

Consistency in Meditation

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This is more for new members but as well as for anyone who would like to read. We hear always about words or phrases like "Be persistent" or "Patient" or "consistency" but when it comes to applying these in our lives, then things can get really hard for us to accomplish being consistent. I will write HOW to be consistent. People need to be consistent. Not anyone is born with a desire to keep on something for too long, especially things that are very beneficial to us seem very hard to be consistent on doing. The fix here is quite easy. Inconsistency on meditations or studying in Satanism can lead to failure in many areas of both Satanism and our life in general. So, it's advisable that this skill will be learned [for those who lack it].

Please now recall in mind how many times you have failed or experienced bad circumstances as a result of being inconsistent to your meditations or some other work.

So now that you feel how painful inconsistency is, I guess we need to move forward on the solution. There are numerous solutions. For people who are capable of putting themselves under control, just being CONSISTENT will cure this. With a little self-control for instance, you can meditate everyday. People who have much earth Element won't have a problem with this. So key point one: Be consistent by being consistent. Now there are people like myself, who need something more to accomplish this. Spiritually speaking, if you find yourself being inconsistent and neglecting your needs [these probably go together, as consistency builds confidence aside other character traits who are very positive] you need to work with the Earth Element. Inhaling the Earth element will naturally empower your ability to be consistent. Another way is to use the Rune Nauthiz. 10x2 a day for instance and affirm "The energies of the Nauthiz Rune are making me consistent to all my spiritual assets in a positive way for me". Make this up to suit you. There is no excuse of laziness, it will only need to death. Do not waste a day, a day for a Satanist is precious and can get you one step closer to Godhead.

The mind is programmed to undermine us on this. Especially when you try to make such a change, the mind and the enemies of Satan will try to deter you

from meditating and working upon yourself to become something better. They are so fucking afraid of you that they will probably do anything just to stop your consistency on your meditations. But screw excuses and do what you must. Do not bow to any thoughts or emotions or whatever shit that keeps you from advancing. Satan accepted you and He expects you to evolve. All thoughts against this are of His enemies and their sole purpose is to make sure that you will never progress. Excuses are not a part of a strong person, a strong will or part of a Satanist. Even if you fail, be honest. You missed a day? Be HONEST and say okay, I missed it. Now move and don't miss tomorrow. Remember the punishment for inaction is death. In Satanism we are all about life and life is about constantly evolving and trying more and more, to reach EVERYDAY a bigger place on the ladder that we climb to Godhead.

For people who say they haven't got the time, I believe this is just a stupid excuse. Unless you are in a communist state [pun intended] that works for 16 hours a day, you have time. You can get up 15 minutes earlier from sleep at morning and go to sleep 15 minutes later at night. This won't make any big difference to your patterns, but these minutes devoted to your SOUL will definitely make an impact. Also 15 minutes of meditation will give you much more combust energy than sleeping these 15 minutes earlier or later.

Personally, I would advise the simplest thing for those who lack the time. Aura cleaning, Chakra Spinning, Aura of Protection. At morning, Kundalini yoga. At night, asanas or Hatha Yoga [In the Asanas you will do your chakra cleaning and Aura of protection]. Do like 60 breaths in your aura and empower it with the color of your choice. That's really nothing and will help you a lot.

You can also do 5 minutes of Pranayama. Like 5 Minutes Kapalabhati, 5 minutes alternate nostril breathing and 10 breaths in all Kundalini yoga positions, as written in the pdf.

HAIL SATAN!!!!!!!!!!!!!!

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