

Breathing Exercises for Satanists

"Life is in the breath."

- Thoth

The Tarot has always been known as the "Devil's Picture Book." The 0 card of the Fool, which begins the Tarot (The Fool's journey through the Tarot to the godhead) in many decks, especially the ancient decks is illustrated playing a flute. The flute is symbolic of mastery of the breath.

Repeat the exercises 4 times for new people, for average 8 – 10 times and for experienced meditators, how ever many you are comfortable with. Advanced meditators can go as many as 60 – 100 repetitions of each of the breathing exercises below, but this has to be worked up to with each of the individual exercises, and over a period of time. Pushing yourself with these breathing exercises can damage your nervous system. A warning that you are overdoing it is words and speech getting messed up. Letting up and lessening the time of holding the breath and such and this will go away.

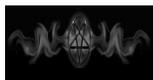
If the instructions below are not clear to you, you can find more information on the internet or in Yoga texts.

TECHNIQUES 1, 3 AND 4 ARE EXCELLENT FOR BEGINNING MEDITATION OR TO GET INTO A TRANCE.



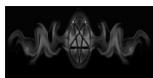
Technique #1

- 1. Inhale slowly through your nose and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.**
- 2. Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.**
- 3. Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.**



Technique #2

BREATH OF FIRE also known as "Kapalabhati"



Technique #3

ALTERNATE NOSTRIL BREATHING ONE – HOLDING AT THE TOP

- 1. Inhale through your left nostril for a count of four and focus on your top three chakras.**
- 2. Hold your breath for a count of 6 at the top of your inhale.**
- 3. Switch and close your left nostril with your thumb, and now exhale for a count of four through your right nostril, slowly and evenly.**
- 4. Inhale through your right nostril and hold for a count of six**
- 5. Exhale through your left nostril, for a count of four**
- 6. Inhale through your left nostril for a count of four, hold for a count of six, exhale through your right nostril for a count of four.**

- Inhale through left**
- Hold at the end of the inhale**
- Exhale through right**
- Inhale through right**
- Hold at the end of the inhale**
- Exhale through left**

The above constitutes one round.

**Repeat the above 4 times for newbies,
eight to ten times, then build up to 20**

times for experienced and up to 40 times or more for advanced meditators.

It is important to relax and take your time with this exercise.

For advanced meditators, the times can vary from being equal, for example, a ratio of 2 on the inhale, 8 on the hold, and 4 on the exhale, but this must be consistent through the meditation.

Shorter inhales with longer exhales increase the witchpower drastically in a short period of time.

The above exercise directs the prana/witchpower to the head and upper chakras. This is a great exercise if you find your energy pooling in your legs, which can be dangerous.

ALTERNATE NOSTRIL BREATHING TWO – HOLDING AT THE BOTTOM

With this exercise, the hold is at the bottom, after your exhale and goes like this:

1. Focus on your three lower chakras

2. Inhale through your left nostril for a count of four, closing off the right nostril with your thumb. This is best done by pushing the pad of your thumb onto your nostril.

3. Switch and close your left nostril with your thumb, and now exhale through your right nostril for a count of four.

4. Hold your breath for a count of six, after the exhale.

5. Keeping your left nostril closed, inhale through your right nostril for a count of four, switch and close your right nostril and exhale through your left for a count of four.

6. Hold at the end of the exhale for a count of six and then inhale through your left again for a count of four, exhale through the right and then hold for a count of six, inhale through the right, switch and close the right and exhale through the left, hold for six, inhale through the left.

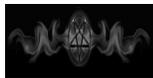
- Inhale through left**
- Exhale through right**

- **Hold at the end of the exhale**
- **Inhale through right**
- **Exhale through left**
- **Hold at the end of the exhale**
- **Inhale through left**

This constitutes one round. What this exercise does is to bring the prana/witchpower to your lower chakras.

Repeat the above 4 times for newbies, eight to ten times, then build up to 20 times for experienced and up to 40 times or more for advanced meditators.

It is important to relax and take your time with this exercise.



Technique # 4

First Set:

- 1. Inhale through both nostrils for a count of 2**
- 2. Hold four a count of 4**
- 3. Exhale for a count of 6**
- 4. Hold for a count of 4**

The above constitutes one round. Six to ten rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable.

The following exercise should be done for as many rounds as the above exercise and both should be done with the one below following the one above:

Second Set:

- 1. Inhale for a count of 6**
- 2. Hold for a count of 6**
- 3. Exhale for a count of 4**

Do NOT hold at the bottom. However many rounds you did with set one, you need to do with this exercise.

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