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Guide to the Underworld: A Manual for the True Mage

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Кох Е.

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This is a unique guide for those who seek to explore the unknown secrets of the magical and underground worlds. The book combines practical advice for magicians, historical information about underground locations, magical maps, and recommendations for interacting with creatures of darkness and safely exploring mystical spaces.This publication will be of interest to both novice magicians and experienced explorers of secret worlds.

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1. Introduction: What It Means to Be a Mage

Imagine standing at the boundary between two worlds. One world is your familiar, dense one, filled with objects, words, and events. The other is barely perceptible: a world of states, images, and meanings, where the causes of everything that happens are born. To be a mage means learning to live consciously on this boundary, to cross it at your own will, and to understand exactly what you are doing in each moment.

Magic is not a trick, nor is it an escape into fantasy. It is the practice of changing consciousness, and through it, the change of experienced reality occurs. Everything begins within: you shift your perspective, and along with it, what you are capable of perceiving changes. This is not a sudden miracle, but a gradual mastery of a subtle skill that requires attention and honesty. You learn to work not with external objects, but with how they reflect in you.

Forget the image of the mage as a fairy-tale master of powers. A true mage is always an explorer. He does not blindly believe, nor rush to deny everything. He observes, compares, tests, and draws conclusions. His main tool is his own consciousness: attentive, flexible, capable of holding contradictions without collapsing under doubt.

Every magical practice rests on four foundations. The first is intention. This is not merely a wish, but a clearly formulated direction of will, free from inner confusion. The second foundation is attention: the ability to maintain focus, without allowing your thoughts to drift away. The third foundation is energy. Here, you primarily understand your own states — tension and relaxation, excitement and fatigue — and learn to manage them. The fourth is symbol: the language of images and signs through which consciousness interacts with itself and shapes intention into concrete form.

But remember: this path requires responsibility. Any influence begins with you and inevitably leaves a trace. Sometimes the consequences are obvious; sometimes they appear later — but they are always present. Self-deception is more dangerous than any mistake: if you begin to take what you desire for reality, you lose your footing and risk getting lost in your own fantasies. Maintain psychic clarity. Learn to pause in time, take a step back, return to the simple and ordinary. Care for your state as you would a fragile instrument.

A mage is not one who flees from reality, but one who learns to see it more deeply without losing sobriety. If you are ready to walk this path — carefully, honestly, and without haste — then you have already taken the first step.

2. The Foundation of Magic: Consciousness and Perception

If you are already on the path, be sure to turn your gaze to the place where any action begins — your own consciousness. Everything you call magic does not rely on the external world, but on how you perceive it. The world does not simply "exist"; it is composed of what you are able to notice, hold, and comprehend. Change that, and the very fabric of your experience changes.

The first thing you must learn is attention. Not scattered, jumping from thought to thought, but collected, stable, and focused. Attention is the beam with which you illuminate reality. Where it lingers, clarity arises; where it trembles, distortion appears. A mage does not strengthen himself by "force," but learns not to lose focus.

Start with something simple. Sit comfortably. Straighten your spine, but do not tense it. Close your eyes or leave them half-open. Direct your attention to your breathing. Do not try to control it — just observe. Notice how the air enters, how it leaves, how your chest moves. Thoughts will come; this is inevitable. The key is not to engage with them. Each time you catch yourself distracted, gently return your attention to the breath. Five minutes of this already counts as practice. Ten minutes — the beginning of the skill. Do it daily, and you will notice: attention becomes denser, steadier, more obedient.

When attention begins to obey, the next door opens — into altered states of consciousness. Do not fear this term. We are not talking about anything mystical or distant. You have already experienced these states — when you were fully absorbed in a task, losing track of time, or when your thoughts softened and flowed before sleep. This is light trance, a flow state in which consciousness becomes more pliable.

To approach it consciously, continue the breath practice, but add a rhythm. For example, inhale for four counts, pause for two, exhale for six. Breathe this way for several minutes. Then allow your breathing to return to its natural rhythm, but maintain a soft, diffused attention. Do not cling to specific thoughts, do not analyze. Imagine that you are listening to a distant sound — it exists, but you do not engage with the details. After a while, you will feel the inner background quiet down and perception expand.

Now we reach one of the most difficult skills: stopping the inner dialogue. This does not mean "stop thinking" by force. It means to stop getting involved in the stream of thoughts. Sit in silence and observe what is happening in your mind. Thoughts will appear as fragments of phrases, images, memories. Your task is not to continue them, not to respond, not to unfold a plot, but to imagine each thought as a cloud drifting across the sky. You do not grasp it, you do not push it — you simply let it pass.

If this is too difficult, use an anchor. Focus on a single sound, for example, the ticking of a clock or a distant noise. Keep your attention on it. Each time a thought pulls you away, return. Gradually, the intervals of silence will lengthen. At first, they will be only seconds — but it is in these seconds that you first feel that the mind can not only speak, but also be silent.

Understand separately the role of belief. Here, it is not a dogma, but a tool. You are not required to "believe" forever — you use assumption as a working hypothesis. If you practice, allow that it works, and act as if it does. This allows consciousness not to resist and to enter the process more deeply. But always observe the results. Maintain sobriety. True belief in magic is flexible: it serves the practice, it does not replace it.

End each practice with returning. Open your eyes, notice your body and the surrounding space. Take a few ordinary breaths. This is important: you are learning not only to enter special states, but to exit them without losing clarity.

Remember: you are not fighting the mind, nor suppressing it. You are learning to use it. And the quieter the inner noise becomes, the more clearly you begin to hear what was previously hidden.

3. Intention and Will

It is time to turn to what directs everything else **— intention**. If attention is the beam, then intention is its direction. Without it, even the most focused consciousness remains motionless.

First, understand the difference between desire and will. Desire arises easily: it flashes, changes, contradicts itself. Today you want one thing, tomorrow something entirely different. Desire is full of emotion, but lacks stability. Will, on the other hand, is something entirely different: quiet but unwavering. It is not a flash, but a line. Not an impulse, but a chosen direction to which you return again and again, regardless of mood.

True intention is not born from superficial "I want," but from alignment. When thought, feeling, and readiness to act do not conflict with each other, but coincide. If doubt, fear, or hidden resistance exists inside, intention will unravel like a poorly twisted thread.

Therefore, your first task is not to formulate a desire, but to **purify it**. Sit quietly and ask yourself a simple question: "What do I truly want?" Write down your answer. Then ask, "Why?" and write it down again. Repeat this several times, going deeper. Soon you will notice that behind the first answer lie others — more precise, sometimes unexpected. Continue until you feel there is nowhere further to go, until you reach the essence.

It is also important to check the intention for internal contradictions. Imagine that it has already been realized. Observe your body and mind's reactions. Is there tension? Doubt? Thoughts like "This is impossible" or "This will cause problems"? These are all signals that part of you disagrees. Do not ignore them. Write down each objection and examine it separately. Sometimes, simply rephrasing is enough to dissolve the tension.

Learn to formulate intention clearly. Be specific. Avoid vague words like "better," "more," or "somehow." Intention must be clear and unambiguous. Not: "I want more confidence," but: "I express my thoughts calmly and clearly when speaking with people." Not: "Let everything work out," but: "I complete the project I started within a week and bring it to a result." The more precise the formulation, the easier it is for consciousness to work with it. There is a simple structure you can use: formulate in the *present tense*

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