**80. The link between strength training and magic.**

01/12/14--19:05:

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The link between physical strength training, magical will forging and astral body development is vast to say the least. A topic something I have been researching, practicing and living for over 20 years now. I will one day release an exhaustive work on the subject but that is years away from now and nothing anyone should look for anytime soon.   
The process begins in the desire of something, and the use of weight as a measure of one’s attainment towards his or her goal. As long as the weight goes up in number and repetition you are being successful. When a plateau or barrier is hit that cannot be overcome you are experiences an unsuccessful period and your methods need reexamined and the goal reproached.   
It is a quantifiable experiment of either success or failure. You ever have the required will force to accomplish the task or you do not.   
  
Your physical body is the densification of all other overlaying energetic bodies; Astral, Emotional and Mental bodies as well as all other planetary bodies. Your physical body and it’s condition is a direct reflection of the quality and repair of its assimilated parts.  
  
The formula for manifestation is a current that runs down from Uranus (Kether), recollects -refocuses in the Moon (Yesod) and is beamed down into physical manifestation into Earth/Terra (Malkuth). However, a human must reverse the current back up the tree of life, and then allow his or her own ideal/intent to flow back down into manifestation.   
You are planting a seed in the sky so to speak and letting the reality of your desire grow downwards. (You should all send me like a couple thousand dollars… I just basically gave you the absolute secret to all magic/sorcery, something NO ONE else has ever placed in such simple terms)   
  
Strength training is both a highly functional and productive means to develop your magical will force, and astral body. In times past the mystics, sorcerers and priests of true magical orders all developed near super natural physical abilities. Not only did they develop fortified temples for which powerful spirits could dwell in and augments the priest of magician’s own physical capabilities. One such stellar example is the Necromancer of Gerasenes. No physical restraint could hold him, no man/men, iron, chain, or rope could bind him.   
  
Ignore the bullshit story of Jesus exorcising the legion inside him. That is a corrupted story of a Jewish mystic desiring not to exorcise the spirits to “save” the Necromancer of Gerasenes but steal those spirits so that he could possess that power. The Jewish mystic was trampled and gored to dead by a herd of wild pigs steered by the will of the Necromancer, and then eaten by those same hogs. Apparently pigs may eat Jews, but Jews may not eat pork. It’s a “delicious” sort of irony.   
  
The Necromancer was known for his amazing physical power before he allowed certain spirits of the dead to dwell within him. His physical and thereby spiritual vessel was of such durability he could serve as a powerful conduit and none could entrap or enslave him.   
  
Another supreme example is the Chinese strongmen, and or Buddhist Monks of Shaolin. These warrior monks adopted a life of both rigorous spiritual and physical development. Not only “becoming” their Buddha self (the golden solar and indestructible higher self) on the physical world, they invoked and imitated the older shamanic/animalist magickal practices developing martial and spiritual practices involving deities, and animals.  
  
Chi/Qi is the lower energies of Sun, Moon, Venus and Mercury and developed through regulation of sexual energy. It’s the astral body. By practicing qigong/chi-kung you learned to move the astral body first, flood it with energy, and that would manifest a much more powerful physical body. The method of qigong where both very soft, to extremely hard and included bending steel, lifting rocks in the hundreds of pounds and pulling chain links apart by hand… to name a few.   
  
The astral world is clay and highly malleable. It can be shaped to anything you wish. Through sustained effort and continued direction, that astral clay will take shape on the psychical plane. You wish to snap steel wire with your teeth? Smash stone with your head? Through incremental build up and sustained astral shaping you can. It might take years, but it can and will happen.   
  
That IS magick.  
  
In the western and Middle Eastern world it was the strongman that was also the magician of the circus. It’s only been recently that there was a deviation into two separate acts. I see very slowly that performing stage magicians are starting to become strongmen again. The strongmen/magicians of old where master of trance states, knew hypnosis, and trigger possession not only in themselves but others too.   
  
True OLD SCHOOL (I almost HATE that term now because of the idiotic and incorrect overuse of it) strength training was done in the act of accomplishment of singular feats and not run back and forth between the leg extension, the tread mill and the lat pull down station.   
  
A feat was just that, a feat which few others could do. It required intense inner and outer observations of the self, dedication, visualization of the entire kinetic chain of movement (the astral body) and sustained effort to complete.   
Each old time strongman or woman had a feat he or she was famous for. The dedication spent on developing this ONE feat out far matched others who trained to “be buff”. This devotion to one or a small handful of feats made them legendary. They focused their determination, and in doing so made themselves more formidable across a whole spectrum of psychical activities, even if they didn’t train for them specifically. The process was not only an external act but one of deep spiritual significance. It became a type of meditative action, one that revealed the truth about who they where and what they needed to become in order to accomplish the feat (all magicians are master shape shifts, master at becoming what they need to be).   
  
These feats always engaged the entire body and therefore the entire recesses of the person’s spirit and mind. The act trained the entire body, and did not treat the body or spirit as an individual collection of parts, but as a complete kinetic chain of will force.  
  
These acts where suck as in Iceland or Scotland know as the “testing stones”. Your entrance into manhood or warrior schools depended on picking up a rock that weighed a couple hundred pounds and lifting it over your head, or walking a long distance with it. What muscles go unworked and become supremely functionally powerful and conditioned under such training?   
  
What part of the mind or soul was not tested and made to become stronger to accomplish this test?  
  
The book “The 72 Consummate Arts, Secrets of the Shaolin Temple” (http://www.amazon.com/Consummate-Secrets-Shaolin-Chinese-Kung-Fu/dp/7533504860) is a semi-rare but masterful collection of these type of feat based training. To complete a feat might take years, but once you can do it…. only a handful of human in the world could hope to match you.   
  
You become a formidable, but also well self examined individual, and that is a true rarity in this lazy, self entitled and insecure society.  
  
I also find that the arts of secrets of the Shaolin temple number 72, such as the tradition of the Goetia I inherited as they all construct a astral foundation and even the master in working with but a handful of the Goetia 72 makes you such a magical bad ass that anyone else.. .no matter what their so-called tradition, unless they are a LONG time and INITIATED adept, I seriously laugh myself into pissing myself a little when they threaten me. In fact ALL of them who have ever actually tried to magically attack me have suffered negative effects so much so that they willingly pay the tribute I demand to call my spirits off… and it ain’t cheap… so for a few of you I know read this blog… make sure you got your check books handy should you do something you WILL regret.  
  
Because this type of feat training is so demanding you will need to limit what you choose to do. I believe in hard abbreviated training programs based around two exercises with many moving parts.   
  
I am a man that can one hand 200lbs over my head (a real press, not a push press, or some herky/jerky shit show of a press, but a lift of the ground, pause at the shoulder, and press with one arm). I can close the #4 iron mind gripper and saying anything else would give away my identity. I know absolutely and near better than anyone else what I am talking about and I am willing to share it with you here.  
  
Consider “man maker” exercises like the one handed dumbbell or two handed barbell clean and press. Or heavy dead lifting followed by very heavy one hand overhead presses. Maybe a one handed dead lift with a dumbbell or barbell weighted in the triple digits. The Turkish Get Up with a 100lb dumbbell or Kettlebell is a true feat and was the required to enter into a few of the Russian circuses.   
  
Set a simple goal. Like 100 one hand cleans and presses (alternating hands so 50 right and 50 left) in 30 minutes with a weight that is one third your body weight is also another hardcore training methodology. Train three days a week, mark your progress each day and resolve your self to beat your last number by at least one. If you don’t do it, ask and examine your own inner process for the reason why.   
  
Don’t get down on yourself and make the commitment to do better next time.   
  
You will find that your magical ritual increase in strength, as will your visualizations because you are in a sustained state of envisioning what you want to do, what you need to become to do it and the will to succeed. Your confidence will beam and your faith in yourself and the vast potential you have will also percolate.   
  
Let me know how it goes.  
  
-Uncle Bear Heart