

## STEP FOUR: FOCUS ON YOUR BREATH!

NOW REMOVE THE CANDLE FROM THE PREVIOUS EXERCISE. CLOSE YOUR EYES AND CONCENTRATE ALL OF YOUR FOCUS ON YOUR **BREATH** AS YOU DID WITH THE CANDLE. BREATHE WITH YOUR NOSE IF YOU CAN AS IT WILL **GREATLY** HELP WITH THE NEXT STEP.



## LEVEL THREE: THE THIRD EYE!

### STEP ONE: OPEN YOUR EYE!

DO THE PREVIOUS EXERCISE, ONLY THIS TIME IMAGINE THAT YOU HAVE A **SECOND MOUTH** IN THE CENTER OF YOUR FOREHEAD. BREATHE IN AS YOU NORMALLY DO, BUT AS YOU EXHALE IMAGINE THAT YOU ARE BREATHING OUT OF SAID MOUTH. AVOID THE TEMPTATION OF LOOKING UP TOWARD THIS AREA WITH YOUR PHYSICAL EYES. IF YOU'RE HAVING TROUBLE, ON EXHALATION HUM IN A WAY THAT PHYSICALLY **VIBRATES** THIS AREA.



OVER TIME YOU WILL FEEL A PRESSURE OR TINGLING IN SAID AREA. THIS IS BECAUSE BY INTENSELY CONCENTRATING ON A SPECIFIC PART OF THE BODY YOU CAUSE SLIGHTLY MORE BLOOD TO FLOW THERE. THIS IS MEANT FOR DEALING WITH CUTS AND THE LIKE BUT IN THIS CASE YOU'LL BE CAUSING A MINOR BUT OBSERVABLE OVERCLOCK OF THE 10TH AND 11TH BRODMANN AREAS. MYSTICS CALL THIS THE THIRD EYE, NOT BECAUSE YOU'LL RECEIVE PSYCHIC POWERS AND SHIT, BUT BECAUSE IT ALLOWS YOU TO VISUALIZE IMAGERY WITH INCREDIBLE CLAIRITY WHEN IN GNOSIS AND (WITH MUCH PRACTICE) OVERLAY THESE IMAGES ON TOP OF YOUR NORMAL PHYSICAL VISION IN A WAY THAT MAKES THEM INDISTINGUISHABLE FROM THE REAL THING.

### STEP TWO: VIZUALIZE AND PROJECT!

NOW LET'S FLEX THAT SHINY NEW EYE OF YOURS. CLOSE YOUR EYES AND ENTER GNOSIS. IMAGINE A **BRIGHT BLUE CIRCLE**, NOT LETTING IT MOVE OR DISTORT FOR AT LEAST 5 MINUTES. ONCE YOU'VE GOT THAT DOWN, STEP IT UP A NOTCH BY ADDING A **SQUARE** AROUND THAT CIRCLE. TRY KEEPING THIS UP FOR 10 MINUTES. NEXT MAKE IT EVEN MORE COMPLEX BY PUTTING A **TRIANGLE** AROUND THE SQUARE, THIS TIME FOR 15 MINUTES. FINALLY, DO THE PREVIOUS EXERCISE, ONLY THIS TIME ADD ANOTHER **CIRCLE** AROUND THE TRIANGLE AND DO SO WITH YOUR EYES OPEN FOR 20 MINUTES. AGAIN, THIS IS 100% **REQUIRED TECH** FOR FUTURE EXERCISES AND THE MORE YOU PRACTICE IT THE MORE CLEAR AND VIVID YOUR VISUALIZATIONS WILL BECOME.



PROTIP: THIS LAST STEP COULD BE QUITE HELPFUL SHOULD YOU TREAD THE WACKY WORLD OF ALCHEMY.

# Chaos Magick Manual

**Rosina Ehmann**



## **Chaos Magick Manual:**

## Whispering the Secrets of Language: An Mental Journey through **Chaos Magick Manual**

In a digitally-driven world wherever displays reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words frequently move unheard. Yet, set within the pages of **Chaos Magick Manual** a charming fictional prize pulsating with organic feelings, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this charming opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the emotional depths of the emotional review, we shall embark upon a genuine exploration of the book is key themes, dissect their fascinating writing design, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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