

Vampire EDU 1 Lecture Notes

Hurlewain – Speaker

Autumn – Transcriber

(Note: All caps sections are written as such to denote times in which a broad topic is summarized or input from the text chat is referenced. I hope that their inclusion will be helpful in following the flow of the live discussion, though at times they are an imperfect truncation of a much broader discussion that was impossible to fully capture.)

— — —

INTRODUCTIONS ARE HAD

Let us begin. Some disclaimers: this discussion will be all ages—we will avoid adult topics.

This is an overview of Psi, there will be mention of energy bodies, Qigong, but everything will be very easy. This is not a deep dive.

Right now I want you to start with a very easy exercise: feeling your feet on the ground. Eyes can be open, but I want you to breathe deeply into your stomach. A few deep breaths. Feel your feet on the ground. Feel a pulling sensation in them. As you feel your feet, feel your body sinking. You want to have your head remain like there's a little string pulling the tip of your skull and your chin is slightly tucked—relaxed but structured. Just breathe and feel. I want you to feel warm oil melting down the front of your head, the back of your head, the sides of your body. Into the belly. Still feeling your feet. If there are other parts of you grounded, feel them there on the surface where you are seated or where you are laying. Feel the clothing on your body.

This is grounding—that is all that is. There are thousands of ways to do this. As you notice, I didn't ask you to visualize anything. Besides one exercise, I will not ask you to do this. This will teach you a very direct response.

–Energy as a Direct Sensation–

A lot of people doing magic talk about visualization as a core practice. There are two problems with this. 1. Visualization is often purely imaginary. You assume that these effects are happening but more often than not they may be a created element of your mind. Say you're meditating and you see an image of a ghost. Is that a ghost, or did you just watch a ghost film on tv. There are many things that can affect what you see in your mind's eye. It's important to be attuned to what sensations you have in their totality. There may be visuals, yes. But you don't want to concentrate on what you see, you want to concentrate on what you feel. Especially if you have multiple people reporting sensations that you can corroborate.

2. Some people can't visualize. This is known as aphantasia. You simply cannot picture things within your mind's eye. This is a spectrum, so some might have more difficulty with it than others. This is why when people ask for suggestions on how to work through these practices and experiences, I recommend journaling and taking note of the things you feel in their totality.

PROMPTS CHAT FOR WHO USES VISUALIZATION

Paying attention with what else is going on in my body – I do that as well.
I like that other people are saying they look for accompanying stimuli.

Perfect, this gets right into the next part, what are the options for non-visualizers. Who here has heard of NLP (neuro-linguistic programming)?

NLP was founded in the 1970s by Richard Bandler. He studied hypnosis, and he believed that the way you speak and move is a way to manipulate people. Pacing and weaving. I start getting a rapport and feeling for you. It's a good way to learn how to feed.

Anchoring—what we did in the beginning, grounding. It's a good way to get your mind into your body very quickly. I tell people to do this at work a lot (restaurant environment, moving very quickly). It's my job to make sure people are doing their job, so I had to learn to teach people to deal with the stress. I recommend looking into NLP—read a book or find some youtube videos. Professional classes are very expensive.

They have a thing they call VAKOG – visual, auditory, kinesthetic, olfactory, gustatory. Currently I rely a lot on kinesthetic—I'm a very 'felt' person, did a lot of martial arts, so I am very familiar with this. Some people use visuals a lot more. It's good to do exercises to train and get in touch with the senses. Now, if I do get a strong visual or taste sensation during my work I take it a lot more seriously, so I do still want to get in tune with them even if they're used less.

So when I do magic, anything that I'm not used to and not looking for, I will take that as a strong sign that something is up. Smells especially. A lot of older lore will speak of smells coming out during religious rites. So if I smell roses or sulfur during certain rituals, I will interpret that strongly. Now I don't necessarily follow all of these traditions, but it's still good to be knowledgeable of things like that so you can take those signs. It's often about those little signs.

So those five senses, great. What is the sixth sense?

WAITING FOR CHAT

Energy? Energy isn't really a sensation or a perception... it's a thing. We do use the sixth sense to feel energy. We can use our five senses but there is something else.

JUST KNOWING?

Yes, essentially the sixth sense is any of your senses that are extended. Sight, hearing, what have you. If you can use these to engage with energy, this is an extension of your sixth sense. Some people will taste brimstone or ash if it is relevant to what they are working with. I like to think of it as the extension of the five prime senses.

The beacon [is the mechanism] by which the other five senses are extended. Vampyres have what we call the beacon, this is how we can reach out to one another along these energetic lines, sense and be sensed.

(Note: At this point I had to step out for several minutes. While I could still hear the discussion, I could not record any sidebars or additional information at this time. As such, the next two paragraphs are taken purely from Hurlwain's script for the lecture. Some later sections will also take directly from the script due to the density of the conversation and the speed at which it was being had. For your convenience, all scripted sections will be placed in quotes and italicized. The text has otherwise been unaltered from the form in which it was provided.)

"I didn't discover this on my own by any means. I tried visualization for several years until I took a modern take on Yoga Nidra from a Neuro-linguistic Programming instructor and self-help coach. Yoga Nidra is also called the Yoga of Sleep. We learned to enter a deep trance while still being fully conscious, which means the body is asleep while the mind was awake. It's a lot like lucid dreaming but you don't enter through dream you enter through coordinated meditation. I haven't practiced my Yoga Nidra in several years, but I have taken the methods of using Sensory Imagination throughout my practice since I learned it.

"My first Sifu (Master Instructor) in kung fu was fiercely opposed to visualization for energy work. His reasoning was that visualization opens the higher energy centers, namely the brow and crown, and we get enough of that in our modern world from being bombarded in the urban landscape to being on all manner of screens. He came from a Daoist Lineage prior to a Buddhist lineage of qigong. The Daoist lineage had heavy emphasis on visualization where his Buddhist qigong master was the exact opposite. Instead of visualizing the qi in this our that color you just really concentrated on emptying the mind and feeling the qi move through your body. This was developed with qigong, Bagua circle walking, and partnered sets like push hands."

How do we develop feeling over fantasy? Well, you feel. For instance, walk backwards and stop an inch before you touch a wall. It sounds stupid but it's very effective in order to feel the energy around you and get attuned to what that feels like.

In Japan there's Bujinkan Taijutsu, and for certain high level black belt tests they take a wooden sword and chop down at your head, and you have to roll out of the way, without seeing. The idea is to test flow and feeling to see what's behind you. These are advanced practices of course, but they are very good. You can do this with people who are aware of how to fight and with those who aren't.

Another exercise, this one very similar to before. Extend your arms to the front of your body and close your eyes. Walk towards the wall until you are an inch from touching it. Again, very simple.

We have a thing called a ghost punch or a ghost kick. Basically, Kung Fu is about disappearing. Anybody heard of the Russian martial art Systema?

ONE INDICATES THEY HAVE

Those videos don't give it justice. It is so interesting. It doesn't hurt, but I've had a Systema instructor hit me so hard that my knees buckled. One time a jiu-jitsu student was arguing with a sensei—little white boy arguing with this guy that the pressure points didn't exist. He made that guy fold, he got up and asked what happened. Those touches and pressure points, the ideas behind them are "fighting an empty jacket." When a Systema practitioner punches you it doesn't hurt, it just drops your body. It's crazy.

CHAT ASKS MORE ABOUT MARTIAL ARTS AND THE BROADER RELEVANCE TO THE DISCUSSION

This is why I bring up martial arts. Especially if you can find a class. It's obviously not vampyrism, but they're gonna teach you these energetic concepts and how to control the space with your energy. They'll call it different things but it's still an energetic lesson.

I've had these lessons from a young age, so that's why I approach it this way. I was very fortunate to be exposed to that from a young age. To me it's not freaky. Growing up around it, they call it transference. But yeah, I would suggest it if you can find a school for it.

The reason I explored satanism, at first, and vampyric magic, was to understand these things. Sometimes it's not good to think of these concepts as the literal interpretation. Sometimes it's better to think of demons or spirits or what have you as an extension of the self. Your insecurities, your fears. Intrusive elements of your thoughts can manifest in these practices. But you're not going to hurt yourself [with exploring martial arts] really unless you overexert yourself physically. So yeah, I would explore it.

Manipulating energy negatively is a lot less common than people think. If you're doing yoga or vocal stuff—yes you could hurt yourself. But if you're not doing very specific things, you don't have to worry too much. You're working with your own energy body, so common exertion will really just break blockages. You can hurt yourself with anything, it's moreso the effects of paranoia that will cause harm in this sense. You've gotta play with your energy, and not be afraid to explore it.

The next exercise: when it comes to walking against the wall, you can count your steps but the idea is obviously not to. Have you ever closed your eyes and just walked down a sidewalk for no reason? I suggest doing it. You'll notice that you will go off-kilter. You'll walk into a tree or a trash

can. It's a good way to explore your energy practice. Little things that you can do in your daily life to play with energy are good. All energy is, really, is just taking your sense and extending it.

READING CHAT TEMPORARILY

That blind walk dovetails into this next section. This one will take a partner:

BRIEF DETOUR ABOUT SENSING THINGS WHEN NOT WEARING GLASSES, BACK AND FORTH WITH CHAT

1. *“Close your eyes and have your partner randomly put objects like an obstacle course before the Wall. Best to use things like chairs or large boxes.*
2. *Walk towards the Wall, slowly, trying to feel the objects as you walk.”*

The 8 direction perception meditation. What I gave you in the beginning is a very quick introduction to what becomes a 20-30 minute meditation. You take this time to feel about a half an inch into your skin and the same distance out. You try to be very thoughtful to do this at all places around you – front, back, left, right, above, below, within, to without. You're supposed to be standing when you do this, and then from there you begin your Kung Fu or other practice.

How many of you have heard of psychometry? It means measuring the soul. Oh, well, not quite. In a way, psychometry nowadays is reading with your hands—not palmistry, that's different. Psychometry is reading energy WITH your hands. [It relates to] Stone Tape Theory, the theory that the emotions we give off are stuck around us. Sometimes a haunting isn't actually a ghost, but rather the echoes of energy that have been there. The memories of a place. I have a book on this that I'll share.

Echoes of the Past – Investigating Residual Hauntings – Evelyn Reed:

<https://www.amazon.com/Echoes-Past-Investigating-Hauntings-Unraveling/dp/B0G9M1SRF7>

So psychometry is learning how to feel stuff with your hands, and it's really about opening perceptions through this part of your body.

Exercise: anybody have three things right now? Like a pencil, a rock, and a pen. Things that are different or have different qualities, made up of different things. I want you to pick these things around you. This is a very basic introduction to [psychometry].

BACK AND FORTH ABOUT THE OBJECTS CHAT HAS

Put these down in front of you. Use your receiving hand or non-receiving hand (non-dominant and dominant, respectively). Receiving is what you use to take in, non-receiving is what you use to push energy out. Close your eyes, put your hand towards the object maybe two to three inches away, palm facing the object. I want you to feel. Imagine the movement of energy if this assists you, but you don't have to do this.

DESCRIPTION OF THE SENSATIONS WRT AN ERASER

This won't teach you true psychic powers. You know what the object is and have associations with it. You're just trying to get a feel for it. Isn't it cool how your other senses start opening up as you explore it in this way?

I don't visualize a lot, but when I feel this yarn I see the different shades of ink that went into it. The spindle. Spiders and their associations. All of these things are coming to me from this spool or yarn.

BACK AND FORTH WITH CHAT ABOUT SENSATIONS

Do this little thing every day, or every couple times a week. Spend as much time as you want on it. This is a psychic gift that you all have—that we all have. It's fun to play around with.

Sometimes when I'm doing tarot, I'll shuffle my deck, take off the top, and I'll try to make a reading without even looking at it. That's really when it gets fun, because the cards themselves are the exact same texture, but obviously each card is different. My reading in this way ranges from 3/5 to 3/10 depending on the day. I'm not great with it. But it is a fun way to put it to the test. You can also try it with playing cards.

A lot of psychic work is association—I wouldn't call myself a psychic.

BACK AND FORTH SIDEBAR WITH CHAT – SHADOWWORK, DEEP CLEANSING, CARD CALLING, SOME LAUGHING

It's hard to feel people's energy. You just have to practice. Especially if you're solitary. Find a class, find a concert, places where you can feel the energy. It can also be a good ambient feed. I just saw a band the other day, it was great for that. There are ways to play with energy and you don't even have to let people know you're doing it as long as you're not intrusive or creepy.

–Qigong as a Universal Method–

“Qigong translates as ‘breath work,’ qi is from the Chinese character for ‘(rice) steam’ and gong just means ‘work.’ Definition out of the way, in Chinese culture, qigong is for everything from health to the highest mystical attainment and is understood as both an emanation of blood and breath to the to mysterious force that binds and moves every conceptual thing. Qi itself is not just energy, but the vital essence of existence. Qigong is based in Chinese culture and should be respected as such, but qigong sets like Ba Duan Jin (Eight Silken Pieces of Brocades) and Taijiquan have traveled the world and have even been studied by the National Institute of Health (NIH) and Harvard University. Qigong is not just a spiritual practice but one with proven medical benefits.”

Obviously you're not going to learn this stuff in a book, you have to find a master to learn from. This stuff has been studied, we know it does have a lot of these effects, and we're still learning more and studying more about it.

"Qigong is not a stand alone practice, it is often used in conjunction with kung fu (how I learned it), medicine, and religion. Which means it is basis in strength, power, health, well being, ritual, and magic. The wonderful thing about qigong is it is rather simple to learn and has an overall curriculum. Most schools you learn a basic form to loosen the joints and get blood flowing, most often Ba Duan Jin or variation. Then you may learn standing meditation like Zhuan Zhang (standing like a stake), which may also be hidden in your forms. By universal I should say "adaptable" to any energy or magic practice. The fundamentals themselves can take a practitioner a long way on their journey from structure, breath, movement, and specificity of purpose and movement."

So one exercise that we can do. Settle in, sit down, do not lay but you can stand or sit. This is what we call, "stroking the immortal's beard." The theory is that if you are a man you would put your left palm on your belly and the right on the top of your head. Switch it if you're female but honestly it doesn't really matter, that's an older practice. Whatever is comfortable. You should have your one thumb pad underneath your belly button, and the other just onto the back of your hand, like you're holding your hand. Breathe deeply into your lower belly and try not to expand your chest. This is called belly breathing. Take three deep but comfortable breaths, in through the nose and out through the mouth. Relax with each breath. Now turn so your palms are facing up, resting on your lap. Have one hand laying on top of the other, and as you breathe in through your nose bring them to your chin as if you were cupping a bowl, to your neckline, then turn your palms over so you're dumping that bowl out. Bring them back to starting position slowly, breathe in through your belly, and turn them over again in your lap, as if you were collecting water in that bowl.

That is a very basic Qigong exercise. So that last part is called sealing your Qi. The reason we breathe really deep into the belly, when your lower dan ti'en ('elixir field', this one residing in the belly) fills with energy, it like overflows.

THERE IS BACK AND FORTH WITH CHAT ABOUT THIS EXERCISE AND OTHERS

There is evidence that these practices bring longevity to life.

–You can't Astral Travel? Are you even a Psi Vampire?–

So, the next section is about Astral Travel. Not everyone experiences energy the same. Energy can be experienced in any of the senses.

"The old Vampiric Houses, most notably House Sahjaza and House Kheperu, and Ordo Strigoi Vii broke down the experience of energy through three main modalities (traditionally, these are mainly used in a ritual setting but can leak into everyday vampyre existence):"

Who knows what a road, caste, or pulse is and if you understand them in a vampyric context. Priest, counselor, and warrior.

Houses have a ritual structure.

1. *“Ramkht or Priest who’s energy is very ethereal and connected much closer to the spiritual realms. They would be adept at astral and dream travel, as well as spirit communication and are inclined to deeper ritual elements. This is similar to Martial Qigong and Weigong*
2. *Kitra or Counselor who’s energy is more fluid and may or may not be adept at astral travel, dream travel, and spirit communication. They have a fluid energy that dances and flows with those around them. This is similar to Medical Qigong and Neigong*
3. *Mradu or Warrior who’s energy is the densest of the three. Their energy is usually very dense and is protective and expansive over fluid or etheric. This is similar to Spiritual Qigong and Shengong”*

“These three modalities also help explain feeding needs: Priests need to feed the most often, even daily because of their energetic and spiritual output. Counselors can go days or weeks without feeding, and Warriors can go several months since they are the densest, energetically speaking. I was in a conversation with a Warrior coded vampyre recently and they also, like me, find intentional astral travel and out of body experience daunting and nearly impossible. Does that mean we are less vampyres than those that cannot? Of course not! We all have different levels of experience and capabilities. Think of a band. If all three members just played guitar it would lack the same energy as a full ensemble, even a three piece with guitar, bass, drums (and one or all singing).”

So in a house, a warrior comes in and sets a boundary, the counselors start moving the energy and creating that circle of energy. Finally, the priests come in to call in those spirits. The priest leaves and the counselor flows the energy, and the warrior grounds it. So it’s really about the flow of that energy, much like you would see in a Wiccan ritual. Very similar in a vampyre house. I’m not a master of this, my knowledge is very basic and I am a solo practitioner.

This can be found in the Psychic Vampyre Codex, the Vampyre Ritual book and in Vampires in Their Own Words (M. Belanger et. al.), The Book of Secrets (Goddess Rosemary), and the Vampyre Sanguinomicon (Father Sebaastian). You can find all that information there.

ENGAGING WITH CHAT WITH RESPECT TO THESE IDEAS AND READINGS

–Energy Bodies and Parts of the Soul–

Qigong Three Treasures

Head – Shen “Mind,” Yintang “Seal Hall”

Heart – Qi “Breath,” Renzhang “Man Center” – we feel, exist we love

Belly – Jing “Essence,” Qihai “Steam Hall” – it comes from the idea of Qi. When we do our exercises, we start here, and as we lift our hands we rise and come down. When we do our exercises we try not to guide our hands up to our heads unless we are doing a very specific practice because it can be dangerous, cause hallucinations, hypertension, headaches, etc.

I won't do all of the below, that would take another hour. But we can go over the Chakras. It means wheel. We have seven (by most models). If we look through these different systems, we'll see that things align, but also that they align with physical areas in the bodies, organs and glands. It gets pretty complicated with some of them. With the Chakras you can understand them as parts of the soul, but they're also corresponding to places in the heavens ruled over by different deities.

Hindu Chakras

Crown – Sahasrara/ “Thousand Petals”

Brow – Ajna “Command”

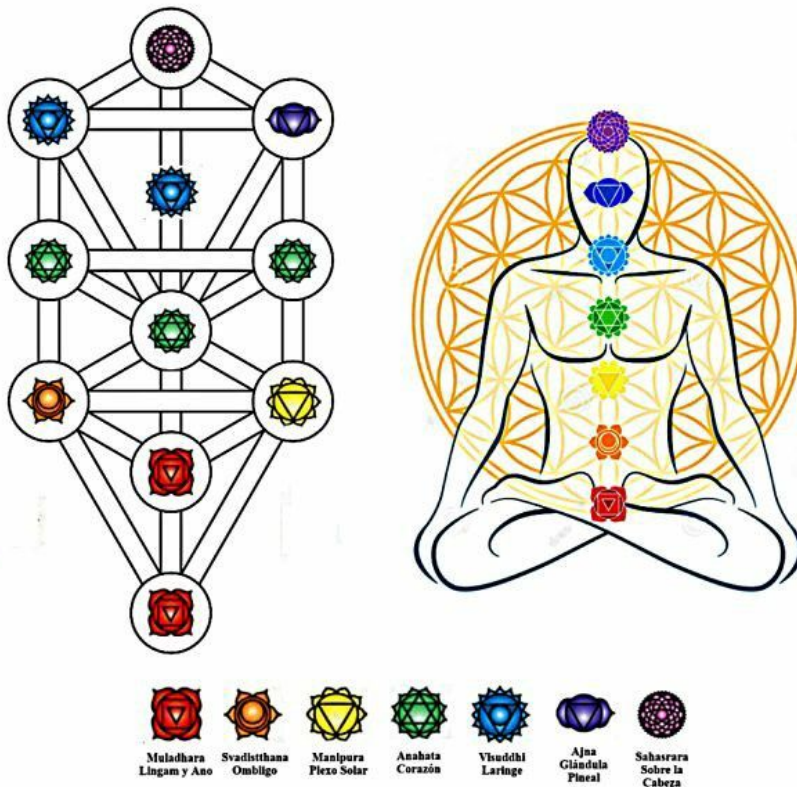
Throat – Visshudhu “Pure”

Heart – Anahata “Heart Lotus”

Solar Plexus – Manipura “City of Gems”

Navel – Svadisthana “Dwelling of Self”

Grown to feet – Muladhara “Root Support”



*Solar Plexus – Tiphareth “Beauty”
Right Hip – Netzach “Victory”
Left Hip – Hod “Splendor”
Groin – Yesod “Foundation”
Feet – Malkuth “Kingdom”*

*Nine Egyptian “Souls”
Ht or Jrw – “Appearance,” the physical body
Khat – “Corruptible” (Ht after death)
Ka – “double, vital force,”
Khabit – The shadow, ruled by the senses
Sekhem – Power
Ba – identity, “non physical qualities that compose a person”
Akh or Khu – “transfigured spirit, higher, luminous one,” higher self
Ren – “the name,” as in Naming, the manifesting power of words
Sahu – glorious spiritual body, used to transport the ka to the Elysian Fields*

“There are many, many more, such as the African, Incan, Tibetan, and Norse bodies or souls to name a few. What many of these have in common are degrees of ascension or paths that connect them. In qigong we have meridians (jing luo), in Hinduism we have nadis, in the kabbalah we have the 22 paths, etc.”

These are what we call maps of consciousness. They’re ways people have understood energy.

–Experience Over Knowledge–

“Reading books and attending these types of lessons and courses are great, but words can only describe a feeling or explain a concept, you need to take what you read and apply it. Beyond that, some of you probably have experienced certain phenomena naturally in the energetic and spiritual realms. Some are natural lucid dreamers, some are natural at sensing emotions, and some are natural at manifesting. If you have a natural ability reading can give you words to describe your experience or other avenues of approach to strengthen your skillset.”