

MEDITATION AND MAGICK

# Eudaimonia, The Glow of Meditation

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Meditation is the first tool and function of the humans, since our inception. Meditation is the most ancient way of thought, emotion, spirit.

Since people existed only with "a stone and a stick", and then existed with the Gods blessing their existence with infinite knowledge and fountains, a primal form of meditation has been used.

The point of meditation in the most primal- basic level, is to reveal ones thoughts and reflect ones function of the mind upon a process of introspection. Here we have the silencing, addressing and correcting the mental mind. Hence also Void Meditation is a process to accumulate enough ability to enter a level deeper about meditation. The primal level can be called contemplation, introspection, based on intellectual, logical values yet also always in a measure happening with the feminine mind as well.

A form of meditation is done on all aspects of life and all people. To think, inquire emotions, achieve a state of knowledge, of senses. Sciences and mathematical processes are based on a primal form of meditation. Be this is an inquiry in the logical mind or in to the intuitive mind, the shell to access this is one and the same.

The more genius mathematicians, actually go a level deeper in the meditation, and produce their observance by the intuitive sphere, not the logical one. A two way translation between these two states is continually there and always in harmony with meditation.

Isolating the mind and looking inwardly into the minds processes. Hardly anything that we do, if anything is done outside of the mind, of the consciousness, of us.

This is inseparable.

A deeper level of this, is to inquire the meditation beneath the surface of the mental, in a state of witness, of observance and then act. Deep into the trance, we access levels of the mind, layers and then a state of reveal.

All of these processes, are on an acquired state of observance, meaning you

know consciously - awake, no matter the depth.

To reveal means one gets to observe and in a final state, means gets to know.

Looking inward as this is by a reflective function of the consciousness (even if we look outward we process this inwards), we get to observe and know first and foremost ourselves.

1. We understand what we are, by all abilities of the body and mind. This is a continual process that must be thought as "closing the distance" between us the conscious and us the soul.

2. We access and reveal ones soul , embodying this, in a state of sight, energy, light and knowledge.

As to not go sideways of the purpose of this, one must understand and seek this glow that ensures during and sometimes after meditation.

There is a glow by doing meditation, one may call it illumination. This glow is the actualizing of ones systems in a harmonious and activated way and opening the gates to our spiritual nature.

Ones body is stimulated, and the body is engulfed from within, the initial point, a glow of beauty, of pleasure.

As a beginner, you will feel good. Refreshed. Focus on this feeling. Then one might feel that they are younger, a vitality suddenly exposed in the body. Focus on this feeling. Then one might feel a vibration that engulfs the being in a state of pleasure and in a small way, glimpse mystical undertones from one self. The range of the experience can go endlessly into higher and higher levels.

This glow happens both by owns body release of chemicals which is effectively an effect by touching and establishing connection to ones soul.

As well as how Aristotle stated that Theoria leads to a state of Eudaimonia ( *state of acquired knowledge - Daemon - and the Id. that is "eu" , which means*

*the happy and the good, but we are "the happy and the good", hence "eu" is "me")* The consciousness acquires the state of knowing, which is the flourishing.

To know means also to experience, ie. to live. To experience meditation, is to get to know.

The practical aspect of this that is to be directly acted upon with meditation, is to focus and sustain this glow in your body.

As our Beautiful **HPS Maxine** in numerous writings and emphasis has stated:

*The most important aspect of any meditation and/or meditation related exercises such as hatha/physical yoga [below], is getting the energy buzz. This is supposed to follow any effective spiritual exercise. For those who are new, this may take a few weeks of consistent exercises on a daily basis, but you will definitely know it and feel it. These are what these exercises are for- to raise the witchpower and amplify the powers of the soul.*

*It doesn't matter, especially once you are proficient in these exercises, whether you have the TV, your radio or stereo blasting or whatever, as long as it doesn't interfere with your movements or your ability to raise your witchpower. I have often had my ear-buds in my ears with my CD player blasting when I was doing yoga asanas. Afterwards, I still continued to listen to music- even metal at times, when I sat still for my energy buzz. The only thing that is important is that you sit still for a while following any of these exercises in order for your energy buzz to get going, then focus on it.*

*The only thing you can do is to keep your soul energies up, and work to amplify them. Regardless of what you do for meditations [we are all individuals], following a meditation/yoga session, etc., one should be absolutely still and get what I call an 'energy buzz'. This is where you feel like you are glowing with energy, vibrating with it or anywhere where you can feel the energy of your soul, which was amplified by the working you just did.*

This energy buzz is part of this glow and illumination, of connection. The buzzing is our body feeling the vibration, the radiance, the energy and it's own functionality in spiritual Eudaimonia.

Contemplation on this is done by focus, actualizing the present moment by living this experience, immersing one self in this - in turn amplifying and creating density to this in your body.

Another aspect of this that happens, is that this is imprinted in the memory and the factual senses of the body, in time this creating the actual spiritual abilities and acquire the power to do witchcraft.

To access and produce this glow, which is also something of natural expectation, is to purify and clean yourself and the chakras. The dross must be cleaned out, as so the light and vibration can emerge by the dimensions of the being.

In a practical routine and individually one must observe, is how long this "fulfilment" of owns body with this specific glow can last. For example, one may feel fulfilled for 5-8 hours. And then one must meditate again and fill the cup of our body with this energy.

It would be best, to not let yourself empty of this, since also, you may forget this uplifting and also lose power and momentum to the next levels of advancement.