

# Introspective Meditation: Increasing Conscious Awareness

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In the Joy of Satan Website, there are a lot of power meditations. Power meditations work to increase your personal power, advance your soul, clean it and bring you to a higher level of power. There are other forms of meditation, that increase your power, by increasing your awareness and self-consciousness.

In effect, as other meditations increase the sheer power of the human soul, these meditations work to rectify the mental aspect of a human being, to make the mind more efficient. Through this, the output and ability to use the generated force that meditation generates, becomes more pronounced.

For this reason, another level of meditation layers that did not exist in the JoS, are consciousness expanding meditations. These meditations work to do what the title says: expand your consciousness and your mind.

A most basic way to achieve this, is by increasing self-knowledge and self-understanding. The less self-understanding one has, the less one is capable of knowing what one needs to do, where one needs to go, or how one has to respond to a situation that emerges into their life on any level.

Another major problem that every Spiritual Satanist has to defeat, is the problem of lack of awareness. Many people wander their life completely unaware, without any understanding of themselves or external life. The lower go into the ladder of understanding, many people are behaving in a completely unconscious manner, slaves to every whim and weakness that is present because of that exactly: lack of consciousness or control.

The meditation below, while appearing very simple, is a foundational block that can make or break your whole life. A lot of people live their life in an amnesiac mode, which the lowest level of is to be almost unaware of one's own existence.

Many people do things like the ones advised here in this meditation naturally, which is why many people end up here.

Over-thinkers fall into this category, but this meditative state also incurs when

one has faced something powerful during their day. For example, a dispute or argument, and as they go to bed they cannot sleep because they are thinking what they could have said differently and so on.

This meditation was basic in the Pythagorean and most Ancient Schools. It produces growth of the mind and increases the awareness of the self.

Basically, that is conscious introspection. Yet, this meditation that appears very simple in the onset, is as simple as the person doing this: With the higher level of advancement, the understanding that will emerge from this "habit" or meditation, will be cumulative.

There are two simple ways to utilize this meditation in one's daily routine. One of these methods is this, doing this at morning and at night.

### **Introspection Meditation:**

Level: Beginner

This meditation is a meditation that has been formulated around the principal teachings of Pythagoreanism. Similar meditations have existed in all the Ancient Schools. This meditation was a basic core mental meditation in order to build foundations for the further levels of empowerment of the mind.

The aim of this meditation is to increase your conscious awareness, understanding and memory.

1. When you wake up in the morning, except of drowning in the lethargic state of having woke up, summon your mental power by focusing on anything of meaning that has occurred during your sleep. Try to bring back images or focus on a dream you had for a few minutes.

2. After you exit the state of heavy sleep, start thinking vividly of how you are going to spend your day, what are you going to do, and This you can do only for 1-2 minutes. It is important for both these steps to use your visualization. Daydreaming also might suffice. It's key to use your visualization.

3. By the end of this, try to make your mind to think over what you just did. If you had a fearful thought for example, try to get your mind to show you why this was the case. This trains the mind to learn to analyze its own feelings.

Then, begin your morning. The above part is optional. The part below which

takes place at night, is the most important part of this meditation and you might as well do only this if you are short on time, despite of the above taking only 2-3 minutes.

4. The more important part of this meditation, begins at night before going to bed. Effectively what you are supposed to do, is as you lay in bed, try to make a calm and positive evaluation of what you did today. What you ate, where you went, how you used your day.

5. Progressively, you can include more quality questions such as "how could I have done better with my day today?". If you experienced anger or a dispute with someone, you might ask yourself, how could I have behaved in a different way? Why did I behave in this way?

6. After this and unrelated to your introspection, you can combine these with positive affirmations [Or Positive Self Hypnosis]. This will help also in sound sleep.

7. The aim of this is to make the mind understand the habit of thinking, remembering, visualizing.

8. To make this meditation more advanced, bring the memories of your day back in your mind, visualize them and run them over again. These can be any memories from within your day. To increase the quality of this meditation, you can add constructive and beneficial questions or affirmations.

As you advance, try to bring back the memories of your day in your mind as vividly as possible and to include as many more senses as possible to your memory.

9. The above empowers all the functions of your mind, including recall, visualization and so on. In the long-term, that is necessary for specific meditations in the more advanced category of this section.

Depending on one's inclinations, the content of this can change and advance alongside you advancing. The above only reflects the very basic instruction and foundation of this for easy everyday use.

The importance is to teach the mind to become consciously aware of your life, your behavior, your existence. This meditation teaches your mind to observe your own conscious thought process.

Void meditation [which can be coupled with this] teaches your mind to let go of negative or nonsense thoughts, voiding it out. Both are important for your life.

Purposefully, this meditation will gradually imprint in your mind that your thoughts have to be uplifting, positive, have meaning and work to help you in your life or in the analysis of your life.

Finally, this skill is of immense importance and with greater focus, this will build a foundation for a stronger and more aware mind, but also better visualization skills and skills of recalling information.

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