

# Advancing Properly: Bring Yourself to a State for Meditation

by High Priest Hooded Cobra 666

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As it has been understood, these articles will be going to the Joy of Satan website to enrich it. Regardless, these are shared as they are to help in the forums before officially going into the Joy of Satan.

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Practitioners of meditation do many mistakes when it comes to meditation, arising in particular from systems that preach systematic denial of the body as something "evil" or "negative".

In contrast to these false religions that were made by fools and blasphemers to the beautiful cosmos, in Spiritual Satanism the essence of the material is understood and taken into serious consideration for one's overall advancement.

Preaching falsely a denial of the human body, calling it "impure" or even going as far as to declare that the body requires no attention, is actually a major part of the falsehood that is presenting itself in many systems which are anything but spiritual.

As the human being is comprised out of many elements, we must first start our examination on the most basic element; the human material body, symbolized by the earth element. In order to succeed in or have a better quality meditation session, the fundamental level of the body must be taken care of.

When the above is achieved, and the level of basic desires is put into a state of equilibrium or at least a stable condition, one will be able to actually focus a lot more on meditation and have a proper meditation session.

The above does not describe a voracious or deprived approach towards appetites, but a pleasant balance. A normal way to look at this is that one must not have eaten until one falls asleep on the chair, but also refrain from starving to the extent this will force their awareness out of the meditation.

Denial or overconsumption will both become hurdles when it comes to meditation, and personal limitations must be taken in consideration here. Upon this basis, one also must learn the utilization of their body; before going to the gym, the body requires other form of input, but before you meditate, the approach towards needs must adjust itself accordingly.

The very advanced meditator will be able to immerse themselves in meditation even in seemingly chaotic circumstances, and will be able to postpone any need. However, this is a skillset and not a given rule.

For a more functional example, let's say one has had a very demanding day at work. If you instantly get back home running filled with stress and you just jump into doing a mantra or Yoga, without eating while you are starving, or spending half an hour to lower your intensity from the speed of the workplace, then this can make meditation harder.

If you however relax too much while going for this, you might fall asleep, which is clearly not the desired goal here. In this case, the drive from work must be lessened only to a small extent, and not to a great extent that will cause the undesired outcome which is sleep, but to promote a meditative state.

Therefore, where one tries to gain time by reducing quality, one might actually end up losing time from valuable meditation due to having to mind all sorts of things that physically or emotionally act as agitations.

To achieve a state of equilibrium in order to engage in meditation, it is recommended and ideal to:

1. Have covered all necessary dietary or elimination needs.
2. To have brought the mind to a state of openness for meditation, such as through music.
3. Especially in the case of energetic people, to actually have worked out or let out excess energy through material means such as a work, play or other creative activity, to let go of excess energy that can otherwise make you feel unable to focus on meditation.

The context of self care here involves: Relaxation, having properly done errands through the day so that pleasant tiredness and satisfaction from work has set in, satisfaction of other needs such as those involving the human needs of letting go of wasteful material, or more long-term improvements such as the healing of diseases, or calming of the mind.

Perfection on the above methods may not always be the outcome, not all meditation sessions will be equal in perfection, but becoming aware one must focus first on the EARTH element, taking it into serious consideration.

This is actually going to create a different awareness and approach to the matter that will incur further success than those who engage in meditation starting from "above" and disregarding "below".

With the above three areas handled, one will notice that your meditation progress will start skyrocketing and you will also have far more attraction towards meditation and the practices in general.

-High Priest Hooded Cobra 666

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### Reply from [Blitzkreig [JG]]:

It is important that people understand that they are not yet Superman/woman and think that their own abilities can compensate for major obstacles as described here.

The regulation of the mind, as trained through void practice, is still going to be hampered by large stressors. The goal with void is not to be perfect, but just to have a continually improving ability to deal with all of this. Yet, it is very possible for one to practice void meditation daily, but come under circumstances which result in their mind becoming unfocused.

Beyond the state of our mind or emotions, our physical state can definitely impact our thoughts. In the case of high amounts of inflammation like hypertension or agitation, one's thoughts will be much more erratic and harder to control. The opposite happens in cases of fatigue, although this is more commonly recognized.

Rather than stressing about a perceived lack of focus, it is best to be realistic about current limitations and how one can overcome these. Beyond daily void practice, one has to include yoga for its physical benefits.

In cases of poor health or a very rapid mind, then workings can be directed at both the body and mind to develop these appropriately.

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Most people recognize the Earth element as we see it in its Capricorn form, which is that of discipline or management. Taken in the context of the entire body, this is more related to Taurus, which deals with sensuality, pleasures, and so on. Having a full belly leads to both calmness and maintenance of the structure of the body. Our body grounds both the mind and soul, sustaining all other endeavors.

Although Nauthiz, related to Saturn, does give endurance and grounding, the best rune for propagating and protecting the structure of the body is Uruz. Although Uruz

has an aspect of fire, this fire can be thought of as that which sustains a pattern of life, such as the body. This also represents the full force of an animal which has to not just win a fight (pure Mars), but also recover and rebuild afterward, or deal with harsh elements, and so on.

Yes, having a strong Sun and Mars will translate to a strong body, but this is because these fire energies are diverted not just into obvious yang activities (like digestion, work, or sex), but also into yin activities, like building blood, cooling the body, removing toxins, and so on. Uruz reflects this overall system of health, not just the individual forces involved. This indirectly sustains mental health, as well.

Tying this back into what HPHC has mentioned: Uruz can help the body be both calm or active to better support our goals. Someone who is all yang energy cannot maintain the necessary calm or openness for ideal meditation. Someone who is all yin will not be able to actively work on and transform energy.

Yet, a full application of the earth element involves making use of the material world around us. Uruz is an earth energy, but this is still astral-derived. We cannot "eat" Uruz like we can eat a meal, nor does Uruz directly replace the calming benefits of yoga and pranayama.

In this way, we cannot avoid our realities and obstacles, such as the need to eat, sleep, and feel happy. Although it is understandable to want to advance past this, the best way to do this is by working alongside these obstacles, not against them. This is one lesson of the earth element, which is to properly sense and work with reality; staying "grounded".