

My Intermediate Spiritual work Program (Ver 1.0)

Designed on 18/08/24, can easily be performed for up to 6 months with no changes.

By OttoHart

If you are using this program for yourself, know that it is designed for someone intermediate in meditation. You should already have performed the Opening of the Soul, with results. You should already have a decent feel of energy through your body, and a decent understanding on how to direct and program energy. This program could be tweaked for a beginner, but it is **not** designed for one. I am not responsible for any negative effects of your meditation if you are a beginner and choose to practice this.

If you are a beginner reading this, the 40 Day Meditation Program by High Priest HoodedCobra666 is absolutely amazing, and I've personally used it. Use that.

Likewise, this is not exactly an advanced program. You will see that no work is done to move energy through the Chakras, runic vibration is kept to very low numbers and that the workload may be lower than it is for someone who has been practicing for years. Or that there are quite a few meditations that are relatively optional. This is by design. Yes, the program is designed to challenge you, but there is plenty of flexibility so as to not burn you out, and some more advanced exercises have been opted out of, as we are still building the foundation to these.

This program has slots where you can remove or add things, and you are encouraged to experiment. The program won't be holding your hand completely, you are expected to be able to make decisions. Related to this, "I don't have enough time for this" = remove things or make time. Your personal judgement is encouraged.

After a good amount of time mastering the practices in this program (most likely around 6 months, although it could take as much as a year for some), revamping your program to move on to more advanced things is recommended.

By that time, maybe I will have made one already, as I am also practicing along.

As an intermediate in studying, you are still discovering many things and building foundations, but now it's time to put in the reps and build something powerful that we can build upon further.

Hail Satan!

I - LIST OF ACTIVITIES

This list details the workload of the program. The order does not determine the order of the exercises. This is shown in the second section.

The exercises are minimally explained here, unless specifics are related to the program. You are expected to either have practiced a lot of these already, or be able to search things that you don't know.

Daily:

Aura and Chakra Cleaning x2+

To be performed after waking up and in the evening meditation session. Additionally, whenever feels necessary. When the schedule shows (Runic) you are to vibrate Raun in one deep, complete breath, and affirm "The Rune Raun is cleaning unwanted dross from my Chakras in a way that benefits me."

Aura of Protection x1+

To be performed during the day meditation session, after RTRs and whenever feels necessary. 5 breaths as you normally would, you should be tuning in to your AoP at this point. Vibrate Algiz in one deep, complete breath and affirm "The Rune Algiz is strengthening my Aura of Protection in a way that benefits me".

Void Meditation x2+

To be performed during both meditation sessions, as well as whenever you feel like it is a good time to do it. Alternate between eyes open or closed as you see fit. The time allotted per session is a suggestion.

Chakra Spinning x3+

To be performed after waking up, during both meditation sessions, and up to two more times if you feel the need or have the extra energy. The "advanced chakra spin" method is recommended at this point, but one can transition into it.

Complete Chakra Meditation

To be performed during the day meditation session. After more than 40 days of continued daily use of this, it can be opted out of on days where your spiritual workload is high, as you are already plenty using the Chakras and feeling them.

Single Chakra Meditation

To be performed on the Chakra specific to each day, during the evening meditation session.

Third Eye Meditation

Can be performed daily if necessary or desired, but it might not yield results after a while, so it is cycled according to your own discernment. You are free to do or not do it, during the evening meditation session, as you see fit, after at least a week of doing it daily.

Minor Chakra Meditation

To be performed according to the weekly schedule.

Hatha Yoga x1

To be performed in the morning, closest to waking up possible, after cleaning. Starts at 10 breaths per asana, go up as you feel. If you are only starting to do Hatha Yoga, start at 2 breaths.

The asanas recommended for this program are the basic Hatha Yoga PDF Routine. You are free to experiment as you wish, but this routine, with increasing breaths, should be plenty, and cover all your bases, for the 6 months this program is designed for. Focus on correct practice and learn to avoid “junk diversity”.

Kundalini Yoga x1+

To be performed in the evening, when relaxed, before the evening meditation session. An extra session with half the breaths can be performed on days when the workload feels too low or when energy is high.

Start at 6 breaths, increase as you see fit.

You will be using the basic Kundalini Yoga PDF Routine, same exact reasoning as for Hatha.

Weekly:

Breathing Exercises

To be performed once every other day, so they won't be on the weekly schedule.

Complete Breath for 4 breaths.

Sun and Moon Breath for 3 rounds.

Humming Breath for 5 rounds.

God Rituals

There are four slots in the week for God Rituals. These are "mandatory", so to say, as we're getting you into the habit of doing them. The default for these are the Rituals for the four Head Gods, letting you connect to and get familiar to most powerful energies.

That being said, if you have a reason to do another God Ritual, you are free to do so. Best case scenario, that Ritual will be in addition to the four prescribed. But if you are short on time, or just starting this program and not confident in your ability to carry the workload, you can replace one of the God Rituals prescribed with your God Ritual of choice, as you see fit.

Reverse Torah Ritual

This program will only deal with the Final RTR. It is advisable that you move on to the 3 Ritual FRTR sooner rather than later.

In your current position, the goal is to transition from (probably) not doing RTRs, to doing the FRTR daily.

The program tells you to do the RTR on days when you are not doing God Rituals.

This is not a hard rule, quite the opposite. *That represents the base workload that you are expected to be able to do when starting out. Sooner rather than later, you should be able to do it daily. If you find yourself lacking the energy to do so, following the program for a week or so then attempting to do it daily again is a good strategy.*

Doing it more than once a day is not just allowed, but commendable.

The bare minimum is detailed in the schedule. Do more as you see fit.

Ritual Schedules

At this point, you should be able to participate in the Ritual Schedules shown on the Forums. If you are still early in this program, you are free to opt out of the program's God Ritual Schedule during the official Ritual Schedule. After a while, you most likely won't need to, but I understand the potential toll.

Runic Vibration

Runic vibration for AC and AoP is kept to a minimum in order to not interfere with one's own plans for workings. You are encouraged to look into Runic works and add them in, as well as improve on the Runic AC and AoP as you see fit.

Planetary Squares, Astrological Workings, Magickal Workings

This program does not go over these, as they are highly personal to the individual and likely still advanced for those just picking up the Intermediate Program. Practice these as you see fit.

Study Time

This, like the RTR section, is just the bare minimum. You will have, in the weekly schedule, two slots per week for an hour long session of studying Satanic spirituality. They are placed in areas where workload is low, but it is obviously not mandatory to study on those days specifically.

*It is **highly** advisable to take more time for studying.*

During study time, you should be actively studying, not just reading.

You should study the JoS sites and libraries inside and out, and that will take a while. But once you are running out of things to study in there (again, should take a while) you should consult the Forum for reading recommendations or do your own research through a Satanic lens.

Tactical Time

This is more of a loose suggestion than a solid part of the program. This is a time where you set aside one hour, at the end of the week, and write (preferably on paper, but digitally works) your progress, achievements, difficulties, goals and so on, taking at bare minimum an hour to do so.

This is the time for you to see where you are at, and plan your tactics accordingly, so you always have a clear goal and path.

Opening the Chakras (again)

If repeating the opening of the Soul for whatever reason, stop the daily Single Chakra Meditation, and take a day off between Chakra Openings.

II - Weekly Schedule

** indicates an optional exercise, all is detailed in the first section.
Each day is on a separate page to leave space for notes if one prints this.*

MONDAY

Morning:

Aura Cleaning (AC from now on)
Chakra Spinning (CS from now on)
Hatha Yoga (HY from now on)
Void Meditation (VM from now on) for 3 minutes.

Day meditation:

(Can be performed at any time the sun is up, closer to the morning is preferable, as time allows)

Aura of Protection (AoP from now on)
CS
Complete Chakra Meditation (CCM from now on)
VM for 5 minutes

Study Time

****Satan's Absolution Ritual***

(the allotted God Ritual for the day can be done at any time, I usually do this slot before my evening meditation)

Evening meditation:

(Can be performed at any time after sunset, closer to when you go to sleep is preferable, as time allows)

Kundalini Yoga (KY from now on)
AC (Runic), CS
Meditation on the Base Chakra
*Meditation on the Third Eye (won't be mentioned again, but is "daily")
VM for 5 minutes

TUESDAY

Morning:

AC, CS, HY, VM

Day meditation:

AoP, CS, CCM

Meditation on the Hand Chakras

VM

FRTR

AoP

Evening meditation:

KY, AC (Runic), CS

Meditation on the Sacral Chakra

VM

WEDNESDAY

Morning:

AC, CS, HY, VM

Day meditation:

AoP, CS, CCM

Meditation on the Shoulder Chakras

VM

FRTR

AC, AoP

Evening meditation:

KY, AC (Runic), CS

Meditation on the Solar Plexus Chakra

Meditation on the wings of the Soul

VM

THURSDAY

Morning:

AC, CS, HY, VM

Day meditation:

AoP, CS, CCM
VM

Study Time

****Baalzebul's Power Ritual***

Evening meditation:

KY, AC (Runic), CS
Meditation on the "Heart" Chakra
VM

FRIDAY

Morning:

AC, CS, HY, VM

Day meditation:

AoP, CS, CCM

Meditation on the Feet Chakras

VM

****Astarte's Power Ritual***

Evening meditation:

KY, AC (Runic), CS

Meditation on the Throat Chakra

VM

SATURDAY

Morning:

AC, CS, HY, VM

Day meditation:

AoP, CS, CCM

Meditation on the Clairaudience Points

VM

FRTR

AC, AoP

Evening meditation:

KY, AC (Runic), CS

Meditation on the 6th Chakra

VM

SUNDAY

Morning:

AC, CS, HY, VM

Day meditation:

AoP, CS, CCM

Meditation on the Clairvoyance Points

VM

****Azazel's Power Ritual***

Tactical Time

Evening meditation:

KY, AC (Runic), CS

Meditation on the Crown Chakra

Meditation on Chakras above the Crown

VM