

Excuses About Meditation - And its Necessity

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[October 23, 2018](#)

There are some people who make excuses to themselves and the Gods and disregard the importance of meditation. This is in many ways not only personal naivety, and if furthered, stupidity, but it is dangerous.

By the time a person turns around 18 (can start earlier in some cases) the human body is not on a growing phase, but rather, a phase requiring maintenance and empowerment on a daily basis to stay optimal. As for the soul, this requirement starts on day one. This concerns the material body, as the soul can atrophy way earlier, and atrophy of the soul can begin at around age 9 or 10, or even someone can start with an atrophied soul to begin with.

In short, how one supplies the body with food, showering and so forth. Imagine what happens if you do not eat for a month, or do not drink water for a week. In both cases, one is gambling with death. Similar is the situation where one's soul (or let's just say materially invisible but perfectly existing spiritual body outside of the spectrum of material light), is concerned. The same thing we can observe in people trapped in ruins for months and unable to drink or eat, we can observe in a different way in the meditation and the soul. As the material body of those trapped in ruins enters a coma, so does the soul.

Many people just also wonder why they do not experience immediate effects from meditation. This is because the soul has underwent a shock of energetic depletion and is equal to a dying husk when one begins meditation. The soul is essentially on a limbo state. Similarly to many people who suffer from anorexia and do not take weight or do not want to / cannot process food for a month or way more even if they start eating properly and medical help, the soul is in a similar situation when one begins meditation.

Some souls pick up faster from this state, some do not pick up as fast, but you definitely will raise out of this. Others who are very advanced spiritually may exist in a medium-less-limbo state where the soul is half operational, but never, without meditation, can this state be sustained or improved. If one prolongs the hunger they will collapse.

The good news is it doesn't take that long to get the first messages out of the soul. I have seen in astrology it's the people with some charts who have neglected the soul or not properly worked it, that it takes sometime for them to snap out of it. During this process their past karmic things also kick in, and they

can disregard meditation or run away from it. I have seen this in some cases. This is the same how an anorexic can have a locked stomach when food is presented.

Therefore the necessity of meditation is equal to food, water, and equally fundamental. Otherwise the penalty of such is that one will be feeling dead inside, which is the state most humans right now are experiencing as a result, entailed with many other issues. Without a soul, one is essentially a material flesh cyborg just walking around like a leaf in the wind.

The time humans have is quite limited and many people who have faced some death or life circumstance know also that the so called "I will live until my 80's" is just a myth. Most people do not make it to their 80's, the mortality rate of humans across the globe is an average of 65 to 67 years old. And many people by this time with booze, bad diet, a life full with stress and so forth, have already done a lot of damage to their soul and even sanity. By that time, the person who does not meditate or keep mentally and materially active, has deteriorated to a great extent. If one lives a life of corruption their end can come way earlier, as the human being is frail and expendable.

It's true however, it's never too late. Well, almost - never too late. I have a personal experience with a person who started meditating around their 65+ years and in one year have made very considerable progress, to the point they reached a great level before their material death, ensuring many positive things for them. They told me "It was the best year of their life". And the said person has had a hell of a life so to say, as far as material 'joy' and comforts are concerned.

So in a sense it's never too late, but after a point, one can only wait for their next lifetime to work, simply because, all the faculties dealing with the person have deteriorated to a great extent. And work becomes impossible. This repeated over lifetimes can lead to a permanent state of non-existence of the person, which is called 'death'. We die once materially and then we exist astrally, but one can also die again after. The Ancient Egyptians and Ancient Greeks called this the 'second death', which is final.

Many people approach meditation as some sort of joke especially in the west. You have some people thinking they are doing very good since they meditate once a week, or because they do some "Yoga Pilates" which mainly consists of jumping around like monkeys twice a week, or maybe once every two weeks. This is similarly hypocritical as the person going to church for a couple of hours every Sunday, praising a Jew, and pretending they have attained some sort of spiritual experience of salvation.

They know it is not true, but they wish that they could hack their way through as they try to hack the game of life, by taking happy pills, boozing out their problems, and tuning out their responsibilities. This route and perception of life leads to living risk and death. Everyone on the planet tries to escape their little amount of closely non-existent responsibility. This adds up, and the end result is a chaotic planet. This is the case with people and races who do not build their countries, do not self improve, and individuals who are a cancer unto society everywhere. This adds up and you have a chaotic planet filled with parasitic moths and only a few individuals who, even half-assed-ly, just go towards the living light.

Lastly a major excuse people use is that they do not have 'time' in the day to meditate, or that they cannot 'sit down to meditate'. This is just a joke. They do not have time to sit down and meditate, but they have time to get drugged, and waste endless time on YouTube or just literally looking at their own ceiling. Hours and hours wasted into pure nothingness.

Personally I know firsthand what it is to work 50, and even closely 60 hours a week. At this point, alas slowly, I was still able to do some astrology for 4-5 hours a day (alas extremely slower but still), daily meditation (in full), and have necessary time for warfare and sleep.

If you want find time, you can find some time. However, something may have to suffer for you to pull this out. By 'suffer' we mean you will 'suffer' the commodity of wasting some of your existence uselessly away to doing something valuable to your existence for 1 hour more every single day.

Sleeping 30 minutes more is not going to give you any major energy boost compared to meditating for the same amount of time. Looking at the ceiling for 30 minutes more isn't going to give you any boost either. And going 30 minutes earlier to bed just to meditate isn't going to rob you the pleasure of watching just another Netflix episode.

But the above hour combined is going to make life changing situations for you. Even half of this hour will work.

As for those who are new, meditation will start being normalized after a point for you same as drinking water or taking a shower. Every new thing needs some time to be consolidated in your routine.

Lastly, people must not think very highly of themselves and assume that other beings have to beg you to meditate. This is for yourself. Raises your energy levels, your mood, opens your consciousness, and it's you that benefits first and

foremost. Only later come any social benefits from this practice, and even the cutting edge selfish individuals have endless incentives to get into this practice.

It should be perceived that 1 hour of meditation adds 24 hours of quality life to your day. After a point, 1 hour of meditation adds 48 hours. When you reach the high levels 1-2 hours of meditation can add 3-5 extremely high quality days to your lifespan. These are not to be taken literally and are just personal estimations. Now if you add 1 hour a day for the next 365 days you will gain 360 hours a year to gain...365 days of vibrant life. This totals 15 days of spiritual meditation time in a whole YEAR, to gain benefits that are unparalleled.

Think of how much time you have wasted in public transportation and you will find that this is probably 20 times more. Life is being wasted at all sides.

As for the things absolutely necessary to do everyday, these are Hatha Yoga, Aura of Protection, Cleaning Meditation, and any sort of empowerment. One can also add breathing exercises, and Kundalini yoga, plus a form of meditation of Void. That is, if we are to keep matters very simple. This is the necessary basis to keep positive, flexible, and powerful throughout your day.

The thing about meditation is that it is given by the Gods, and the ultimate objective of it is that it leads to immortality. Hindu Yogis of the highest order say that at some point, the daily practice evolves a person by 1,000,000 years of linear time, every single day, compared to the person who does not meditate or practice.

Materially speaking we can observe this fact in yoga teachers and others who even with corrupted and watered down meditation reach the age of 80 and have the physiology of humans in their 20's or 30's, and women who are in their 80s and still have their monthly cycle as if they were 16. But even if we assume the above thing is just allegorical, all the same, your mind evolves beyond comprehension everyday, compared to the average Jewish NPC bot that just rots their life out.

Then there are those who are stuck a bit in beginning. Well, nothing begins in it's full potential. Someone carried the first brick to build the Pyramid, if we are to say a metaphor. At first it looked like a stupid thing to do, and it was just a brick sitting on the ground. Brick by brick they built the greatest wonders of the world.

Those who focus only on the brick will be disappointed. Feel proud you are putting a brick day by day to rebuilt your own spiritual power and soul back in proper order, and stay focused on the greater goals. Some days for all

meditators are unbearable (the enemy is also into this), but we have to keep pushing, and we will always rise out winning.

As an important final note everyone who does meditate, will commit mistakes, lose some meditation here, some day there, and experience failure. The only way to set this straight is to just keep going despite these failures and keep on walking. This is what makes the mistake right. Meditation is equated to war sometimes for this reason, the mind is jumpy and can try to derail someone. Same goes for life in general. You got to just put the train back on track and restart it, learn from your mistakes, and keep it running. That's what this is about, not 'inability to make mistakes' and being 'perfect'.

Hail Satan and the Gods who give us the knowledge.

-High Priest Hooded Cobra 666

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