

“The Future exists first in the imagination, then in the will, then in reality...”

Ritual Magick and Psychic Influence

These are my personal notes on the *Magick and Psychic Influence Seminar* by Ross Jeffries. I have also incorporated supplementary material where appropriate. This document is not meant for distribution of any kind. You do not have permission to view it or to show it to anyone. Close this document and erase it immediately.

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Influences and Sources

- Neuro-Linguistic Programming
 - A study of the structure of the internal human experience. Based on the hypnosis of Milton Erickson, the therapeutic work of Virginia Satir, and the work of Fritz Perls, originator of Gestalt therapy. NLP was invented by Richard Bandler and John Grinder.
 - Ross Jeffries laid further NLP groundwork with the invention of Speed Seduction.
 - Some of the Psychic Influence material is derived from the NLP work of Tom Vizzini and Kim McFarland of Essential Skills.

- Silva Mind Control
 - Hypnosis, meditation, alpha state, visualization, ESP.

- Huna Magic (A Polynesian system of magick)
 - Choose beliefs and identities based on effectiveness.... create your own personal reality...Energy flows where attention goes.

- Yoga
 - An eastern discipline of breathing and meditation that incorporates physical movement and the physiology.

- Ritual Magick as described in FutureRitual by Phil Farber
 - Heavily influenced by NLP, Thelemic and Chaos magick, and the research of Aleister Crowley.

- Chaos Magick
 - System of magick originated by Austin Osman Spare. Heavily incorporates symbology. Primary assumption is that belief is a tool for achieving effects; it is not an end in itself.

- Jungian Psychology
 - System of psychology focused on symbols, archetypes, and communication with the unconscious mind through dream interpretation.



Points to Ponder

- This document is structured such that you will have to read it more than once in order to fully grasp all of the concepts involved. Let it sink in.
- **Think of everything in this document from an NLP perspective.** Magick, in this context, cannot change physical law. All you are doing is programming your own brain and harnessing the resources available in your own unconscious mind.
- **The point of magick, in the context of this document, is to accomplish your will by focusing and controlling your energy, imagination, state, and intent.** Therefore, in order to be effective, it is of the utmost importance to learn how to focus your intent, use your imagination, change your state, and direct your energy. Here is Ross's definition: "Magick is change in accordance with one's will and imagination, utilizing the energy of body, breath and mind."
- Obtain and use a Magick Journal. Keep notes.
- Always spend some time studying / designing any ritual before performing it.
- The Clearing Ritual is a small, basic, 3-step ritual that is effective and uses one breathing technique. You can perform it for a few days to get started, while you are studying to perform the bigger ritual.
- When you feel prepared to perform the "Magickal Sargy Self" ritual, start doing it 3 times per week. Note all your thoughts / states / experiences in your Magick Journal.

Basic structure of a ritual

Form a specific statement of intent.

Energize with Breathing

Banish, to clear a ritual space.

Perform the ritual itself.

Close the ritual.

Magick and the Ritual Frame

By Philip H. Farber

What do you think of when you read the term "magick"? Witches performing spells? Medieval ceremonialists in hooded robes? Stage illusionists pulling bunnies out of hats? Special effects from fantasy films? Some force that you believe or don't believe in? Allow me to ask you to *set those mythic ideas aside for now*. While this discussion may eventually wind its way back to the realm of the remarkable, I'd like to start in a much more familiar place.

The broadest definition of magick was offered in the early 20th Century by the occultist Aleister Crowley who suggested that magick was "the art and science of causing change in conformity with will." (Crowley was also responsible for returning the "K" to the spelling of "magick," to distinguish the mental and spiritual discipline from stage illusion.) For the purposes of our immediate discussion, I'd like to narrow that down a little further and say that magick is the art and science of using ritual technology to cause change. In short, the work of the magician is to do whatever is necessary to create an altered state that results in change and a desired outcome. Sound familiar? From this point of view, the boundary between hypnosis as we know it and magick as we might learn to accept it is somewhat vague. The essential difference that I'll offer here is the concept of a "ritual frame."

We encounter ritual frames every day. Ritualizing seems to be a fundamental human behavior, something we use and experience in many aspects of our lives. For instance, if you choose to have a romantic dinner with someone special, there's a particular ritual that you may use to enhance the situation, create an altered state, and achieve the desired outcome of romance. No "love spell" is necessary to perform this magick - the ritual is simply to ensure that every aspect of the situation is aligned with the goal: the lights are dimmed, the candles lit, the champagne chilled, the food perfect, the music soft and suggestive. If you get that ritual right, then an altered state is produced - a comfortable sharing, perhaps - and your desired outcome - romance - is achieved. This ritual can be repeated with variations to achieve a romantic effect time after time.

Similarly, most of us have rituals that we use to prepare for a day of work. Personally, I shower, meditate for a short while, eat a light breakfast, put on some presentable clothes, and make sure my office is clean and ready. I repeat that ritual each time I want to enter the state of mind necessary to engage in my work as a hypnotherapist. And then there's yet another ritual frame that is created when my client walks through the door - the way I greet him or her, the pre-session talk, any changes in the lighting or music, the invitation to sit in the trance chair, and so on. Formal trance induction and NLP methods also often involve ritual frames that

provide a setting for the content of the session. We each develop the ritual frames that work best for us.

Just as the Ericksonian definition of hypnosis suggests, "Trance permits the operator to evoke in a controlled manner the same mental mechanisms that are operative spontaneously in everyday life," we may find that magick is subject to a very similar definition. The mental mechanisms, however, may have a slightly different emphasis, with magick being more concerned with our ability to create ritual frames "in a controlled manner."

The examples I've just given - romance and preparation for work - are common and naturally- occurring uses of ritual. A glance at a medieval grimoire (magical textbook or collection of rituals), however, will offer up rituals that are perhaps not quite so easily understood. Ancient languages form chants and calls that are embellished with symbolic gestures, actions, sounds, and images. One of the explanations for the arcane qualities of these rituals is simply that these ritual actions had more natural meaning in the context of the medieval world. While some of the elements may seem bizarre to those of us living in the 21st Century, they may have been more familiar to the clerics and alchemists of the Dark Ages.

There's more, however. Most of the rituals found in old texts like "The Keys of Solomon" or "The Sacred Magick of Abramelin the Mage" had very specific and very intense purposes. The idea was to create altered states of singular depth and utility.

Here's another point of commonality with hypnosis. While some rituals definitely had consciously directed purposes (not unlike the "romance" example above), the forms that were described as "High Magick" were more interested in connecting the conscious mind with that part of the unconscious variously referred to by ritualists of yore as "the high self," "the perfected self," or "the Holy Guardian Angel." Like the "benevolent unconscious" found in some models of hypnosis, the "perfected self" was understood as an intelligence above and beyond the normal ego-consciousness with a much greater understanding of the unique purpose and direction of the individual. Outcomes of ritual work would ultimately be generated from contact with that level of the unconscious. Just as some of the outcomes of hypnotherapy may seem miraculous to the uninitiated, the results of these powerful rituals could definitely seem like... well, magick.

Anyway, the point of all this just now is to introduce some concepts and terms that will come in handy as you further explore this site. In the meantime, think about the use of ritual frames in your own life and work and perhaps you'll find a glimpse of magick.

Chaos Magick Explained (Author Unknown)

[Note: I found this online, in a FAQ on Chaos Magick. It is provided here only to give some context and history.]

Chaos magick is the fruit of Austin Osman Spare and Peter Carroll's rebellion against the traditional magickal systems, which they deemed needlessly complicated, discriminatory and impotent.

Influenced by both Spare and Carroll's scientific pursuits and interests, Chaos Magick is a 'non-system' focusing on the mechanism of 'belief' as a means to achieve a desired end. Belief in anything, -a force, a diety,- will be adopted for the purpose of the magickal work at hand and then discarded after it has served its purpose. To do this, magicians must become skilled in changing their beliefs at a moment's notice and 'believing' that "Nothing is True and Everything is Permitted" as Ray Sherwin wrote in 'The Theatre Of Magick' "The (Chaos) Magician believes nothing in the sense of having faith. He experiments practically to ascertain if there is any value in the postulates he has either originated or borrowed from elsewhere. It is a fact that we all must hold certain organic beliefs for the sake of convenience. You all believe that the chairs you are sitting in are real -- most of the time. This is not however a mental process, but rather an instinctive or organic one without which life would be impossible."

The path of Chaos is not one for the weak or fearful. You must realize that you are entirely on your own and free to do as you please, therefore you alone are responsible for the outcome of your actions. You will not find 'Karma' or 'The Law of Three' in Chaos Magick to comfortably set your limits for you. Chaos Magick is not black, white or gray, it is simply neutral energy which you will shape into your intention. Therefore, unless you have a solid code of ethics and know what you are doing, Chaos Magick is not for you, indulge in foolishness and you will quickly be on the way to self-annihilation.

In Chaos Magick it is up to you to use or create whatever methods of ritual or magickal workings you desire, however there are three core practises that Chaotes commonly use and they are: gnosis, god-form/servitor work, and sigilization. Chaos magick relies on 'gnosis' an altered state of mind to achieve effects. It is a state of single-mindedness that can be achieved through yoga, drumming, chanting, dancing, sex and masturbation and through the use of certain drugs. You will know that you are in a state of gnosis once your mind stops rationalizing about your experience...it is the gateway into your subconscious.

Chaores generally don't worship a 'god', but as mentioned above they will temporarily believe in any god-form required to make their magick work. Working with god-forms in Chaos Magick involves the same or similar invocation or evocation methods used in traditional systems. Unlike god-forms that already exist, servitors are magickal beings, created by a magician to perform a certain task. Servitors are created in a state of gnosis and stored in a material object such as sigil, which then enables the magician to summon, communicate and affect it. There are mainly two types of Servitors; "Egregores" which are large servitors usually created by a group of magicians and remain in existence indefinitely, and "Independent Thought-Forms" which are usually active for the duration of the magickal working and then destroyed by the magician.

Sigil Magick was developed by Spare and involves the creation of an abstract image of the magicians written will or intent and absorbing the sigil into the subconscious in a state of gnosis. It then, should be forgotten and the material sigil destroyed, for it is believed that once the sigil is in the subconscious mind it will operate unaided.

Chaos magick is path of complete magickal freedom, make your choices carefully and be responsible. Above all, if such freedom makes you uncomfortable and you feel a compelling need to be governed by dogmas, then steer clear from the path of Chaos or your sanity just might get swept away...

Important abilities in order to perform rituals

- 1) Ability to perform various breathing techniques. Ross: "Few people breathe in a way that energizes what they are doing."
- 2) Ability to form a **clear and specific** statement of intent.
 - a. "My intent for this working is to accomplish 'X'."
 - b. "My intent for this working is to ritually charge the Sigil 'X' with the meaning 'Y'."
- 3) Ability to enter various meditative altered states. Rituals have been performed with music, meditation, light and sound machines, mind-altering substances, etc. Whenever those things are incorporated it is because of their ability to alter your state. Experiment and keep a Magick Journal to record your results.
- 4) Ability to visualize vividly. If you think you have trouble visualizing a door, then just pretend or imagine that you are visualizing a door. This principle will suffice. Visualization **does** improve with practice.
- 5) Ability to create and hallucinate kinesthetic sensations in your own body. Emotions and states are commonly perceived as moving through the body. Remember the last time you experienced a certain state. Remember what you saw, heard, felt, etc. Imagine those feelings circulating and moving through your body.
- 6) Ability to incorporate actual physical body movements (incorporate the physiology) with your visualizations to make more powerful impressions on the unconscious mind. Physically step into your circle. Physically pull a certain resource into your body. Etc.
- 7) Ability to design and visualize sigils/symbols. **A Sigil is a word or symbol that you invent, and attach meaning to, using your energy, imagination, and intent, while in an altered state.** Read the previous sentence again, as it provides a complete summation of the point of ritual magick (in the context of this document.) More on Sigils later.
- 8) Ability to **close the doors of intention**. . .to put things out of the conscious mind once the working is complete. You focus your intention to perform the ritual and then you **set it aside**. Let some unconscious 'cooking' take place. When you think too much about something consciously, you trigger **conscious** thought processes. Remember, **expectation equals doubt**.

Neuro-Linguistic Curses

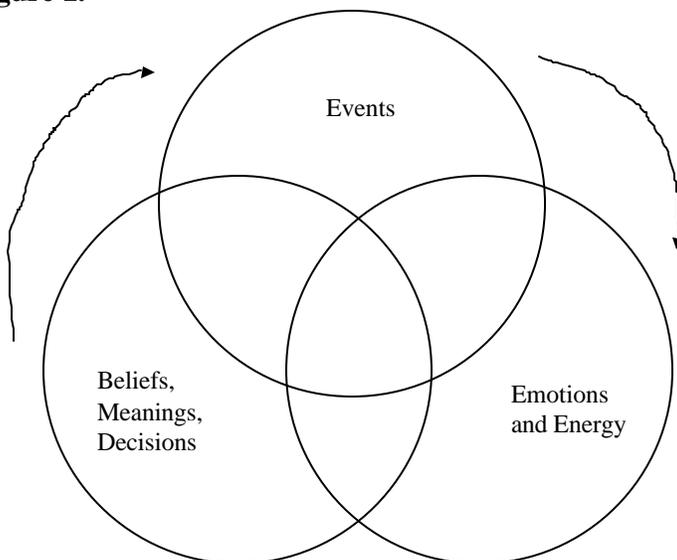
Many of the things we commonly associate with "Magick" are things that we normally do anyway, and that actually have a real effect. For example, curses.

A curse is any construct that keeps a person in a limiting identity or life condition, and is unbounded through time. (A construct is a pattern of thought that operates between yourself and the world.) Some common curses are...

- 1) I can't. (I never have before, **therefore I never could in the future.**)
- 2) It's too good to be true. (The only true things are limit and pain.)
- 3) I never / I always. (Again, defining future limits based on past behavior, thus limiting yourself to only what you have done before.)
- 4) It's just not me. (Here is a person who defines his identity - and thus his future results - based on whatever happened in the past. Because of this, he can never change, and thus he can never get different results. So that is an example of a construct in his mind, which is real, and which will indefinitely prevent him from getting laid. Ross's point is, "How is that any different from a witch pointing a magic wand at him and cursing him to never get laid?")

Deservingness is bullshit. Things are either familiar or unfamiliar. By definition, you cannot get different results from the familiar. Thus the **curse of the familiar**. It's not your history on a subject that's keeping you stuck. Rather, it's when you do the things, having the responses, generating the feelings, which created the history. [Fig 1.]

Figure 1.



Feeling At Cause Versus Feeling At Effect

When you feel *at cause*, your energy expands, whereas, when you feel *at effect*, your energy contracts. Practice expanding your energy. Self-pity is the killer...you cannot do magick and be in self-pity, because to feel self-pity is to feel *at effect* instead of *at cause*.

Energy Contraction / Expansion Exercise: Tuck in your pelvis so that your sacrum is aligned straight up and down. Hold your right thumb in your left hand at your one-point. Tighten with a breath out. Stare at the space 10 feet away on the floor. Hold for 10 seconds. While tightening the sphincter, bend the knees slightly. Now, release, breathe in, and expand out your arms.

If you're comfortable doing something, it's because it's what you're used to doing. And if it's what you're used to doing, then *maybe* it's not what you've *chosen* - it's just what you're used to doing. That doesn't mean it's bad; maybe it's good. Discomfort can also be good, because it means you are doing something new. It means you are *at cause*. It means you might be making choices intelligently instead of just doing what is comfortable.

Imagination

The Green Lantern (a comic-book superhero) had a ring that gave him the power to make real the creations of his imagination and will.

Intent

NLP is more than mechanics. Intent is necessary for the mechanics to work, whether you are visualizing a resource or setting an anchor.

A principle of manifestation is: *If you can't say it, you can't have it.*

Focused intent is what is missing from much of communication. As an example, Ross demonstrates that even the effectiveness of Anchors is based on your intent when you fire them. "*When I move the pen away, I am also turning down my state, and his shifts as well. The pen hasn't necessarily become a magic wand...just a focus point.*"

Anything in your physical environment can be a magical item if you make it the focus of your state and intent.

Because your state and intent and focus of energy have such an effect on the results, you have to watch your state – shifting your state will shift other people’s state as well. (This shift = psychic influence. Again the terminology share between NLP and magick.)

Will

Will is focused intent. (We’re not referring to “willpower,” which implies effort. Willpower is bullshit. We’re referring to your actual will...that is, the things that you actually **make happen** as opposed to the things you wish would happen.)

You cannot force someone to do anything against his or her will (at least, using hypnosis.) **But...**most people have no will anyway. Rather, they usually just have a bunch of wishes bumping around in their head.

Create a life condition where your will flows freely. **Remember, you don't get what you want, rather you get what the energies you create and project can connect with.**

“If you don’t have the ability to give up control, and then take it back, then you never had control in the first place.” -Yates

Identity and Belief

Consider the concept of creating and choosing beliefs and identities based on, not whether they are objectively true, but rather based on how **useful** they are. What if you could try on different identities like trying on different clothes? **Use identity as a tool.**

Resources and Representations

A resource is something that you imagine, which has a certain meaning to you. You represent this in your mind as an image, or a sound, a body sensation, a character, etc, or a combination.

It might be thinking of music or a certain song. It might be an imaginary yellow light with an imaginary warm glow in your body.

It might consist of a fictional character that, to you, represents a certain meaning, attitude, or state of mind.

When you are searching for a certain resource in *your* mind, use whatever best represents that meaning to *you*.



Breathing Techniques

Energize with breathing. Practice these for a minute or two each day, so that you will not have to consciously concentrate on your breathing while performing a ritual. There are two types of breathing to be aware of at this time:

- a. **The Breath of Fire:** 10 extremely fast inhale/exhale pairs through the nose. Then, to prevent hyperventilation, do one long, deep inhale and exhale.
- b. **Sanchin [Sahn-chin] breathing:** Keep the tip of your tongue touching the roof of your mouth. Breathe in through the nose for 2 seconds, out through the mouth for 6 seconds. While **inhaling**, push your stomach **out**. Do not move your chest. While **exhaling**, slowly pull your stomach **in**. **Also while exhaling**, tighten your stomach muscles and visualize compressing your energy into your one-point. (The one-point is located approximately two inches under the navel.)
- c. **The Four-Fold Breath:** Inhale for a count of four, hold for a count of four, exhale for a count of four, and hold for a count of four. Repeat.

“Howlie” - A derogatory Hawaiian term for white man. It means, “one without breath” or “man who does not know how to breathe properly.”

The Circle

The circle is the place where all realities are possible. It can be visualized. Or it can be an actual circle drawn on the ground. Some people use a mat for this purpose

Banishing

Know how to Banish, to clear a ritual space. **Remember:** The point of banishing is to **clear a space for working**. This is to flush out all distractions, thoughts, feelings, and energies that are unrelated to the working at hand. What you are doing is creating your magickal **circle** where the ritual can be performed. **This is a SPATIAL ANCHOR that says**, “In this space, only what I bring forward with my will, my intent, my energy, my imagination, is allowed. Everything else is OUT.” Here are some methods for banishing:

1. Make loud noises, such as clapping your hands, chanting, banging pots, whatever. Or play a loud 2 or 3 minute recording of tribal drums. (It should be a recording that you use **only** for this purpose, so there are no other associations to it in your mind.)

2. Burn some incense. Again, it should be a smell that is used ONLY for the purposes of this ritual, so that it will not be weakened with other neural associations in your mind.
3. Make a statement to yourself such as, "I now clear away and banish all limiting influences and enter a place where anything can be made possible."
4. Close your eyes, and look upwards about 30 degrees. (Toward the spot between your eyebrows.) Looking up in this manner will induce the Alpha state.
5. Perform the Breath of Fire (2 or 3 times.)

Now that you have banished, you can physically step into your circle and perform the ritual itself. Some people play "New Age" type music during this time, as an auditory anchor for the ritual and state. Also, try lightly pressing the tip of your thumb to the tip of your middle or ring finger. (Do this with each hand.) This is just a kinesthetic anchor for the ritual and state. In both cases, the anchors are unique and should not be used outside of the context of the ritual. Some magickians use certain robes only for rituals, or a certain room set aside only for rituals. Again, these are anchors in the same way.

"One of the most magickal things you can do is, step into your circle, and spatially move around your best qualities to where they will be most useful." -Ross

Closing the Ritual

When the time comes to close the ritual, there are several ways to banish for closing:

- A. Make a statement to yourself such as, "This ritual is successfully completed, I close this working."
 - B. Laugh like a complete idiot for 2 or 3 minutes straight.
 - C. Put on some music (such as club music) that puts you in a completely different, bouncy mood and gets you feeling energetic for your evening.
 - D. If the desires/thoughts related to the ritual come back into your conscious mind, suppress it. Do whatever to push it back out of your mind. Don't consciously dwell on it.
-

The Clearing Ritual

- 1) Squat down with your feet on the ground. Put your palms flat on the ground. Your arms should be between your legs (so your knees are just outside your elbows, pressing against them.) Spread your fingers out as wide as they will go.

 - 2) Perform the **Breath of Fire** 3 times. While performing the Breath of Fire, do these visualizations:
 - During the **fast breathing**, look **between your palms** and **imagine a representation** of your failings and weaknesses moving down through you and **into the ground**. The representation can be a sloughing off of old lizard skin, or dirty contaminants moving out in a dusty whirl, or whatever works for you.
 - During the **long inhale and exhale**, look **up**, and **imagine a representation** of your desired attributes and positive energy. This can be a golden warm light, a swirl of powerful bubbles, or whatever else works for you.

 - 3) Release any expectation of result or outcome. Feel the sense of detachment and new possibility. **Expectation equals doubt equals failure.**
-

Doubt Equals Failure, Expectation Equals Doubt

In NLP, doubt equals failure. The word 'Try' is even used in patterns to presuppose failure. "Try not to feel that sensation as it..."

With a positive expectation, you place excessive value on something (or someone) and spend a lot of time consciously thinking about it, instead of letting it percolate in the unconscious. Usually with SS students the object of this thought/desire is a woman, and placing excessive value on her is the death knell for the seduction.

Similarly, a doubt is just a negative expectation instead of a positive one. Again, with a doubt you are placing excessive value on something, and spending a lot of time thinking about it, instead of letting it percolate in the unconscious mind.

The point of the ritual and the sigils is to activate UNCONSCIOUS thought processes and take advantage of the resources available in the unconscious mind.

Yates gives a quick example (from everyday life) of using unconscious thought processes:

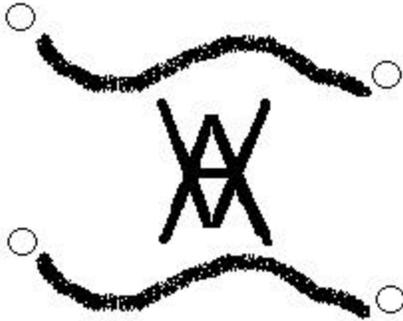
*"Ever been in a conversation and, perhaps you were talking about someone, but you forgot his name. So you say, 'Well it'll come to me in a few minutes' and you forget about it. Then later, at dinner, you blurt out 'Jim Jones!' So what happened there? Your conscious mind is searching for something that is stored in unconscious memory...and can't find it. So you *let it go* and forget it, and now the unconscious mind can go and retrieve it for you."*

Cultivate an attitude of "Non-attachment, non-disinterest."

Exercise: Two people face each other. Each puts one hand out and they put their palms together. One person is the trainer, and he will move his hand around as freely as he wishes. The other must keep his hand up against the trainer's hand while at the same time not pressing against it. In other words, his hand doesn't come away from, nor does it press against, the other person's hand. This is while he follows along with the trainer's movements.

Sigils

Figure 2.



A sigil is a word or image that expresses a change in your will.

A sigil is a word or symbol that you invent and attach meaning to, using your energy, imagination, and intent.

An example of this in everyday life is brought up by one of the students...the Nike commercials. Basically, every Nike commercial is a mini-ritual, and the resulting identity/state/belief is then associated unconsciously with the Nike "swoosh" sigil. The next time you see a Nike commercial, be aware of this angle and see how it changes your perception of what is actually being done in the advertisement. (Ironically, assuming it works, people actually could notice an increase in athletic ability while wearing Nike shoes, because of the unconscious programming that has been associated with them.)

The sigil in figure 1 is only an example. It was created by Ross to represent the ideal female that he wanted to attract. He made a list of attributes: Adventurous, Athletic, Sensual, Suggestible, and Open. He then used the first letter from each word to create this sigil. Obviously in this example, this sigil would be used in a ritual intended for programming your unconscious to attract a specific type of "ideal mate." This "first letter of each word" technique is the recommended one from "Basic Sigil Magic", due to the interaction it causes between conscious desire and unconscious processing.

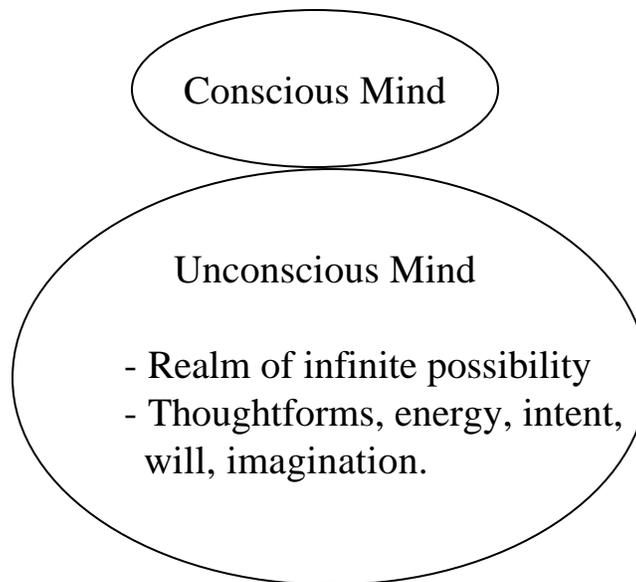
It has been said that designing a sigil is the most important part of using one, because it will have deep unconscious meaning and power within your mind. The important thing with making new sigils is that you don't choose a pre-existing symbol that has any pre-existing thoughts, feelings, or meanings attached to it. We want a pure, untouched symbol with no prior neural associations formed to it. The symbol should be new and fresh, ready to be infused with power and meaning and depth.

Keep in mind: A Sigil doesn't have to be a graphical symbol. It can be any kind of symbol. It can be a word that you invent, and vibrate during a ritual. You might even find more usefulness in creating a sigil that consists of a symbol **and** a word, which are used together to represent the same meaning.

What's the point of using a sigil? What is the usefulness of taking a symbolic representation of the desire instead of the desire itself?

If you want something too much, and you're constantly thinking of it, you will end up pushing it away. You interrupt things just as they're about to be given to you. You interrupt a woman's response to you. We use a sigil because it involves the participation of the unconscious mind.

Figure 3. - Huna Model



Recommended Reading

Hermetic Magic by Flowers

Prime Chaos by Phil Hine

Liber Chaos by Peter Carroll

Secrets of Sex Magic by U.D. Frater

Mastering Your Hidden Self by Serge Kahiliking

Secret Science Behind Miracles by Max Freedom Long

Futureritual by Phil Farber

The Magickal Sargy Self Ritual

Preparation. Here are the preparations you must make in order to perform this ritual:

1) Form a statement of intent

The intent you should have for this ritual is to create and install an alternate self-identity that will be more useful for you. *This is an example of using identity as a tool.* A statement of intent might be, "It is my intention with this working to create and install a magickal sargy self-identity, which will enable me to take advantage of the usefulness it will provide." An even more specific statement of intent would specify the exact attributes that the new 'self' is expected to have.

2) Design whatever Sigils will be needed

The main Sigil for this ritual should be a symbol and a word that, together, represent *The Magickal Sargy Self* that you intend to create. This sigil represents the ultimate goal and result of this ritual. You can vibrate or chant the word to yourself while perform the ritual. You can imagine the symbol with certain colors or motion.

3) Be ready to Imagine the Resources / Representations that will be needed

Here are the representations that you will need...

- E. Imagine a resource that represents to you **that feeling that anything and everything is possible.** (The next time you shake someone's hand, imagine that actual feeling rushing like water and light down your arm, into their hand, and into their brain and all throughout their body. In that example, the "water and light" serves as a representation of the feeling.) That feeling that **something wonderful is going to happen...and anything can be made possible.** It's like that feeling a kid has when he is imagining an upcoming trip to Disneyland. Or when he's wondering what the other kids will be like on the first day of school. **This is the "Something wonderful is going to happen, and anything can be made possible" resource.** In your imagination, create a resource that represents this state to you. (It can be a color, a construct, a symbol, a fictional character that fits the attitude, etc *whatever works for you*)
- F. A resource to **rapidly notice what other people are offering you, and to rapidly make use of it.** This resource will represent the ability to notice subtleties in the state and communication of other people. It is a **deep insight into other people.** It's a swiftness, clarity of thought, and deep curiosity about others. For this resource, Ross imagines the god Mercury. Mercury was the messenger of the gods. Very small, with winged feet, and flew around swiftly. **This is the "notice what people offer and rapidly make use of it" resource.**

- G. A resource that **ignites the passions and desires of other people, AND commands their priority and respect.**
- H. A resource that represents **playfulness and outrageousness.** To enter this state, close your eyes and vividly remember the last time you played a good practical joke on someone. The cocky, daring trickster. This is Loki, the trickster god. Ross uses Pepe LePew, Groucho Marx, The Naked Gun, etc to represent this resource. **This is the “Playful and outrageous” resource.**

[Some people find it useful to perform a separate ritual to create each resource (A through D) and then pull them all together to perform *this* ritual, which then charges the sigil.]

Performing the ritual:

Feel free to experiment with this ritual. Keep a Magick Journal and record all your experiments. Feel free to make changes to the design of this ritual so that it will suit you. But first make sure you understand all the mechanics involved and that you are making intelligent changes for a reason.

- 1) **Banish to clear a circle for working.** Do this preferably by using ALL of the banishing techniques. These are:
 - a. **Loud noises such as chants, banging items, or a recording of tribal drums.**
 - b. **Light your ceremonial incense.**
 - c. **Say to yourself, “I now clear away and banish all limiting influences and enter a place where anything can be made possible.”**
 - d. **Close your eyes and look upwards 30 degrees.**
 - e. **Perform the Breath of Fire 3 times.**
- 2) Physically step into your circle. As you enter this place, notice that all of your old limits, ways, and restrictions are gone. They don't exist inside the circle.
- 3) Imagine the **“Something wonderful is going to happen, and anything can be made possible”** resource. Visualize it in front of you, just OUTSIDE your circle. (Note, these resources can take any form...a symbol, an energy source, a character such as Batman or James Bond...anything that best represents that state for you.)
- 4) **Command the resource to remain outside of the circle, sending its energy towards you for the successful completion of this working. Imagine the energy being directed towards you by the resource, charging up the circle.**

- 5) Physically take a quarter turn to the Right. The resource that you just commanded is now to your left.
- 6) Imagine the **“notice what people offer and rapidly make use of it”** resource. Visualize it in front of you, just OUTSIDE your circle.
- 7) **Command the resource to remain outside of the circle, sending its energy towards you for the successful completion of this working. Imagine the energy being directed towards you by the resource, charging up the circle.**
- 8) Physically take a quarter turn to the Right. The resource that you just commanded is now to your left.
- 9) Imagine the **“ignites the passions and desires of other people, AND commands their priority and respect”** resource. Visualize it in front of you, just OUTSIDE your circle.
- 10) **Command the resource to remain outside of the circle, sending its energy towards you for the successful completion of this working. Imagine the energy being directed towards you by the resource, charging up the circle.**
- 11) Physically take a quarter turn to the Right. The resource that you just commanded is now to your left.
- 12) Imagine the **“Playful and outrageous”** resource. Visualize it in front of you, just OUTSIDE your circle.
- 13) **Command the resource to remain outside of the circle, sending its energy towards you for the successful completion of this working. Imagine the energy being directed towards you by the resource, charging up the circle.**
- 14) Beneath your feet, imagine a strong, stable, solid grounding source.
- 15) Above your head, represent pure math, or a connection with your unconscious, or infinite possibility. Ross represents a glowing golden ball of light for this step.
- 16) For each resource that is sending its energy towards you, turn to face it, physically reach out, and pull that energy into you. Imagine the resource entering the circle and stepping directly into your body. (Since there are four of these resources, you will do this step four times.)

- 17) Physically reach up and pull the top resource down across your whole body and inside you.
- 18) Squat down and perform the Breath of Fire (as many times as you deem necessary.) Whenever you inhale deeply, imagine that you are deeply inhaling all the awesome power that is within the circle. Imagine the energy within you forming as the shape of your sigil, swirling and moving around in your body. The more it moves, the stronger it gets. The stronger it gets, the more it moves.
- 19) Stand up. Zip up all of this energy inside you. Do this by imagining a zipper that runs from your pubic bone to your mouth. Physically reach down and grab the imaginary zipper, and slowly zip it up towards your mouth. As you imagine yourself zipping up, inhale deeply. Imagine that you are deeply inhaling all the awesome power that is within the circle. When the zipper reaches the top, imagine that you have sealed it all in.
- 20) Sit in your favorite meditation position. I recommend kneeling, as it usually has few other neural associations. If you have a deep trance anchor on yourself, this is a good time to fire it. (Reference the example given of holding the thumb and middle finger tips together while meditating, in order to set/fire a kinesthetic anchor for the meditative state.)
- 21) Begin to perform Sanchin breathing. Continue to imagine the energy/sigil moving throughout your body. Meditate like this until you feel like you are done. **Here is what Merlin does during this phase:**

I begin to get a sense in my mind of how I want things to go that night. (Don't get TOO specific; just get a general sense of the desire being fulfilled. If you get too specific you will trap your unconscious into only ONE outcome...bad thing) I hear girls in my mind saying.... "mmmm, ooohhhh who's THAT? Oh god...he's sooo sexy and....mmmmmm sooooo irresistible. I MUST HAVE HIM!"

I will see things THROUGH MY OWN EYES as if I were already there and hearing these things. I will imagine girls turning towards me, and unknowingly their hand slips down between their legs as they see me.

Then I will see ME...through THEIR eyes...I will see me and feel incredibly horny and aroused at the sight of me. I will moan in my mind at the sight of me and feel the sensations and think the thoughts that I want THEM to feel and think. (This truly is a mind fuck in the beginning...took me a while to imagine me and want to fuck me. but that also shows that maybe you don't find yourself attractive and desirable)

I will hear a DEEP, SOOTHING voice in my head saying in an incredibly sexy voice..."I am unstoppable, I am a master seducer...I walk through the world with total confidence drawing only those people whom I want to me ...I am all powerful...and everyone who crosses my path will never be the same...they will have no choice...they will feel better and want better things and not know why."

Now, I will sit in this state and hear these things and see these mental movies until I feel like...it's done. And if you stick in there...that time will come. You will just suddenly feel like...ok, that it. I've got it.

Now, once I reach that "I'm finished" point, I will sit up and do the BREATH OF FIRE...3 more times to remove the last trace of anything that might hinder me.

- 22) Stand up, and physically step outside the circle.
- 23) Physically reach out and imagine taking your circle in front of you, like holding up a hoola-hoop. Imagine it shrinking down...smaller and smaller, brighter and brighter, until it becomes a golden ring on your finger, its power coursing through you.
- 24) Banish to close the working. Do this by using ALL of the banishing techniques listed in Preparation step (5) - "closing the ritual." These are:
 - a. **State to yourself, "This ritual is successfully completed, I now close this working."**
 - b. **Laugh hysterically like a complete idiot for 2 or 3 minutes straight.**
 - c. **Put on some energetic, bouncy music (such as Chemical Brothers) to get you feeling excited for your day / evening.**
 - d. **If the desires/thoughts related to the ritual come back into your conscious mind, suppress it. Do whatever to push it back out of your mind. Don't consciously dwell on it.**

Ideal Mate Ritual

- 1) Design the sigil. Ross's sigil for this ritual is shown in figure 2. Have it drawn on a piece of paper.
- 2) Formulate a statement of intent – such as, "It is my intent to ritually charge this sigil to irresistibly draw to me any women who match my ideal."
- 3) Perform a banishing. Close your eyes, take a breath, look both eyes to the space between the eyebrows. Count:
3 3 3
2 2 2 (Picture the numbers as you count.)
1 1 1
Then say to yourself: "I now clear away and banish all limiting influences, and enter a place where anything can be made possible."
- 4) Start your chant, if you have one.
- 5) Masturbate. (????)
- 6) At the moment of orgasm, put the sigil up in your face and inhale it deeply, with eyes open wide.

- 7) Close the operation. Laugh hysterically. Put away or destroy the sigil. Say to yourself, "This ritual is complete, my desire is fulfilled, I close this working."
- 8) If the desire comes back into your mind, suppress it. Do whatever to push it back out of your mind.

Psychic Influence

In the context of the M&PI course, *Magick* is defined as a powerful way to change yourself, and *Psychic Influence* is defined as a way to influence other people. Again, this influence is achieved via programming your own brain, and via NLP-style rapport with the other person. A quote from Yates to clarify: "Psychic Influence isn't about viewing or projecting thoughts. Rather, it's about viewing or projecting a state."

The mechanics of how this occurs are irrelevant. What's important is, do I get results when I adopt this model?

Important abilities in order to perform Psychic Influence

- 1) Ability to energize with breathing.
- 2) Ability to go into an altered state.
- 3) Ability to visualize vividly.
- 4) Ability to create and hallucinate kinesthetic sensations in yourself.
- 5) Ability to imagine yourself experiencing through another person's perspective; to visualize from different vantage points.
- 6) Proper use of posture and micromovements of the body. Use your physical body to make things real.
- 7) Ability to close the doors of intention and put things out of the conscious mind.

Vizzini's "Step Into" Exercise:

Pick someone in the room. See that person from your peripheral vision, and let your imagination fill in all the details. Now imagine yourself floating over that person. Then you slowly move down and float inside that person. It's like, first you're looking at the top of their head, and then you are pulled down and step inside. Now see through their eyes...feel what they would feel, think would they would think. Try tensing your muscles and then releasing them as you step inside. Relax into people.

TV Screen Exercise:

While talking to a chick, look into her left eye with your left eye. On her left shoulder, visualize a TV screen, on which is playing an XXX movie starring the two of you...with her writhing in ecstasy as you pleasure her with your tongue.

“If you’re feeling doubts right now, keep in mind that I’m the one who put that doubt in your head.” -Ross Jeffries

Glamour Spell

- 1) Pick a context where you wish to walk in the room and have people think, “Who the hell is **that?**”
- 2) It is my intent to generate an overwhelming glamour of attraction in _____ context.
- 3) Perform a banishing. Close your eyes, take a breath, look both eyes to the space between the eyebrows. Count:
3 3 3
2 2 2 (Picture the numbers as you count.)
1 1 1
Then say to yourself: “I now clear away and banish all limiting influences, and enter a place where anything can be made possible.”
- 4) Outside your circle, see an image of your ideal self.
- 5) Point at your ideal self. Take a deep breath and...
- 6) Purse your lips and begin to blow energy into the ideal self.
- 7) As you continue doing this, in through the nose, out through the mouth, imagine the ideal self beginning to glow, and grow larger.
- 8) If you have a word of power, repeat it to yourself and see it entering the ideal self.
- 9) If you’ve constructed a sigil that represents your ability to totally englamourize anyone, see it entering your ideal self.
- 10) Connect the self to you with an “incredible connection”-like cord of light from the solar plexus.
- 11) Imagine the context where you want to englamourize those people. See the people you’re going to influence.

- 12) Command the image of the ideal self to hover over the room like a kite or a canopy.
- 13) See its energy sweeping over and surrounding the people that you want to influence.
- 14) Command the self to stand behind you (still outside the circle.)
- 15) Take a deep breath and watch it grow bigger. As this happens, it splits like a Russian doll, so that there is one behind it, even bigger. And one behind that, even bigger, and so on, as far as the “eye” can see.
- 16) See your audience again, and step down and slide into them, so that you are seeing through their eyes.
- 17) Through their eyes, see yourself...and also see all of your ideal selves behind you, glowing with power.
- 18) Hear their thoughts: “*Wow, this guy is fascinating.*” Or “*Wow, when I’m around him, I can learn to do anything.*” Or “*Wow, I feel strongly drawn to this person.*”
- 19) Step out, shift perspectives, and see them through your own eyes, as if you were really in that situation. Imagine them glowing, eager for you.
- 20) Repeat steps (17) – (19). Now imagine the people doing all the things that you would want them to do.
- 21) Continue doing this, and wait for the ‘click’ where everything feels right.
- 22) Stand up, step outside the circle. Banish with laughter.

[Note: This “banish with laughter” stuff is starting to remind me of the evil villain cackling as he completes some diabolical spell.]

A process that Ross uses:

I’ll take what someone says and I put it through a filter: ***What is she really saying about herself, her view of the world, and how she walks through life?***

What is implied? What is this person really doing? What is it, that’s left unsaid, that must be true in order for her statement to make sense?

Etheric Yank

(A Magickal Thing that you do to seduce someone remotely.)

WARNING: Sometimes, magickly speaking, it's better to empower your will to be attractive to many people, rather than to try and get one person. You could be doing it to serve an AFC identity that should not be reinforced, and that ultimately does not serve you. If you find that your interest is high in this ritual, you should take this warning to heart.

- 1) Form your statement of intent.
- 2) Energize with breathing.
- 3) Create your magickal self and zip it up inside you.
- 4) Sit in your circle.
- 5) Visualize and feel a circle of energy. It becomes a tunnel to the target.
- 6) Reach out and yank the tube into your physical space. Get the sense that the actual person is standing there in your circle.
- 7) Create a golden rapport bubble surrounding you both.
- 8) In imagination, open arms and greet warmly. (Alternative: shake hands warmly.)
- 9) See your energy extending from your solar plexus to theirs. Represent the same thing also connecting your third eyes (middle of your forehead) and your groins.
- 10) Unzip the target, releasing their energy.
- 11) Unzip yourself, allowing your energy to flow into the target.
- 12) Physically reach out and remove the target's head, lowering it over your own.
- 13) Mentally say, "As I place this head on mine, I automatically and unconsciously absorb everything I need to seduce and influence this person."
- 14) Place their head back on their own body.
- 15) Mentally step around behind the target. Imagine your arms around her. Imagine you can feel what she would feel. Simultaneously imagine the sensations from both perspectives.
- 16) The two of you now watch a movie screen that shows the two of you doing whatever it is that you want the two of you to be doing.
- 17) As this occurs, describe to her all the benefits and values and good feelings that flow to her as a result. (You should be able to do this in order for it to work.)

- 18) Step into the target on the movie screen. Feel what she feels as she's doing whatever she is doing.
- 19) Step into the target as she's standing in the circle, watching the movie play. Feel what she feels as she watches herself.
- 20) Keep narrating to her how she is responding. Specifically tell her about her own responses. Make sure you give her warm, safe, comfortable feelings before you turn up the heat to more exciting feelings.
- 21) Step outside of all that. You're still in the circle with her; see her standing before you. Say, "You want this now, don't you!"
- 22) Hear and see her give her ascent: "Yes, yes I do." Then zip up her energy meridians. Lock them closed, locking those thoughtforms inside her.
- 23) See the energy of those thoughtforms vibrating within her, and spreading up, down, and all throughout her body.
- 24) Tell her, "Go. Make these thoughts your own, until you're compelled to act on them." [At this point on the tape, Ross instructs the students to cross out the next three steps in this ritual that appeared on the original handout. I left them out of this document as well, as they were unnecessary.]
- 25) Zip up your own energy meridians.
- 26) Close the ritual by saying, "My will is now truly and well done." (Or something to that effect.)

This ritual is performed every 3-4 days for 3 weeks. (Up to 5 or 6 weeks.) And remember, you do not get what you want...only what the energies you create and project can connect with. Unless your operation benefits at least two people, it will not work.

Dream VCR

(Ross: I do this one laying down. Maybe it helps me get better rapport with someone who is asleep and dreaming!)

- 1) Pick a time when you reasonably believe or are informed your subject will be asleep. (I usually set my clock for 3:30 AM to do this ... you gotta be motivated to get up that early!)
- 2) Do steps one through six from Etheric Yank; it still applies here.
- 3) Imagine that you are looking through the wall of your room into a room directly next door to yours ... a room that shares an adjoining wall. Through that wall, you can see your subject, asleep and dreaming, in their bed.
- 4) As you do this, you can see that they are having a dream and you can vaguely perceive the images/thoughts running through their head, like cartoon dialogue balloons. You can even see them tossing and turning a bit and muttering out loud in their sleep.
- 5) Do what I call the Psychic Head-butt. Reach out with your actual physical arms, with each hand on an opposite side of the bed.
- 6) As you yank the bed toward you, literally raise your head and torso forward, so that as the bed moves toward you, you equally move toward it.
- 7) Now imagine you are standing in their room, 2 or 3 feet from their bed.
- 8) Imagine now that there is a TV set floating about a foot away from the foot of their bed.
- 9) Reach out with your physical hands and feel the texture of the glass TV screen. I actually rap on it with my knuckles of my right hand so I can feel the texture of the glass and hear the sound the rap makes.
- 10) Imagine there is a cable running from the back of the TV to the back of your subject's head, just where the head joins the neck.
- 11) Hear the click as you plug the cable in.
- 12) Now, see an image of your subject appearing on the TV screen.
- 13) Greet it warmly and ask, "What's going on with (subject's name)?" "What do I need to learn and realize about them in order to influence them as I want?"
- 14) Let it talk. When it's done, say, "Thank you. You're dismissed".

- 15) Next, imagine you have a VCR. Plug it into the back of the TV.
- 16) Now, command the TV to place itself inside the subject's mind, in the exact submodality location of where they see their most vivid and compelling dream images. This will almost always involve turning the TV around so the images are now facing THEM instead of you.
- 17) See a video-tape, appropriately labeled (" Porno Princess IN HEAT" for example if you are aiming at seduction! Or "Hire Me NOW" or "Make This Business Deal..You Will Be Happy" Briefly, from the place between your eyebrows, fire whatever series of images, thoughts etc need to be on that tape onto the tape...take care to include them enjoying all the benefits of giving YOU what YOU want ... if you can't do this, then you are attempting to work an infringement ... and it will not work You do not have to see these images clearly. just get a sense that all the images that need to be on this tape (which is on an endless play loop, by the way) are now being fired/engraved on it.
- 18) Pop tape in VCR and hit Play.
- 19) See the imagery from inside their dreaming body, feeling what it would feel like inside their body to have such an amazing dream. If it is a seduction dream, imagine what physical sensations they'd be having in their bodies. If it is a dream about hiring you, then of course, feel the satisfaction they feel in working with you, etc. **MAKE THIS VIVID!**
- 20) Switch perspectives, and see the scene from 2-3 feet away from their bed. See their actual physical body in bed, having whatever responses it is having.
- 21) Switch perspectives back to inside their dream.
- 22) Switch back to foot of bed. See them finishing dream.... the thought bubbles receding now back into their mind, as they again enter a period of sleeping quietly.
- 23) End ritual by ending visualization and closing.

The Soulmates Pattern

Do you believe in soul mates? [Yes.]

Wow, I don't. I believe it's a deeply unspiritual idea. [What??]

It's deeply unspiritual; I'm shocked that you'd believe it.

Part of being spiritual is to believe we're all deeply connected anyway; we're all deeply one. Isn't that true?

Well then, how can you believe there's only one person you can enjoy that deepest connection with? (Self-point.) If that's the case, everyone else is excluded (point away.)

Furthermore, it's a very egotistical concept. A soul mate is an emotional, spiritual messiah, your love messiah. But that must mean that you are equally important to them. If you're their soul mate, then you must be the most important person in their life. **What does that do but feed your ego?**

And it's not even chosen. Fate made it happen. Where's the spirituality in something you don't even choose. I'd rather believe, as an adult, enlightened, spiritual person, that I could **choose, right now, to have a deeply spiritual connection with (self-point) anyone, in this moment.**

How about you?
