random probabilities that figuring out what might happen next is really impossible.

But what we can do is make very educated guesses as to what might happen next and therefore position ourselves and our actions so as to gain the greatest amount of profit.

The Formula for Victory

- Leaders that calculate will win
- Leaders that do not calculate will fail
- Leaders that calculate better and more thoroughly will win over those that do not

You must learn to calculate, and you must learn to calculate better than your opposition.

Key Areas to Calculate

1. Understand the Psychology of Those Around You

Understanding a person's psyche is the surest way to know what their next move will be. Consider:

- Their motivation.
- The general cohesion of the personality or group.
- Their fears and desires.
- Their repressed emotions.

Calculating psychological makeup is not just for individuals. Groups can also be analyzed psychologically. Even places or events can be seen to have a psychological makeup.

2. Understand Your Environment

"Wherever you go, there you are." Understand the lay of the land---find out about where you are now and where you will be in the future, especially if it will be a place where you will encounter obstacles, tests, or conflict. This may involve:

- The weather.
- Where the lights will be in the office.
- Even what it will smell like.

3. Calculate the Situation

- Is it going to be easy going or all uphill?
- Will you need to make concessions or have a flexible position?
- Will you be surrounded by friendly competition or those that would cut out your heart?

4. Calculate the Competency of Leaders You Will Face

- Is your opposition calculating? How good are they at it?
- Do they inspire group cohesion?
- Are they fair and logical or crazy? Is this a facade?

5. Calculate Experience and Organizational Skill

- Have they been at it long?
- Do they have a system? How old is the system?
- Can you break it?

Even inanimate obstacles can be measured like this.

Use Every Tool Available

We are now in the midst of the information generation---do not overlook this. A computer is a wonderful ally and the World Wide Web can supply you with infinite information for your benefit.

Never trust anything 100%. Doubt has kept many a man alive in a wet jungle (or the stock market).

Keep your eyes open. Be observant. Write notes. Always study, always keep learning---because you must calculate to win.

Original source: johnkreiter.com

Learn All the Rules of Any Game You Play

Always learn the rules of every game. Every game has certain rules, and it's very important that you learn them before you start to play.

Start With the Objective

Learning the rules starts by learning what you are playing for. In every game there has to be an objective, and this objective needs to be learned before you waste any energy and time.

This objective is very important because it will:

- Show you which way you have to go.
- Give you a clue as to how hard the competition will be.
- Allow you to focus your energy better because you will know the goal of the game.

Know Your Boundaries and Opportunities

Knowing the rules will also allow you to see how far you can go. This is important because:

- You do not want to be disqualified from playing the game because of some small technicality.
- It allows you to see any gaps that others might have missed.
- You can exploit any favour that you might have.

The Cost of Ignorance

If others know the rules of the game but you do not, then there is a big chance that they will win and you will lose. It is also quite possible that they will try to take advantage of you because you don't know what you are doing.

It is therefore imperative that you know as much---and better yet, more---than all your competitors.

If you do not put in that time and effort to learn these rules, then you can be sure that others will easily beat you. It is a mistake to think that you can jump in and take charge just by following your intuition. **Natural talent will not make up for forward thinking when you are engaged in a complex and difficult game.**

Master the Nuances

Take the time to know every nuance of the game. This is what separates the masters from the losers.

Only by deeply saturating your mind with all the ins and outs are you capable of coming up with the kind of strategy that will assure your success. Even when the game's rules seem too complex, it is better to at least try to learn them so as to get a basic understanding than to go in completely blind.

The effort that you take learning the rules before you take action will always be to your advantage.

The Confidence Advantage

An often overlooked point of knowing the rules of the game well is the amount of self-confidence that you will develop. Meeting the gaming field with great self-confidence---not self-delusion---is an incredible advantage.

A positive and strong attitude will favor a winning attitude. When the battle is close and it is being decided by small points, **a confident attitude is usually the deciding factor.**

Play to Win

Remember to always know the rules of any game that you must play. This game might be played because it is imposed upon you, or because it is something you desire to do.

Whatever the case, **games must be played to win, or else they are truly a waste of time and effort.**

There is no better way to assure your success and your joy in playing any game than to know how to play this game properly. Learn the rules before you play and you will most likely be a winner---and perhaps a master---instead of a loser.

Original source: johnkreiter.com
Original article title: Learn All The Rules Of Any Game You Play

Measure the Risks Before You Act

Before you act, find out how risky any action is. Many things in life tend to be mundane---you do them because they need to get done. You brush your teeth or go to work, for example. These are the mundane things of the day.

Risky Situations and Rewards

There are situations that can get a bit risky. Often times these risky situations or challenges entice us with a reward, and depending on the risk, the reward can be great. When these situations present themselves, it is very important that you learn to assess the risk level involved.

What is very dangerous and risky for one person is sometimes much easier for another. For example, it might be very risky for you to swim the English Channel while a professional swimmer might find it easy enough. To be able to assess what is difficult for you is very important in life because it could mean the difference between great reward and utter failure.

Know Thyself

Sun Tzu said "Know thyself." This is very good and sound advice indeed.

To know yourself, you need to begin to **trust your feelings**. Fear and apprehension are great indicators that you might be in over your head. When these emotions present themselves, you need to take the time to find out why they are there.

The "Why" Technique

Question yourself and your beliefs about whatever situation is causing these feelings:

1. Ask yourself, "Why?"
2. Follow each answer by asking, "Why?" again.

3. Continue until you are satisfied that you know why you are feeling scared or apprehensive.

Doing this will give incredible insight into your own being and into your capabilities. **Fear is a good thing---it is trying to tell you something important about the situation you are or will soon be in.**

Objectivity as a Resource

You must trust and understand your feelings, but you must also make sure that you look at every situation with an objective eye.

To do this:

- Detach yourself from yourself and the situation for a little while.
- Use this time to assess everything that you have discovered.
- Make sure you have the detachment to make the hard choices.
- Learn to be cold and objective when you have to be so you can see things without delusion.

Assessing Risk Levels

With these powerful tools, you should be able to assess the risk of possible situations that you might encounter. You can then begin to see if any situation is worth the effort and the challenge.

This is most important because we are often led into very risky situations because of the promise of great reward. **Gambling is the great example of this; business is another area where many lose huge sums of money and time because they do not measure the risk factor properly.**

The Goal: Maximum Reward, Minimum Risk

If you do find a situation that seems to be within the right risk level, then make sure that you do your best to succeed at it. **The idea is to do things that warrant good to great reward with the lowest amount of risk possible.** If you can position yourself in this way, then you will find that your accomplishments will greatly increase.

Balance, Not Coldness

The idea is not to become a cold and calculating monster but to objectively pursue future endeavors so that you get more hits than misses.

If you honestly question your feelings, as mentioned above, then you will see that being that evil monster will be impossible. These feelings will let you know when you are doing something that goes against your better judgment.

Know yourself and win many battles. Know the risks and act only when the risks are within your comfort level.

Original source: johnkreiter.com
Original article title: Measure The Risks Before You Act

Use Physiology to Control Yourself and Others

Your physiology is an incredible indicator of your mental state. It is possible that you have read or heard something about the incredible correlation between your body and your mind.

The Body-Mind Connection

It is nearly impossible to separate body action and reaction from mental focus:

- **When depressed:** You hunch over, look down, and tend to frown.
- **When happy and excited:** You tend to look up, arch your back, and smile.

Most emotional states tend to have some kind of physiological variant where you are usually assuming this or that body language. It is even possible for some experts to be able to clue in on whether you are lying or being truthful and even on specific thought patterns.

Microexpressions

While most body action can be controlled to a varying degree, depending on how experienced you are at controlling yourself, there are some physiological reactions that no one is said to be able to control.

The most powerful of these is the **microexpression**---an expression that your face performs so quickly that it is impossible to stop. Some say that some microexpressions actually happen before you are conscious that you are having a certain thought. For example, you could have a microexpression of fright before you are even conscious that you are frightened.

The Power Discovery

Since physiology is so powerful at indicating mental and emotional states, it was also discovered that **changing posture could also CHANGE mental and emotional states.**

This is actually great because it gives us:

- A barometer for reading hidden subjective experiences.
- A way to control our reactions in general.

Using Posture as a Tool

One of the most powerful and easiest to use physiological indicators is your **posture**---the position of a person's body when standing or sitting. You can use your posture as a way to discover your feelings at the moment and to control your mind in that moment also.

To do this, begin to pay attention to your posture as you go about your day.

The Three Postures and Their Meanings

Leaning Forward:

- You are taking the lead in that situation.
- You are excited and intent on making your point.
- Others are usually aware of this and may feel provoked or overwhelmed.
- **When you lean forward, you are aggressive and taking charge.**

Leaning Back:

- You are most likely being overwhelmed yourself.
- You may be feeling self-conscious or scared.
- Others often take it as a sign of weakness.
- They may think you are not interested in what they have to say.

Perfectly Centred:

- You are most likely relaxed and feeling unemotional.

- It indicates a balanced mental state and secure, unaffected confidence.
- Some people may even be lost in reverie, completely involved in a personal daydream.
- **Others see this stance as fair, leader-like, and mature.**

Practical Application

Next time that you find yourself in a social situation, pay attention to how you are standing or sitting. You will discover a lot about your feelings by paying attention to your physiology.

And if you feel that you might want to go from feeling one way to feeling another, then change this physiology.

You will be amazed how you can control any conversation and your feelings by just paying attention and controlling your body language.

Original source: johnkreiter.com
Original article title: Use Physiology To Control Yourself And Others

Humor, Influence, and the Art of Charm

Humor can create connection faster than explanation. It can release tension, expose a shared absurdity, and make a difficult truth easier to hear. It can also humiliate, distract, or become a demand for attention. The difference lies in aim, timing, and the relationship with the audience.

Observe Before Performing

Good conversational humor begins with attention. Notice the situation, the rhythm of the group, and what people already understand together. A joke that grows from the moment feels like participation. A memorized routine forced into the wrong moment feels like an interruption.

Look for a pattern, then alter the frame. The meeting is too long; the printer has developed a moral objection to work; everyone has silently chosen the same chair. The observation needs only enough exaggeration to reveal what the group already senses.

Use the Reframe

Most jokes turn on a change of meaning. The listener builds one expectation and the final line redirects it. The surprise can be verbal, visual, or emotional, but it should be clear enough to register immediately.

Keep the setup lean. Extra explanation weakens surprise. Let the pause before the turn do some of the work.

Laugh with People, Not at Them

The safest target is often yourself, a shared inconvenience, or a system that everyone in the room must endure. Self-directed humor works when it shows perspective; it fails when it becomes a plea for reassurance.

Avoid turning a person's body, identity, private pain, or lower status into the price of the laugh. A room may laugh from discomfort or hierarchy, and that is not the same as connection.

Timing and Restraint

A well-timed remark is brief. Say it, allow the response, and return to the conversation. Do not explain why it was funny. Do not stack five jokes on top of a moment that needed one.

Serious settings still permit humor, but the joke must not erase the seriousness. In grief, conflict, or crisis, follow the people most affected rather than using comedy to protect yourself from discomfort.

When a Joke Misses

Let it miss. A light acknowledgment---"That worked better in my head"---is enough. Do not blame the audience, repeat the line, or turn embarrassment into aggression.

Humor as Charm

Humor is charming when it gives something to the room: relief, recognition, play, or a more human way to continue. It becomes manipulative when laughter is treated as proof that people owe agreement, affection, or compliance.

The strongest social use of comedy is not control. It is shared perspective. Make the room lighter without making anyone smaller.

Original source: johnkreiter.com
Original article title: Laugh Your Way to Influence: The Art of Using Comedy to Charm and Persuade

Presence and Confidence in a Room

Presence is not the ability to dominate a room. It is the ability to enter without shrinking, remain aware of other people, and act without unnecessary hurry. The effect is quieter than performance and usually more durable.

Seven Elements of Presence

1. Natural Eye Contact

Look at people long enough to acknowledge them, then let the gaze move normally. Fixed eye contact can feel aggressive. Avoid formulas that turn every encounter into a test of dominance. The useful question is simple: does the other person appear comfortable and engaged?

2. Balanced Posture

Stand in a way that lets you breathe. Let the head rise without lifting the chin, place weight evenly through the feet, and release the shoulders. Good posture is not military stiffness; it is an absence of collapse and strain.

3. A Responsive Expression

A smile is effective when it belongs to the moment. Allow the face to respond instead of wearing a permanent social mask. Warmth can be shown through the eyes, the voice, and the willingness to acknowledge another person.

4. Deliberate Movement

Move at a pace that fits the setting. Rushing, fidgeting, and repeated self-adjustment can broadcast unease. Slowing down slightly can restore control, but artificial slowness becomes theatre. Practise making one movement at a time: enter, look, choose a place, then settle.

5. Appropriate Dress

Clothing communicates care, role, and context before it communicates personality. Choose clothes that fit, allow comfortable movement, and suit the occasion. There is no universal color code that guarantees authority. Coherence matters more than superstition.

6. Restraint with Scent

Fragrance should never arrive before you do. Use little or none in shared workplaces, medical settings, public transport, or around people with allergies and sensory sensitivities. Cleanliness and consideration create a stronger impression than a signature scent imposed on a room.

7. Real Listening

Listening is the most reliable form of presence. Orient toward the speaker, allow a sentence to finish, and ask a question that shows you heard the actual point. A short pause before answering often conveys more confidence than an immediate reply.

A Practice for Entering a Room

Before entering, exhale and feel both feet. On arrival, take in the room rather than searching instantly for approval. Acknowledge the first person you meet. Choose where to stand or sit. Then place attention on the conversation, not on an imagined view of yourself from outside.

Common Questions

Can an introvert develop presence? Yes. Presence does not require constant speech. Quiet attention often reads as confidence when it is accompanied by openness rather than withdrawal.

How quickly does it change? Posture and pace can change immediately. Ease takes repetition because it depends on how the body responds under pressure.

How do I avoid seeming arrogant? Stay interested in other people. Confidence that cannot listen is usually insecurity with better posture.

Original source: johnkreiter.com
Original article title: Secrets to Commanding Any Room!

Breaking the Ice: Starting Conversations with Strangers

Starting a conversation with a stranger is less about finding a perfect opening than about making a small, respectful bid for contact. The other person is free to accept, answer briefly, or decline. Reading that response is part of the skill.

1. Offer a Specific Compliment

Compliment a choice, effort, or object rather than the person's body. "That is a striking notebook---where did you find it?" gives the conversation somewhere to go. Keep the compliment true and do not use praise as a hidden demand.

2. Ask an Open Question

Questions work best when they belong to the setting. At an event: "What brought you here?" In a bookshop: "Have you read anything by this author?" Avoid questions that are too personal for the stage of the interaction.

3. Share a Short Observation or Story

Offer one relevant detail, not a prepared monologue. A thirty-second story can create a thread; a five-minute story before the other person has chosen to participate can trap them.

4. Use Situational Humor

Comment lightly on something both of you can see. Do not test strangers with provocative jokes. The purpose is to lower formality, not to prove how bold you are.

5. Look for Genuine Common Ground

Listen for interests, places, work, books, or experiences you actually share. Do not manufacture similarity. One real point of connection is enough to continue.

6. Offer Help Carefully

Help only when it appears useful and welcome. "Would you like a hand with that?" is better than taking over. Respect a no without treating it as rejection.

7. Name the Shared Situation

Queues, delays, conferences, classes, and neighbourhood events already provide a subject. "This is my first time here---do you know how the session works?" is simple and honest.

8. Remember Names Without Performing Them

Repeat a name once if it helps you remember, then use it naturally. Saying it in every sentence sounds like a sales technique rather than attention.

9. Speak Well of Someone Else

A sincere positive observation can warm a group conversation, especially when it recognizes effort rather than status. Avoid gossip disguised as comparison.

10. Ask for an Opinion or Recommendation

People often enjoy sharing useful knowledge. Ask about a book, a local place, the event, or a practical choice. Listen to the answer instead of waiting to deliver your own.

Reading the Response

Open body orientation, returned questions, fuller answers, and relaxed eye contact usually indicate willingness to continue. Repeated glances away, closed answers, headphones, active work, or physical withdrawal are reasons to end the attempt.

A graceful exit is direct: "Good talking with you---enjoy the rest of your day." No excuse is required.

Practice Without Turning People into Exercises

Begin in naturally social settings and keep the stakes low. The goal is not to complete a quota of strangers. It is to become more comfortable offering contact while remaining sensitive to consent. A successful interaction can be a long conversation, a brief exchange, or a friendly refusal handled without resentment.

Original source: johnkreiter.com
Original article title: Breaking the Ice: 10 Proven Strategies for Initiating Conversations with Strangers

Part IV · Definitive Appendices

Appendix A · Source and Placement Crosswalk

Source shelf	Definitive placement	Consolidation decision
Guide 01 · The Art of Transmutation	Part I, Guide 01	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 02 · The Book of Remembering	Part I, Guide 02	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 03 · Create a Servitor	Part I, Guide 03	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 04 · Create A Servitor Companion	Part I, Guide 04	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 05 · Inner Alchemy: The Magnum Opus	Part I, Guide 05	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 06 · Manifest Wealth and Prosperity	Part I, Guide 06	Full source-specific guide retained; common covenant and blank forms centralized.

Source shelf	Definitive placement	Consolidation decision
Guide 07 · Out Of Body Experiences, Quickly And Naturally	Part I, Guide 07	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 08 · Overcoming the Archon Through Alchemy	Part I, Guide 08	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 09 · The Magnum Opus, A Step by Step Course	Part I, Guide 09	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 10 · The Occult Experience	Part I, Guide 10	Full guide retained; also represents text-identical Thematic Volume 01.
Guide 11 · Vampire's Way to Psychic Self-Defense	Part I, Guide 11	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 12 · The Way of the Projectionist	Part I, Guide 12	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 13 · The Way of the Death Defier	Part I, Guide 13	Full source-specific guide retained; common covenant and blank forms centralized.
Guide 14 · The Complete Inner Alchemy Collection	Part I, Guide 14	Full source-specific guide retained; common covenant and blank forms centralized.

Source shelf	Definitive placement	Consolidation decision
Guide 15 · The Complete Article Collection	Part I, Guide 15	Full article atlas retained; also represents text-identical Thematic Volume 09 and the duplicated appended atlas.
Thematic Volume 01 · Opening the Perceptual Field	Part II, Volume 01	Represented once at Guide 10 · The Occult Experience.
Thematic Volume 02 · The Three Polarities	Part II, Volume 02	Unique thematic synthesis retained; repeated source digest consolidated at Guide 08 · Overcoming the Archon Through Alchemy.
Thematic Volume 03 · Servitors and Thought Forms	Part II, Volume 03	Unique thematic synthesis retained; repeated source digest consolidated at Guides 03–04 · Create a Servitor and Create A Servitor Companion.
Thematic Volume 04 · Energy, Predation, and Psychic Self-Defense	Part II, Volume 04	Unique thematic synthesis retained; repeated source digest consolidated at Guide 11 · Vampire's Way to Psychic Self-Defense.
Thematic Volume 05 · Projection and the Double	Part II, Volume 05	Unique thematic synthesis retained; repeated source digest consolidated at Guides 07 and 12 · Out Of Body Experiences and The Way of the Projectionist.

Source shelf	Definitive placement	Consolidation decision
Thematic Volume 06 · Belief, Wealth, and Synchronicity	Part II, Volume 06	Unique thematic synthesis retained; repeated source digest consolidated at Guide 06 · Manifest Wealth and Prosperity.
Thematic Volume 07 · The Great Work	Part II, Volume 07	Unique thematic synthesis retained; repeated source digest consolidated at Guides 02, 05, and 09 · Remembering and the Magnum Opus sequence.
Thematic Volume 08 · Death, Continuity, and the Unknown	Part II, Volume 08	Unique thematic synthesis retained; repeated source digest consolidated at Guide 13 · The Way of the Death Defier.
Thematic Volume 09 · Articles, Applications, and Comparative Notes	Part II, Volume 09	Represented once at Guide 15 · The Complete Article Collection.
Illustrated Complete Article Collection	Part III	All 116 unique articles and twenty illustrations retained; duplicated atlas represented as Guide 15.

Appendix B · Canonical Personal Study Record

Field	Notes
Source book, chapter, article, or thematic section	
Date, time, and duration	
Intention	
Direct perception	
Interpretation held lightly	
Literal, symbolic, operational, or comparative aperture	
Ordinary context	sleep, stress, health, substances, environment
Exercise or thought experiment	
Effect after one hour	
Effect the next day	
Source passage revisited	
Repeat, modify, pause, or stop	

Definitive closing review

- What changed in the way you read the original?
- Which idea became more exact rather than merely more exciting?
- Which exercise improved ordinary attention, conduct, or creative work?
- Which esoteric claim remains unresolved and deserves to remain open?

- Where did a thematic comparison deepen the source without replacing it?
- Which article or later-book bridge should be read next?

Appendix C · Consolidation Change Log

- Preserved the fifteen-guide source-order spine.
- Retained every distinct thematic orientation, lab, thought experiment, integration tool, summary, source note, and reusable record.
- Consolidated the source-chapter reprints in Thematic Volumes 02–08 into their fuller book-aligned guides.
- Represented text-identical Thematic Volumes 01 and 09 once, at Guides 10 and 15.
- Preserved all 116 unique articles and twenty colour illustrations in source order.
- Represented the duplicated article atlas once as Guide 15.
- Centralized repeated covenants, generic reading instructions, blank personal-study records, closing reviews, and source-alignment boilerplate.
- Retained unsupported physics analogies, occult correspondences, false equivalences used as esoteric operations, and clearly labelled later-book bridges.
- Kept all source-specific cautions and practical stop conditions.
- Normalized the combined heading hierarchy and portable media paths without rewriting source prose.

Appendix D · Design Specification

The edition uses the `narrative_proposal` document preset with named John Kreiter library overrides: IBM Plex Sans body text, Rubik display headings, a violet–cobalt–cyan–magenta palette, fully justified prose, US Letter pages with one-inch margins, fixed-width tables, a restrained running header, and page-number footer. The opening uses the `editorial_cover` header pattern adapted to a long-form private-study handbook.

Appendix E · Source-Specific Editorial Logs

These logs document the editorial additions made to each source-aligned guide. They are historical records of the earlier standalone editions, so references to a 'separate shelf' or a shared covenant describe that prior packaging rather than the architecture of this definitive volume. Logs already embedded in Guides 10 and 15 are not repeated here.

Guide 01 · The Art of Transmutation

Source: John Kreiter, *The Art of Transmutation* (local EPUB).

Structural work

- Aligned the guide to the source structure: Preface; Chapters 1–10; Epilogue; source Q&A.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.

- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 4,550 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 02 · The Book of Remembering

Source: John Kreiter, *The Book of Remembering* (local EPUB).

Structural work

- Aligned the guide to the source structure: Preface; Introduction; Chapters 1–6; Conclusion.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.

- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 5,374 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 03 · Create a Servitor

Source: John Kreiter, *Create a Servitor* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–8; Conclusion.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.

- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 10,930 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 04 · Create A Servitor Companion

Source: John Kreiter, *Create A Servitor Companion* (local EPUB).

Structural work

- Aligned the guide to the source structure: Author's Note; Introduction; Chapters 1–9; Conclusion.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 4,178 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 05 · Inner Alchemy: The Magnum Opus

Source: John Kreiter, *Inner Alchemy: The Magnum Opus* (local EPUB).

Structural work

- Aligned the guide to the source structure: How to Use; Introduction; Chapters 1–7; master schedules; reference map; Conclusion; Glossary.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.

- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 3,350 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 06 · Manifest Wealth and Prosperity

Source: John Kreiter, *Manifest Wealth and Prosperity* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–8; Conclusion.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.

- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 5,581 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 07 · Out Of Body Experiences, Quickly And Naturally

Source: John Kreiter, *Out Of Body Experiences, Quickly And Naturally* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–10; Conclusion; appendices on laws and mental projection.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 4,490 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 08 · Overcoming the Archon Through Alchemy

Source: John Kreiter, *Overcoming the Archon Through Alchemy* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–9; Conclusion; Glossary.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 7,453 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 09 · The Magnum Opus, A Step by Step Course

Source: John Kreiter, *The Magnum Opus, A Step by Step Course* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–7; Conclusion; Glossary; quick-reference appendix.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 4,272 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.

- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 11 · Vampire's Way to Psychic Self-Defense

Source: John Kreiter, *Vampire's Way to Psychic Self-Defense* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–8; Conclusion.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 3,919 words with fully justified body text in DOCX, PDF, HTML, and EPUB.

- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 12 · The Way of the Projectionist

Source: John Kreiter, *The Way of the Projectionist* (local EPUB).

Structural work

- Aligned the guide to the source structure: Disclaimer; Introduction; Chapters 1–7; Conclusion; Glossary and appendices.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 4,821 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 13 · The Way of the Death Defier

Source: John Kreiter, *The Way of the Death Defier* (local EPUB).

Structural work

- Aligned the guide to the source structure: Introduction; Chapters 1–12; Conclusion; source Q&A.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.
- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.

- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 4,640 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Guide 14 · The Complete Inner Alchemy Collection

Source: John Kreiter, *The Complete Inner Alchemy Collection* (local EPUB).

Structural work

- Aligned the guide to the source structure: Collection guide followed by Books 1–11 and integrated appendices.
- Promoted the recovered nested-book hierarchy into a standalone guide hierarchy.
- Added a shared reader covenant, source-use method, study record, and thematic cross-links.
- Preserved the original nine thematic volumes as a separate, unchanged shelf.

Editorial work

- Repaired broken lists, quote markers, heading levels, and reading-order artifacts in the recovered draft.
- Distinguished source teaching, direct perception, interpretation, and labeled later-book bridges.

- Retained the esoteric cosmology and non-rational register without forcing conventional scientific reduction.
- Added or strengthened practices, thought experiments, summaries, cautions, and retrieval prompts where the draft was thin.

Design and production

- Typeset approximately 3,578 words with fully justified body text in DOCX, PDF, HTML, and EPUB.
- Framed the source EPUB cover within the fifteen-guide visual system.
- Included 3 custom SVG study plates; no Mermaid diagrams were used.
- Added print page numbers, a static print contents page, reflowable EPUB navigation, accessibility alt text, and responsive HTML navigation.

Scope note

This is a private personal-study companion, not an official John Kreiter publication. The original EPUB governs exact wording and context.

Illustrated Complete Article Collection

Edition

Title: *The Complete Article Collection — Illustrated Personal-Study Edition*
Author: John Kreiter
Scope: 116 unique articles, integrated study companion, 23 custom colour diagrams
Purpose: private personal study; not an official John Kreiter publication

Source decisions

- Treated the supplied illustrated EPUB as the governing edited text and visual source.
- Used *John Kreiter Complete Article Collection v3* as the source-alignment witness.
- Confirmed that the Markdown contains 117 article entries because “Learn To Not Explain Yourself To Others And Win” appears twice.

- Retained the illustrated EPUB's 116-article sequence and its longer version of the duplicated article.
- Preserved all 116 original-source notes and the supplied EPUB's twenty diagrams.

Editorial work

- Performed an article-by-article structural pass across the full collection.
- Restored more than ninety malformed prose-list structures, including the complete astral-projection quiz, belief-change sequences, emotional-regulation practices, health-era checklists, and leadership exercises.
- Repaired punctuation, parallel structure, and sentence flow where those lists had collapsed into single paragraphs.
- Corrected a duplicate thematic link and restored the missing "Working with Negative Energy" link in the well-being route.
- Added stable internal article anchors and verified all 54 thematic cross-links.
- Preserved Kreiter's esoteric claims, non-rational register, first-person voice, humour, speculative cosmology, unsupported physics analogies, and links to later works.
- Kept medical and persuasion cautions visible without using them to flatten the occult material.

Major additions

- A reader's covenant describing literal, symbolic, operational, and comparative reading stances.
- An eight-field article constellation covering alchemy, projection, thought-forms, belief, emotional life, social sovereignty, humour, and AI.
- A seven-concept concordance centred on attention.
- Eight guided reading pathways linked to the wider John Kreiter corpus.
- Comparative notes on Reich, Gurdjieff, and Castaneda using "resonance without collapse."
- A four-aperture reading exercise, claim ladder, and library thought experiment.

- A fully populated twelve-week article seminar.
- Retrieval questions, an article study card, a personal study record, and a closing review.
- Three additional custom study plates, bringing the edition to 23 diagrams. No Mermaid diagrams were used.

Design and production

- Retained the established **Kreiter personal-study series** design as a named override: US Letter, one-inch body margins, Georgia 10.5-point body, 1.25 line spacing, fully justified paragraphs, restrained teal/gold/wine hierarchy, fixed-width tables, running furniture, and a print contents system.
- Preserved the 5:8 cover ratio in DOCX/PDF rather than stretching it.
- Produced a self-contained illustrated HTML edition with responsive navigation.
- Produced DOCX, PDF, HTML, and EPUB with fully justified body text.
- Added accessible alt text for all diagrams and the cover.

Quality assurance

- EPUBCheck: zero errors and zero warnings.
- Article anchors: 116 present and working.
- Source notes: 116 present.
- Diagrams: 23 in the master; 23 embedded in DOCX/PDF/HTML/EPUB, plus the cover.
- PDF: 404 US-Letter pages.
- Visual review: all 404 rendered pages inspected in sequence; no clipped text, missing figures, broken tables, overflow, or unintended blank pages found.
- Justification verified in Word styles, HTML CSS, and EPUB CSS.

Editorial restraint

The supplied illustrated EPUB already contained a substantial conservative edit. This pass did not rewrite every sentence merely to make it different. It concentrated new prose work where the structure was broken, where study usability was thin, and where a new connective apparatus could deepen personal study while leaving the author's characteristic voice intact.