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» Reality Creation 101 📅 08/15/17 (Tue) 08:27:46 No.104268

## Reality Creation 101

I'm writing this thread because I see a lot of confusion and even worse, disempowerment floating about here. Thus, It might be time for a refresher on reality creation. Now, there are an infinite amount of models on how the universe works. We're going to leave that out of this because I have mine, and I'm assuming you have yours. What this inevitably boils down to is one question; How good are you at getting what you want? Magick can be thought of as "The applied science of manifesting your will into reality." So let's get real here. How good are you at it?

If you can shoot fireballs out of your dongus, but can't find a loving girlfriend... Then you have failed as a mage.

If you can levitate your balls off the floor with the power of your mind, but need to wipe your ass with a crusty rag because you can't afford toilet paper...Then you have failed as a mage.

If I were to ask you "Do you have limits?" and you were to answer with anything other than an immediate and empathetic "Hell NO" then...eeyup. You have failed as a mage.

We live in a universe where you really -do- get to have everything. You can think of the universe a ...cosmic chef. When it asks you "How would you like your desert" you're more than able (and entitled to) say "On the sweet side please!" the trouble is that most mundanes (and even some of the neophytes here) say "Just deep fry some pig shit for me thanks." and then endure eating it with all of the stoicism of a cow standing in the rain. Is this you? Well no more. I know you. I know you are better than that. So we're going to set out to changing your order.

Heres a sample of what we're going to learn in this thread.

A. Why the law of attraction sucks donkey balls.

B. How to use emotional resonace to create the reality you want, along with two simple tools and a discussion of how to select the right one for the job.

C. A brief discussion of the energy source we're working with and how to go about amping your signal so you're playing with more of it.

Sound good? Lets get started.

📅 08/15/17 (Tue) 08:30:10 No.104269

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## Sigils, Thoughtforms and Rituals, Oh my!!

Great tools, but a little too complicated for my liking. I prefer my magecraft to be instant and hands free. Entirely in my head and wherever I happen to be. I also like to keep things simple as possible. So we're not going to be discussing Sigils, Invocation, Evocation or any of the more 'heavy duty' shit. We're going to be using pure old, simple emotional resonance here. Complicate to profit from others, but simplify to grow for yourself.

## The Law of Attraction sucks Donkey Balls

Fuck the law of attraction. No seriously. Fuck it with the business end of a rusty shovel. The law of attraction sucks. The word "Attraction" implies a level of passivity I can't really stomach. Attraction implies an inactive, entirely passive process. Law of ATTRACTION? More like Law of INACTION amlrite? Hyuk Hyuk Hyuk.

Language is a powerful but clumsy tool. It can make you, but break you just as easily. So for the purposes of this article we're going to be referring to this concept as the Law of CREATION instead. Hopefully this already feels a little nicer to you. Creation is an active process we participate in. If you buy into the Hermetic way of thinking, the universe is mental. Everything started off as an idea. The computer or phone you are browsing this from likely started as a fuzzy picture in some chinks head. We have the power to create. With your hands, with your mind and straight from the ether. Leave attraction for the shmucks. Step into your own power and become a creator instead.

08/15/17 (Tue) 08:32:53 No.104270

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## Presence; Mental penicillin

Be. Here. Now.

Excuse the warmed over Eckhart Tolle but we need to get this concept working up front. This is the foundational skill from which all magick flows. Presence. Awareness within the present moment. Where are you? Hopefully the answer is right here, right now. Where else could you be right? As an example, go for a walk. Look into peoples eyes. Where are they? Time traveling. Off somewhere, vacant and glassy. Dwelling on yesterdays sorrows. Anticipating tomorrows stressors. Anywhere but the here and now. The walking dead.

Take a slow and deep breath. Feel the air on your skin. Be here now. It's a skillset. A skillset you will be learning, developing and working with for the rest of your life. But learn how to anchor yourself in the now, and watch what your mind is doing in real time. Learning how to quiet your mental chatter is key, because all creation happens in the present moment. Learn how to be at peace with it.

Another reason to learn how to be present and aware is the fact it is literally mental penicillin. Stress, Pain, Overwhelm, Sadness, Suffering. A great deal of a persons sorrow comes from being 'here' and struggling against the present moment because they want to be 'there' instead. If something is causing you a great deal of pain heres a little trick. Watch it. Become present and just observe it without judgement. Why no judgement? ANY type of engagement with it or pushing against it will feed it more energy. Just observing it without attachment or judgement will suck the chi right out of it. Hold it within the magnifying glass of your consciousness and watch as it disintegrates away into nothing. Life's too short for that shit.

08/15/17 (Tue) 08:35:54 No.104273

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## The Process of Creation

Creation happens through the process of holding emotional resonance with what you desire. Provided of course you do it the right way. First things first, Take a moment to define what you want. Something physical like a home or a girlfriend? A different state of being like more courage or wisdom? Keep going until you've figured it out.

What if you don't know what you =actually even do= want?! ...Well. That's okay too. The same process can be used to help you figure it out.

It's actually hilariously simple. So simple infact, you might want to reject it because it's -too- simple. All I can tell you is don't knock it till you've tried it. But here goes; Ground into the present moment, and hold emotional resonance with your desire. That's it. That's all there is to it. We can all go home now. Heh. Well, No. It's actually a -tiny- bit more complicated than that. Let's break it down a little bit more.

## Eliminate the Timeframe

When I first started playing with this, I made a huge mistake and fell into an insidious trap. I was cultivating and amplifying the feelings of my most powerful and idealized self...and yet... Not changing. I remained exactly the same. Then one day it hit me. Sure, I was imagining my ideal self... but...My ideal self in six months! How stupid!! I felt like such a muppet.

You see, By envisioning my idealized self in 6 months, I had created a 6 month buffer zone which guaranteed nothing changed. When six months had passed, Nothing changed because the idealized me was -still- a new six months away. Learn from my weaponized stupid.

Eliminate the timeframe. Feel the gratitude, joy and appreciation for having what you desire. But feel them right now. In this moment. The process of creation happens in the now. In the world of Magick there are no clocks.

08/15/17 (Tue) 08:37:22 No.104275



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## Detachment

This might be the hardest part of the process, and a subtly nuanced art all unto itself but along with emotional resonance, the other master key to the process of creation is detachment. You always get exactly what you are asking for, so actively \*wanting\* something will only ever bring you more \*wanting\*! This is why there are so many fringe no-gf'ers. You need to learn how to level yourself out to neutral. A detached zero-fucks-given attitude where although you feel joy, gratitude and appreciation for having your desire, you also maintain total detachment from the outcome so it can actually show up.

After all. If you -had- what you wanted, you wouldn't feel -wanting- it now would you?

This is key to grasp, because it can really poison your creation process. In the universal language of magick there are no words for "Want", "Need" or even "Hope"!

Wanting a girlfriend will only bring you more WANTING a girlfriend.

Needing money will only ever bring you more NEEDING money.

and hoping for the best will only bring you more HOPING for the best. That one is insidious isn't it?

It need not be a secular thing either. For example wanting a kundalini rising will bring you more wanting a kundalini rising. Hopefully that points out a big potential spiritual pratfall for you to see and avoid.

You need to know that you have it. And KNOW that you have it right now in this moment. It can be thought of as having something before you actually have it. We live in a universe where the hungry do not get fed. Study on this.

So now that we know how to create exactly what you desire, I'm going to further divide it up into two tools for different results. Will you be taking a Shotgun or a Sniper rifle?

08/15/17 (Tue) 08:39:34 No.104276

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## Shotgun Approach

This one is useful when you have a vague fuzzy idea of what you want, but no specifics. More spread gives you a greater chance of hitting your target, and sometimes can be superior to actively defining exactly what you would like to experience. Allow me to attempt to explain what I mean through an example; Finding a home.

Let's say we were trying to create a place to live for ourselves. You are absolutely certain you want a place where eagles fly overhead. You imagine it, hold resonance with it. You really want

those eagles. The universe, our cosmic chef looks at what you're broadcasting and says "Ah, What a shame! I had a house over here for you. It's twice as large and cheaper too... but there aren't eagles that fly overhead, there are Hawks. Oh well. We've got eagles too. Over -here- instead."

Sometimes holding a more generalized and less specific resonance is a better option because it allows for more avenues for your desire to manifest itself. Don't let yourself become so rigid you jew yourself out of a better outcome! The universe is not stupid. If you let it, It will surprise you. Holding the emotional resonance of amazement can bring some fun effects here.

08/15/17 (Tue) 08:43:39 No.104278

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## Sniper Rifle Approach

Nerai Utsu Ze!! The sniper rifle approach is what you should use when you know EXACTLY what you want and will accept no substitutes. The difference is in that this time, we are going to really plan it out. Grab a big sheet of A3 paper and mindmap exactly what you want down to the smallest detail. Get really specific. Visualize it. Spare no expense. The law of Inaction gurus will tell you that the visualization is the important part.

Not so. The visualization is a secondary tool and a means to an ends. What we're after here is the emotion. The planning that you do on the front end is to get very very clear on the emotional 'frequency' that you're going to be broadcasting on.

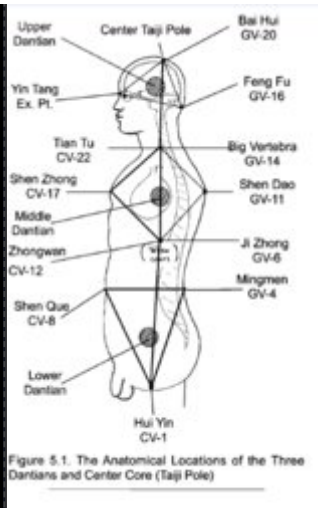
An example of using the sniper approach would be the process of finding a mate. I know we here on /fringe/ are an exacting bunch with very high standards, so make sure you know exactly what you want. Is she a blonde or a brunette? Is she already greenpilled or will you be the one who administers it? What are her interests and why in the unholy name of Yaweh would be be interested in a sad sack of crap like you?!

Figure it out, and define all the details before you broadcast it. Snipe it.

Lastly, we're going to be taking a brief and shallow dip into Taoist energetic anatomy, Chi, and Emotional alchemy. This is where rubber hits the road as you can use the knowledge of these concepts to power up your manifestation process.

08/15/17 (Tue) 08:46:13 No.104279

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## Chi, Electric Currency

Every culture (amusingly enough except western) has a word that describes a concept. A sort of air in the air. The Chinese call it Chi. The Nips call it Ki. For Indians it's Prana. In a certain African tribes the word is Num. Their word for boiling point. What it is specifically, is irrelevant to our discussion. For our purposes it's simply bioelectricity. How does this tie into reality creation? Well.

Taoists believe that humans have three for want of a better word, energetic storage batteries. The lower dan tien (located about 2-3 fingers below the navel and a little deeper) The middle dan tien (Around where you would traditionally associate the heart chakra) and the upper dan tien (Third eye, or pineal gland). Each of these reservoirs deals with a different and specific type of chi, but you can think of them as cooking pots where you can mix different types of energy for specific effect.

According to the Taoists, the middle dan tien deals with emotional energy chi. That's right. Your emotional energy is a **FINITE RESOURCE**. If you've ever felt yourself emotionally drained, depressed or demotivated you could potentially be experiencing acute lack of energy in your middle dan tien centre. It's also why religious dipshit "all encompassing love for everybody" can be dangerous. According to the Taoists you are wasting a precious and finite energetic resource on starving niggers in Africa. This is why if you were to look at hieroglyphs in Egypt, their pantheon are often depicted with arms crossed over their chest. Your energy should be guarded!! Save the saint shtik for Mahatma Ghandi. Save, guard and conserve your emotional energy and use it for your own workings.

Anyway.

I bring this up because you're going to be doing the bulk of your emotional resonance through the middle dan tien. Now we understand that emotional energy is a finite resource, We also understand that it is possible to have a surplus or deficiency of it. It's also worth noting that more bioelectricity gives you a stronger 'signal' and greater manifestation abilities. That's why a kundalini rising is something to strive for down the line. It greatly enhances your bioelectricity, and thus, ability to create.

08/15/17 (Tue) 08:48:54 No.104280

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Feel for, and try to locate your lower dan tien (around the navel, remember?) and breathe into it. You may or may not be familiar with the Yogic complete breath, but the goal here is to be breathing deeply and slowly as low into your abdomen as you are able. Slowly exhale and try to feel the energy condense into your lower dan tien. It can be part visualization, and part tactile. This is the Buddha breath. A breathing exercise that actively cultivates your bioelectricity. There are many different types of breathing with the end goal of increased chi cultivation, but they go beyond the scope of this guide. For more info, Look into the work of Mantak Chia, The Wim Hof breathing method (excellent!!) or the threads made by muh boi Kh\*n. (Shoutouts to muh boi Kh\*n!)

Now, this is a technique I use personally. I haven't seen it advocated anywhere, it just came to me intuitively and I use it on a regular basis. **Your milage may vary.**

But what I do, is ground into the present moment. We create in the present. Breathe into my lower dan tien. Inhale, gather, Exhale, Condense until I feel I'm starting to gather energy. This is to get a bit of a kick start going. Next I move it up into my middle dan tien (Bonus points if you feel a small electrical shock as it happens.) Visualize and feel it growing bright white-gold. Breathe into it. Expand it. Expand the sensation, empower it. Grow into it. Next, we're going to add the emotional resonance to this energy. The dan tiens are like cooking pots remember? Refine it. Refine. Refine. Refine. More energy and emotional intensity the better. When you feel like you're done, Move the energy back into the lower dan tien and store it. You're done. Detach from the outcome, Don't expect see anything. Just know that you've got what you wanted. You can recycle the stored chi in later 'broadcast sessions' to continually refine it and amplify the 'frequency'.

🗨️ 08/15/17 (Tue) 08:49:51 No.104281

Well, Hope you got something out of that. If you didn't I've been sitting here writing this for the past two hours like a goddamned shmuk for nothing. I'll provide some examples later for clarification but for now. Hopefully I've given you something to think about.

**You are a creator. Act like it.**

🗨️ 08/15/17 (Tue) 08:53:39 No.104282

>>104279

>It's also why religious dipshit "all encompassing love for everybody" can be dangerous.

It depends. The Christian idea of extreme attachment and affixation on the state of others is harmful. The idea state is detached benevolence, love for all things without any attachment or loss from this benevolence.



08/15/17 (Tue) 09:09:30 No.104287

### Appendix: Questions to prompt self enquiry into designing your ideal life

1. What makes me very very happy?
2. What makes me deeply, truly laugh?
3. What qualities do I not currently possess, that I would like to?
4. What makes me feel good, strong and positive emotions when I think about it?
5. What strengths do I not currently possess that I would like to?
6. What would I like to do for my family?
7. What would I like my family to do for me?
8. What would I like to do for others?
9. What would I like others to do for me?
10. What have I not done in a long time that I would like to do again?
11. In 6 to 12 months, What do I dream of HAVING, BEING and DOING?

08/15/17 (Tue) 10:54:08 No.104289

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Good stuff, man. If I may ask, how successful have you been at getting your desires, and what were they?

08/15/17 (Tue) 13:26:50 No.104298

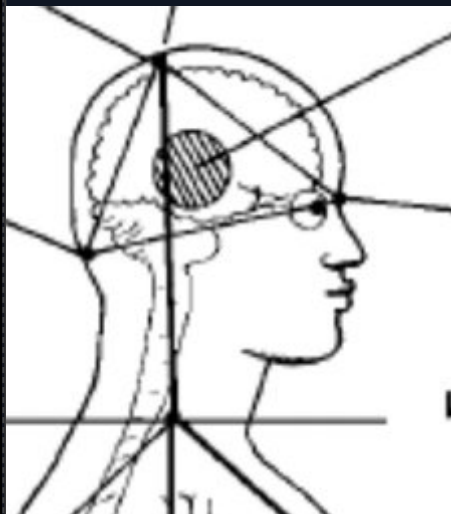
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Sigil coming through to manifest my dream. Focus welcome, dick strokes even more welcome. Give me your energie to realise my change in the world. I'm like a voluntary vampire who asks for blood rather than suck it vilontly out you.

08/15/17 (Tue) 14:32:33 No.104305

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>mfw I'm awake I'm an all powerful creator

>mfw I often keenly aware of my fear of getting most of the stuff I really want, so I instead choose to "desire nothing"

Top tier thread btw

08/15/17 (Tue) 15:43:56 No.104310

>>104268

师傅-senpai, could you share how to do the Wim Hof breathing properly? I've pieced together what I could from videos and interviews, but if you have a detailed how-to, that would be great. Thanks!

08/15/17 (Tue) 20:13:55 No.104332

>>104273

I too had this timeframe problem. Could this be overcome by picturing that wanted thing happened yesterday? Now is little difficult concept

08/16/17 (Wed) 03:09:18 No.104381

I love you man, this thread is going in my archive

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Violence in Charlottesville Psychodrama,  
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