

The Ultimate Book of Self Help

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PART ONE: THE TERRESTRIAL MATRIX

Definition

The Terrestrial Matrix is a kind of virtual reality. It gives the impression of a real universe, yet it is not real at all; it is a virtual world manufactured by alien entities, with sciences incomprehensible to the common human mind and it mostly serves as a prison and an experimentation laboratory.

A) The Rulers

These entities are forces of occupation on Earth – extraterrestrial, invisible, non-material beings, probably of electric nature. They took over the planet thousands of years ago and turned it into a "hen-coop" for them to exploit. Human beings are their "hens". The "hen-coop" is actually a complex net of energy fields, commonly known as "The Matrix". Entities who act behind the scenes can be nothing but malevolent. Some call them Shadows or Demons; religions worship and call them Gods or Angels.

B) Structural elements

i) Mankind is the basic structural element of the Terrestrial Matrix. All human activities (deeds, thoughts, feelings, relationships, inspirations, civilizations) are controlled by the Rulers to the slightest detail.

The extraterrestrial rulers use humans as biological marionettes because they need intelligent organic beings so as to affect the material plane according to their "divine plan". Yet, not all human beings are components of the Matrix; some of them (only a few) are prisoners.

ii) Machines, especially the electronic ones, functioning on line: computers, cellphones, devices which emit or receive radio waves, all kinds of electromagnetic fields, robots, as well as artificial intelligence serve as gates between the invisible world and the terrestrial matrix.

Humans and electronic machines, continually controlled and coordinated by the extraterrestrial rulers of Earth, compose the Terrestrial Matrix.

C) Mechanisms of the Matrix

a) Family: It is the cellule of human society, thus the cellule of the Matrix. Starting from childbirth, every human being spontaneously takes a specific position in their family and plays a definite role in it, always according to the needs of the Matrix.

Then, through imperceptible but exact procedures controlled by the alien Rulers, this role is enlarged within society, gradually making one's personal *destiny*. Moment by moment, a person's social environment is unconsciously coordinated around him/her, in such a way that this person always has the same role he/she has in the family. If you are "the black sheep" of your family, you will always be "the black sheep", no matter where you are or what you do.

ii) Patriarchy: As I read once, the best hidden secret of our world is the war between patriarchy and matriarchy. The fall of matriarchal societies took place about 5000 years ago, when the peaceful and affectionate Great Goddess was replaced by the bellicose and vindictive Father God.

Patriarchy certainly favours the evolution of the Matrix, as men are prone to warfare, which results to the formation of bigger and bigger nations through the centuries. When the mannish values (violence, war, control, slavery) were finally imposed on mankind, primitive human clans were replaced by the first city-states, that is the first concentrations of the Matrix.

iii) War: Thanks to this mechanism, the Matrix is unified and strengthened more and more with the passage of time. Due to countless wars all over the globe through the centuries, small villages are united into big countries and then to gigantic empires, until total homogenization of the Matrix is achieved: All nations of Earth are expected to become a "universal village". Nowadays we have already reached the threshold of a world dominion (globalization).

iv) Networks: Mankind has an innate tendency to organize itself in networks or rackets; they are innumerable and they serve many different purposes, yet they all belong to a hyper-network which serves one main purpose: to make sure that wealth and power is maintained within specific circles of people – according to each person's genetic origin and services offered to the Matrix.

Networks control the lives of ordinary people in many ways (work, division of wealth, nepotism etc), yet they always obey a rigorous, indisputable *hierarchy*. Network members always have to obey orders at once; if they do, they get certain rewards such as a good job, a high salary, special bonuses, a good social life etc; if they don't, they suffer the consequences: sudden unemployment, financial problems, social isolation -or even worse.

Networks have existed since antiquity. Once they included only the upper classes, but nowadays they have spread even to the lower social classes. Nowadays networks are perfectly organized and each one of them consists of thousands or even millions of people all over the world. Every citizen who belongs to the middle class or higher, is a member of some network. Families who don't belong to a network or clique, are gradually driven out of society and they don't survive for long.

Places such as schools, clubs, gyms, art schools, religious organizations, political factions and so on, where all decent citizens gather nowadays, are nothing but shop-windows for networks and they mostly serve as points of recruitment of new members. What is taught in these places is unimportant, as it is usually entirely useless outside the rooms of the “club”. What really counts in there is the innate "talent" of being a herd animal.

v) **Problems:** In spite of the impressive scientific progress of our time, the average man seems to be unhappier than ever, since all kinds of problems are still here to torture them: poverty, social isolation, family conflicts, unemployment, rivalries at work, physical and mental health problems etc. Why indeed?

The fact is that when you have a problem, everybody earns money: doctors, lawyers, psychologists, priests, entertainers etc. Problems make the Matrix go round, as money flows in abundance...

D) Mind control systems

a) **Education:** All kinds of schools, universities, colleges etc are supposed to offer knowledge, yet this is not at all what they really do. The main purpose of schools is to hide essential knowledge from the masses, while they develop analytical, verbal thought -which is *read* by the Rulers moment by moment.

b) **Religions and sects:** The most widespread religions impose the worship of the “One and Almighty God”; they mean the governor of the extraterrestrial occupation forces, who demands to be continuously worshiped and blindly obeyed by the human herd. And in all religions “God” happens to be male...

There are a lot of religions on Earth, and each one of them corresponds to the psyche of a specific human race. Religions and sects may differ one from another, but they all serve a sole purpose: absolute submission of the masses to the “God of this world” and his “divine dispensation”. They systematically propagandize the acceptance of misery (“God punishes you because of your sins” ... “you must suffer so as to pay for your bad karma”), they promote guilt (“you are sinners, that's why God allows Evil into the world”), they prohibit any kind of judgement (or negative thought, as they call it): “Do not judge, or you too will be judged” ... “Blessed are the poor in spirit, for theirs is the kingdom of heaven” ... “All your misfortunes are your fault only; it is you who attract them with your negative thoughts”.

Most of all, religions instil terror into human souls: “Those who dare question the dogma, will go straight to hell”. Religious faith is based on horror. Without horror there is no faith.

c) **The fraud of “Good” and “Evil”:** According to religions and sects, if you want the so-called "positive forces" to be on your side, you must have absolute, unshakable, blind faith in them. Nevertheless, according to everyday experience, negative forces may attack no matter if you believe in them or not! In fact, they can harm you even when you don't even imagine their existence or what they can do! The truth is that in

this world there are no positive forces.

d) *Speech:* First of all, learning a language engages huge amounts of energy. Moreover, the spontaneous processing of speech in the human subconscious automatically develops an irrepressible inner dialogue, which is read by the Invisible Rulers continually, moment by moment.

Speech confines the spirit within very narrow paths of thought, so that humans can perceive only what they are allowed to perceive. A language may include a vocabulary of many thousands of words, yet the ones repeated continuously, almost in every conversation, are rather few: “work”, “mother”, “father”, “home”, “money”, “God”, “Devil” etc. In the English language, the words “fuck” and “hell” are heard in almost every sentence; they are verbal suggestions made to all humans as often as possible, with a view to affecting their minds and producing a very specific way of thinking.

Are you a prisoner of the Matrix?

Check here:

- * No matter what you do, nothing ever goes right in your life; sooner or later all your endeavors end in a flop. “No matter what you do, you will always regret it” (Zen).
- * It is impossible for you to really enjoy anything, since there is always something that gets on your nerves: hostile people, negative coincidences, misfortune, annoying sounds etc.
- * Since you don't belong to a social network or racket, it is impossible for you to defend yourself effectively against an enemy. On the other hand, you enemies are usually able to do you any harm they wish – and they are always above suspicion, unhindered and unpunished.
- * In a world where sex seems to be the most natural thing in the world, you always face great difficulties in finding a mate.
- * Is almost impossible for you to find new friends; when you find them, they prove to be either boring or bitter.
- * Wherever you go (workplaces, schools, gyms, clubs, etc), you are treated as if you had the scabies, until you are eventually kicked out.
- * Whatever you do, the others never find it good enough; no matter how hard you try and what you achieve, the result never seems to satisfy the others.
- * Wherever you work, you are always at the lowest position and you get the lowest possible salary.
- * You can never find an ally, someone able to help you solve just one of your problems; nevertheless, you often meet persons who cause you even more trouble.
- * Strangely enough, the world seems to be coordinated with your negative thoughts:

What distresses you is always before you; what pleases you either disappears soon or doesn't appear at all.

* You are always confronted by unnatural, unsolvable, soul-destroying problems: Social isolation, hostile people; never ending misfortunes, negative coincidences; repetitive annoyances seem to be dogging you everywhere; concurrent nightmares and/or bad omens make you feel miserable and threatened. If you ever manage to surpass a problem, a new one arrives at once, and it proves to be worse than the previous one.

* In the hostile world you live in, you may see the most irrational things happen -as long as they affect you negatively: for example, the retarded son of your enemy could go to university and become a doctor.

* Everything seems to be preordained within the Matrix, like the scenes of a cinema film. All the others around you seem to be enjoying themselves in a never-ending party, experiencing all kinds of success and happiness. Everybody (but you) seems to progress spontaneously in a world you can't understand.

* You may be searching high and low for solutions to your problems, yet nothing seems to be effective enough: If you use magic, it will only make matters worse; if you resort to medicine, doctors will prescribe pills which will make you feel miserable and unable to face everyday life; religions and sects offer a temporary relief only; in the long run, they make you feel unworthy and guilty for everything.

Results: (A) If you gather more than half of the presuppositions mentioned above, you are a prisoner of the Matrix and a target of evil forces.

(B) If you are unsuccessful in life, it is not because you are "weak", or "stupid", or "unambitious", or "a loser" -as you are often told. It is because you aren't a part of the Matrix but a prisoner of it -for reasons explained in Part III of this book.

Self-defense against the Matrix

i) If you feel you are a target of the Matrix, it is advisable not to stay the same for long. Change jobs, houses, friends, activities whenever you can. In this way, the Matrix will "lose" you for a while and you will enjoy temporary peace. Of course, it won't be long until it locates you again: Certain people will start annoying you, each one of them in their own way, until they make your life miserable once again; then you will have to escape once more, and so on. It's not easy to move on all the time, but if you don't want to be a target of the Matrix, this is the best you can do.

ii) There is no point in bearing hard feelings for anyone. In general humans have no free will, since they are nothing but biological marionettes, pawns of the alien Rulers. It is not wise to get angry at a human, as it is wouldn't be wise to be angry at a robot which has no other alternative but act according to the program of its manufacturer.

iii) On the other hand, you have the right to defend yourself. Evil should by no means go unpunished. Forgiveness is complicity to a crime and, moreover, it will turn your

mind against yourself. When someone causes you harm, you must somehow get your own back on them; if you don't, sooner or later you will end up hating yourself. Forgiveness is unnatural; revenge is balance -but remember: Revenge is a dish best served cold.

iv) Remember: “No good deed goes unpunished”: The good you do to others will turn against you sooner or later. So, think twice before you decide to serve them anyhow.

v) If you are a target of visible and/or invisible evil forces, avoid coming in contact with human masses: as long as this is possible, avoid crowded places such as schools, work environments, gyms, clubs etc. In this way, you will escape from the attraction of human minds.

vi) Be careful: Strong feelings and persistent thoughts betray your position within the Matrix. Therefore, what you dislike will always come before you; what you like will either disappear or disappoint you.

vii) Silence – the golden rule. Do not reveal your ideas, inspirations, plans, successes to the others, no matter how friendly they might seem to be. Most of the people you consider "friends" will hate your coming up with an idea they haven't had first; and they will hate you even more if you are successful in anything.

viii) Mundane goals (success in business, financial ascent, sexual satisfaction, a rich social life) are dictated by the Matrix. These are things everybody seems to enjoy but you -but they are nothing but foul play. You will feel relieved only when you don't interact with the Matrix: Do what you really like doing, without taking into consideration how useful or nice it might seem to the others.

ix) Don't take into account the opinions of others about you. Since they are all pawns of the Matrix they will never acknowledge your due no matter what you do, no matter what you achieve.

x) Ignore all kinds of religions, philosophies, occult sciences: they all aim in showing you “the correct path” (submission to an external, “superior” entity) and concealing the truth (your being a prisoner of the Terrestrial Matrix).

xi) If strange difficulties or negative coincidences obstruct the realization of your plans, this means you should let go right now. If something goes wry right from the start, it will get even wryer in the future. If you insist on your plans despite the bad omens, sooner or later you will be in serious trouble -even in case you succeed. In general, bad luck is a sign you are engaged in something that isn't right for you.

xii) And a special piece of advice for women: Either we like it or not, we live in a man's world. Therefore, a man should be powerful: that is, he must be reasonable, determined, wealthy and successful in business. If he is not powerful, he won't suffer many consequences; it is the woman who always takes the rap for that. If the man is weak, the woman had better become a nun...

xiii) Do not underestimate the value of “negative thinking”, alias criticism: When you criticize evil, your thoughts get clearer; you gain confidence, inner balance and self-knowledge. You know where you stand. Evil to evil is good; being negative to

negative makes you positive -and this a universal law. The so-called “positive thinking” is nothing but a huge spiritual trap...

PART TWO: RELAXATION - MEDITATION

Relaxation

Relaxation techniques are a great means of stress management. Yet they can be something more, as you can achieve the following: reduce stress hormones and muscle tension; improve concentration and memory; ward off negative feelings; boost self-confidence and happiness; have a positive outlook on life; improve your health and enjoy a better quality of life.

However, remember that relaxation techniques take time and practice: At first you might feel unable to reach deeper states of relaxation, but your ability to relax will improve with time, so don't be impatient. Also, keep in mind that some people, who have serious psychological problems, may experience emotional discomfort during relaxation. If this is the case, don't push yourself: Just try a different relaxation technique, something that will make you feel comfortable.

There are many ways of relaxation, and one of them will certainly be the right one for you: yoga, tai chi, breathing exercises, art therapy, music, dance etc.

Basic technique of relaxation

Sit on a chair or lie in bed, just make sure your spinal cord is straight. First, relax your body from toe to top, giving the respective mental orders to each body part separately. For instance: "My feet are relaxing" ... "Now my calves relaxing" ... "My thighs are relaxing" ... and so on, to the head.

Then countdown from 10 to 1, ordering yourself to relax after each number; for example: "10: I feel relaxed" ... "9: I relax deeper" ... "8: Deeper and deeper" ... "7: No external noise can interrupt my relaxation" and so on, till you reach 1. At zero you enter the "Void", where you let no thought or feeling come inside and disturb you. Stay there, in absolute tranquility, for as much time as you can.

The awakening is done by counting slowly from 1 to 5, while ordering yourself to wake up with all your senses on the alert. After the number 5, open your eyes and stand up at your ease.

Meditation

It includes a variety of techniques, which are more complex than basic relaxation; you had better try them only after you have mastered basic relaxation.

Meditation can be used to self-regulate the mind, get rid of bad habits and improve behaviour; it can also help you tackle certain mental problems such as depression, anxieties, or even obsessions.

Premeditation: After staying in the “Void” for a while, you may choose a subject and meditate on it as thoroughly as possible, taking into account events, thoughts, feelings, ways of action; after the awakening, write everything in a notebook. By following this technique, the subconscious gets clearer and clearer; later on, as you keep practicing, the unconscious reveals itself too, unfolding great cosmic truths which could lead even to enlightenment.

Visualization is another meditation technique you can use so as to achieve peace of mind. In this case, after staying in the “Void” for some minutes, you start forming mental images which lead you on an imaginary journey to a peaceful, pleasant place or situation. While visualizing, try to use as many senses as you can -sight, sound, smell, and touch. If you are envisaging a coast, for example, try to "feel" the smell of sea water, the sound of crashing waves, the warmth of the sun on your skin and so on.

The Key to Awareness: Get out of the house and go for a walk. While walking, observe calmly how the street unfolds before you, step by step, and let yourself realize: *The road behind me no longer exists; a new road unfolds before me; time and space around me changes moment by moment; every second a world dies and a world is born...*

The *Key to Awareness* allows you to experience the interrelation between time and space, death and birth every moment, always expecting the unforeseeable. If you keeps practicing, it may also lead to illumination.

Dreams vs Reality

Mental anguish is born when we identify ourselves with everyday reality. Nevertheless, imagination and dreams are real life. The worlds of dream (astral plane) are true. The so-called “everyday reality” is a lie.

It is an indisputable fact that at the end of the day (life, reality) we feel empty and tired. However, at the end of the night (dreams, imagination) we feel rejuvenated, full of energy.

While experiencing everyday reality, the human mind can't roam fast; it is compelled to function as slowly as possible, so that it can be controlled not only by the person but by society as well.

While dreaming, the human mind is free from the bonds of “reality” and it roams about the astral plane at top speed; moreover, the brain functions normally, as if it were receiving stimuli from natural experiences – and this has been proved in scientific laboratories. However, scientists haven't discovered yet what sleep is exactly, nor why we need it so much.

Dream skills

Dream lucidity is an extraordinary state of mind, where you know you are dreaming. It usually starts as a normal dream, but you suddenly realize you are dreaming. Such dreams are more strange, emotional and vivid than regular dreams and they occur during REM sleep, that is the phase of deep sleep characterized by Rapid Eye Movement. Lucid dreaming (conscious control of a dream) shows a higher level of energy. By practicing regularly, it leads to spiritual ascent, self-knowledge and higher awareness. Here are some common examples of dream control:

- a) When you dream of being in danger, try to escape; or you can look away and ignore the danger, making it disappear; or, if you are persecuted by enemies, stop running, fight and beat them.
- b) If you are having a pleasant dream, try to prolong it: stay calm and delay awakening.
- c) You can materialize or make disappear persons and things.
- d) You can hover or fly in the air.
- e) You can make objects move with the power of your mind.
- g) You may also experience *night adventures*: These are very impressive dreams, not lucid but extremely vivid. Self-sense is very strong, places are delineated in detail, and there is a specific plot with a beginning, a middle, and an ending.

Meditation technique for lucid dreaming

It is advisable not to experiment with this technique unless you are experienced in relaxation and meditation -at least of one year. If you are not ready, you may neither be able to control your astral self properly nor evaluate your experiences; as a result, you will be easily discouraged.

First of all, you will need two rosaries: one with 22 knots and one with 72 knots (instead of a rosary, you may use a string of beads).

You may sit on a chair or lie in bed, as long as the spinal cord is kept straight.

Take 5 rhythmical breaths: 4 times inhale – 2 times hold – 4 times exhale – 2 times hold.

Recite a mantra 22 times mentally, for example “The universe and I are one”, counting with the small rosary in hand. Choose a mantra according to your own inner needs, a phrase that makes you feel calm, confident, happy.

Then recite 144 (72+72) mental mantras in co-ordination with breathing: Inhale + mantra – exhale + mantra, counting with the the big rosary in hand, twice.

All mantras will take you about ten minutes.

Stay in the “Void” for some minutes -the longer, the better. Then, give yourself a mental order such as “Tonight I'll get out of my body and I'll be conscious in the

astral realms”, nine times.

Alternatively, you may give a more specific order: “I ask my inner self to give me advice and guidance”; then you make a question, such as: “How can I solve my problems at work?” Or “Is there life after death?” etc.

Stay in the “Void” for some more minutes, then let yourself go to sleep.

When you wake up, write down your experience.

Keep a dream journal. It should be near your bed at night, so that you can use it right after waking up. While writing, make sure to include as many details, feelings and sensations as possible. In this way you will soon be able to remember more of your dreams, which, in turn, will induce lucid dreaming.

Attention: Do not take any kind of medicine, drugs or food supplements so as to induce lucid dreaming. Such substances may cause unpleasant side effects such as nightmares, insomnia, sleep paralysis, hypnagogic and hypnopompic hallucinations, or even worsen diseases like asthma or heart issues.

Astral projection

Astral projection is an out-of-body experience that happens either while awake or during lucid dreaming or deep meditation. Lucid dreaming can be considered as a kind of astral projection, since dreams belong to the astral realms. While astral travelling, the spirit leaves the physical body and enters another dimension of existence, known as the astral plane.

Many people believe that astral travel is carried out by an "aetheric body", which consciously gets out of the physical body and wanders freely in the astral realms. This subtle body is supposed to be connected to the physical one with a kind of energy line that looks like a silver cord attached to the traveller's head.

Nevertheless, it is not possible to actually leave your body unless you are dead; it all comes down to the vast spectrum of consciousness that lies between astral worlds and everyday reality. When somebody has an astral projection, their mind just falls into into another phase of consciousness and experiences a different perspective of reality. Most astral travellers neither feel as if they were coming out of their physical body, nor see some “silver cord” connecting their astral body to the physical one.

Technique for astral projection

You can sit on a chair or squat down, as long as you feel comfortable and your spinal cord is kept straight.

Focus on the flame of a candle placed in front of you.

Recite a mantra mentally (for instance "the universe and I are one") for a few minutes.

Proceed to physical relaxation.

Countdown mentally from 10 to 0.

When you reach the “Void”, observe the image of the flame shaped in the darkness of our shut eyes.

Open your eyes slowly, then close them again.

Once again, countdown mentally from 10 to 0.

Envisage coming out of your physical body, flying to the place you wish to go. Try to imagine the scene in all its details.

* If this doesn't work at once, don't be disappointed; perfection takes practice.

* Alternatively, after awakening lie on bed and go to sleep; in all probability, you will have a very interesting lucid dream experience!

Precautions

When you practice advanced techniques of meditation such as lucid dreaming and astral projection, make sure you observe *silence*. Do not narrate your experiences to others, since it won't be possible for you to ignore their opinion entirely. The others usually show disbelief, boredom or envy; even when they seem to be interested in your experiences, you had better be reserved and keep silent.

Many people tend to talk a lot and ask for approval because they feel insecure inside. Some believe that the narration of psychic experiences will make them more popular -but this is not true: the great majority of people are not at all interested in spiritual development, and they will find you boring, disagreeable, or crazy. They will show you disapproval, disbelief, irony. As a result, you will be affected negatively, you will start doubting about yourself and this may block your inner development.

PART THREE: MAGIC

Appearances are deceptive

It is often said that “as above, so below”; only that "above" is the world we live in, whereas "below" is the world of black magic and demons. Behind the everyday reality we experience, there is another plane of existence which is a lot more filthy and sinister: It is a world made of scythes, lancets, blood, dead body parts, skulls, soap dolls tied up with string or stabbed with knives.

The majority of people have the illusion that their kind is the zenith of creation. Only a few can sense there are countless invisible entities (spirits) around them, which affect reality a lot more effectively than humans do.

Spirits interfere in our lives in many different ways: they can materialize in various forms (animate or inanimate), or they can even possess an unsuspecting person and impose certain thoughts, ideas or behaviour on them.

More often than not, negative conjunctions of circumstances are preordained by invisible negative forces. A lost letter, the cancellation of an important appointment, an unwanted encounter could be attributed to such forces.

Secrets of power: The whole story goes down to the energy games played by humans: Success in life is not enough for the greedy; the others must be destroyed too. A castle in France is not enough for the “smart guy”; the others should be completely homeless. In order to secure that kind of success, certain people use certain means.

The co-operation with demonic entities and the use of black magic is the terrible secret of those in power – and it is very well hidden behind the mask of civilization and scientific advances. "Demonic" luck, sudden wealth, impressive social ascent are often due to the use of magic and the co-operation with dark entities.

Even nowadays, in the age of technology, what really rules human society is magic. Those who practice it have all the success in life. Those who don't use magic fail in everything. Magic is the common secret of the elite: Where strong will, high intelligence, special talents, vast knowledge and favourable circumstances are needed to obtain a desired result, the use of dark magic solves all problems instantly.

Nevertheless, things have been changing dramatically for some decades now, since more and more people, even from the lower classes, are recruited in all kinds of networks. In the New World Order, which is already here, most citizens belong to networks and share such secrets of knowledge. As a result, in the so-called developed

countries the poor are getting fewer and fewer – in spite of their continuous grumbling over food and wages.

A basic purpose of religions and sects is to conceal the truth -that magic rules our world. When the victims of black magic ask priests or gurus for help, all they get is indirect criticism and guilt: “You have a bad karma” ... “Your soul has chosen to suffer, so that you can learn” ... “You are a sinner, that's why God punishes you” ... “You attract misfortunes because you make negative thoughts” ... “You have a weak will” and so on. Then, the victims are advised to pray or meditate on how guilty they are -and this may go on for years. In the meanwhile, black magic keeps working, years pass by and the situation gets worse and worse, while the victims are still trying to figure out what they have done or thought wrong.

Are you a victim of dark magic?

Here are some common symptoms:

- 1) Lack of energy during the day; a sense of fatigue that never goes away.
- 2) Wherever you are, the others maltreat you without a reason; or they behave in a strange way, which makes you feel insecure.
- 3) General misfortune.
- 4) You often feel thirsty and your mouth is dry, especially during the night.
- 5) While awake, you see black spots or dark clouds around; or your vision gets blurred suddenly.
- 6) You suffer from headaches that last hours every day; or you feel something like fingers pressing your temples.
- 7) You often feel a burden on your chest or shoulders; or itching, spasms, burns, stings on various parts of your body.

But it can get even worse:

- 8) Your career goes from bad to worse and you can't really tell why.
- 9) Sudden unemployment, financial disaster.
- 10) Sleep disorders, such as insomnia or nightmares, almost every night. If the nightmare is concurrent, the case is even worse.
- 11) Even if you can't remember the nightmare, you wake up with a start, out of breath and frightened.
- 12) Tormenting psychological problems that last: nervousness, desperation, anger, agony, panic disorder. In serious cases you come to think about harming yourself, or you attempt suicide.
- 13) You are diagnosed with serious mental disease such as schizophrenia, psychosis or severe depression; the doctor prescribes pills which won't help you at all; on the

contrary, taking them will only make your situation worse and worse.

14) Your skin gets a lot darker.

15) Suddenly there are too many insects (such as ants or spiders) which seem to raid your house. This could mean sickness or death of a family member.

16) Black magic can also cause mortal diseases such as cancer, cardiac arrest, leukemia, renal insufficiency etc.

If you experience half of the above symptoms or more, in all likelihood you are a victim of black magic and negative entities.

Take into account that the symptoms are more intense during full moon and new moon, and as years pass they get worse and worse.

Women become victims of negative forces more frequently than men, and they are more vulnerable during their period.

Practical magic

You certainly have the right to protect yourself from evil magic; for this reason I hereby mention a few traditional magic rituals which will relieve you without putting you or anybody else in danger.

The witch's bottle

Buy a glass jar or bottle with a metal, screwing lid and throw inside the following: needles, pins, pieces of broken glass, basil, rosemary, frankincense, sage, rue, a clove of garlic, and three drops of your blood. Fill up with red wine. Then, bury the bottle in a flower-pot full of soil.

The witch's bottle shouldn't be kept inside your house; hide it at a safe place, making sure it's kept out of sight (in the garden-plot of an abandoned building, for instance) and be careful not to walk by that place ever again.

Petrification of an enemy

If you feel you can no longer stand someone's attitude, get a piece of white paper, write on it the name of the enemy as well as the name of his/her mother with capital letters (for example: JOHN SMITH, SON OF HELEN), and fold it in four. Then place it under a big, flat stone, somewhere in the dark, for example in a drawer or cupboard you no longer use.

Burn an enemy

When you feel desperation and anger seething inside you, take a piece of white paper and write on it the enemy's name and name of his/her mother, as described above.

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