

Temple of Ascending Flame



OPEN PROJECT

Lilith – Mistress of Dreams

By Asenath Mason & Temple of Ascending Flame

Lilith is connected with dreams in many ways. In the Qabalah, she is the ruling goddess of Gamaliel, which is the astral realm of dreams, fantasies, and nightmares. For ages, she was believed to be a succubus and the mother of other succubi, who visited sleeping men, causing erotic dreams and draining their vital energy. This association with dream demons is expressed in her title “the Night Hag,” which refers to the belief that Lilith is the entity responsible for nightmares and sleep paralysis. The visitation of a succubus (female spirit) or incubus (male entity) in a lot of ways resembles this psychological phenomenon. The “night hag” experience usually occurs at nighttime or in early morning hours, just before waking up. During this time, we may have an impression that something is sitting upon our chest while we are paralyzed and unable to move. This is often accompanied by strange sounds, such as buzzing of insects, or we may hear someone speaking or calling our name, and we may feel someone’s presence next to us. Sometimes we may have a sensation of flying or floating above the body, or increased heartbeat and difficulties in breathing. Usually, when we are aware of what is going on and we submit and relax, the whole experience is pleasant, erotic, and sometimes even ecstatic. However, if we struggle, it may turn into an absolutely horrible experience.

The mixture of terror and pleasure is a common theme in literature describing encounters with succubi and incubi. These spirits were believed to have the power to arouse a sleeping person against his/her will and keep the experience going for hours. This is also the power of Lilith. In the Gnostic grimoire, *Liber Lilith*, we read that “Lilith finds delight in sustaining the lust of her lover. He begs her to release his seed and end his tormented desire. She taunts him with skillful caresses so that his lust does not fail, neither it is fulfilled. He is suspended on a bed of fire that enflames his sensations without pause until he is driven to madness.” This is also how a succubus/incubus encounter is described in various accounts. It is either a sleeping or half-lucid experience, which occurs in the condition resembling sleep paralysis. We are awake but paralyzed and cannot move. We hear strange sounds or sense a presence in the room approaching the bed, and we may have a feeling of someone lying next to us or on us, pressing upon our body and draining our energy. This feels erotic and often pleasant, even if it happens against our will. Sometimes the spirit takes a “tangible” form and appears as hovering above us as we are lying on the bed. Other times, it assumes the shape of our desires and we may see it as another person – sometimes a stranger, and sometimes someone we know and feel attracted to, whether consciously or intuitively. This series of workings is aimed at evoking such a spirit lover during a sleep paralysis condition. This feels real and it usually is, no matter if it happens physically. For this reason, if you do not feel comfortable with having such an experience, do not perform the following workings.

Why work with succubi/incubi? In magic, we usually work with such spirits to explore our sexuality, both to embrace its power and to access the repressed or unknown parts of our sexual potential. Spirit lovers can take us to the hidden, unrealized layers of the subconscious, where we are faced with our instincts and sexual fantasies, which includes both those we want to explore and those we do not even know we have. These spirits are not bound by flesh, space, time, or anything else, and can take any shape and trigger any experience we can think about, and a lot more. If we know how to evoke them, we can make any desire manifest and come true. This leaves a great field of experimentation for all kinds of magic, because the only limits here are those of our own imagination. On the other hand, let's not forget that both sleep paralysis and succubus/incubus encounter come with the risk of obsessions and trauma. A spirit lover may help you heal your sexual issues if you are open to it, but it may also bring forth repressed sexual traumas and make them worse. That is why this project is not recommended if you do not feel 100% sure you want to participate in it.

The following workings should be performed alone, at nighttime, in your home temple or in your bedroom – if you do not share it with anyone. This is about communion with a spirit lover and it should be done individually, even if you have a partner in your day-to-day life. All workings should be done before going to sleep. The project includes 7 days, of which each one awakens your astral senses and brings you closer to the encounter with the spirit lover. This lover can be Lilith herself, her consort Samael, or one of Lilith's spirit children – this is left to your choice, or you can let the experience unfold by itself and see where it takes you. The final ritual should be performed on April 30th, which traditionally is the time of celebration of nature, fertility and sexuality, and the veil between the physical world and the spirit realm is thin.

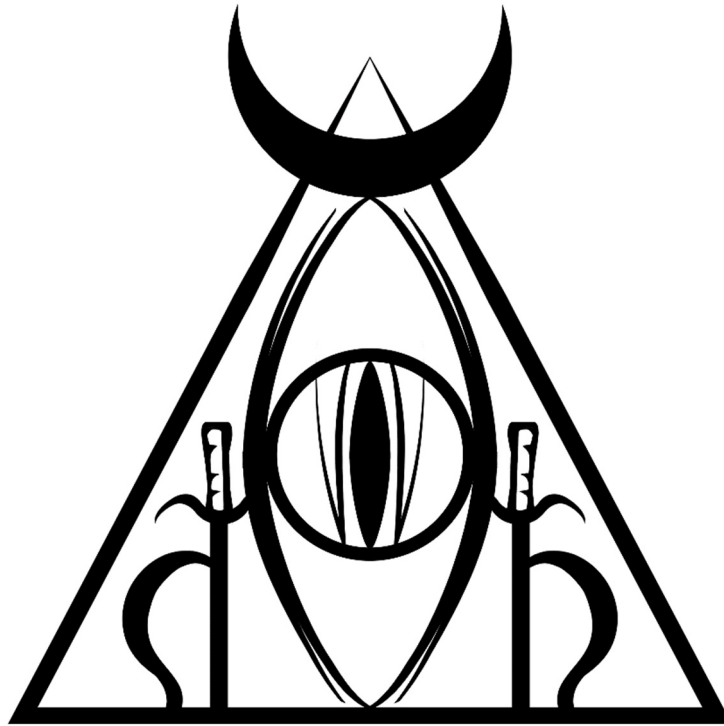
Preparations

- Prepare the sigil for the workings, which is provided on the next page. It represents the vulva of Lilith and the gate to her astral realm within the Qliphothic Garden of Gamaliel. It is also symbolic of lunar mysteries and the Saturnian character of the pathway (Thantifaxath) through which the Initiate enters Gamaliel. In meditation, its lines may be seen as distorted and blurred because the sigil is reflected in the astral waters through which this realm is accessed and which correspond to the primal sea of unconscious, the amniotic fluid within the Womb of the Lunar Goddess, and the poisonous essence of the moon that induces altered states of consciousness. The sigil should be drawn on a red background because the primary color of Gamaliel is red, which is associated with mysteries of blood and sexual alchemy of the Dark Feminine.

- Create your ritual space. Whether you perform the workings in your temple or in your bedroom, decorate it with statues and images of Lilith. Prepare offerings for her – sweet incense, fresh flowers, and wine or non-alcoholic drink of red color and rich taste. You will also need red candles and a bloodletting device (the sigil needs to be anointed with a few drops of your blood). Everything else is left to your choice. Feel free to use soft, ambient music to enhance the mood, and dress for these workings as you would for receiving a lover. Do not use your everyday casual clothes for this project. It is also recommended to shower or take a bath before each ritual, especially the final one.

- Get Dragon's Blood oil, Lilith's oil, or another oil of your choice that is connected with Lilith or the Dark Feminine in general. If nothing like that is available, it can simply be rose or sandalwood. The oil is needed to anoint your body, but it can also be used instead of incense.

The Sigil of Lilith/Gamaliel



Day 1

Opening the Gates to Lilith's Current

Sit in a comfortable position in your ritual space, and put the sigil in front of you or hold it in your hand. Light the candles and burn some incense, such as sandalwood or something specifically connected with Lilith. Anoint the sigil with your blood and focus all your attention on it. See how the lines become charged and activated with your life substance. Visualize the sigil glowing and flashing, sparks of energy swirling around you as you chant the words of calling:

„Lilith Malkah Ha-Shadim“

These words mean “Lilith, Queen of Demons,” and this is the aspect of the goddess we are trying to connect with through the workings of this project. The chant should be spoken repetitively, in a low voice or whisper, until you feel your consciousness altered to the point that the sigil starts to morph and transform before your eyes. At the same time, visualize the other participants of the project, sitting around you and chanting with you, their voice reaching out to the goddess through the planes. You can envision them as you like, but the recommended image is that of black shadows with their faces hidden in the dark.

When the sigil starts to respond to your calling, and the energy begins to flow through it into your ritual space, take the oil and use a few drops of it to draw the sigil on your sexual chakra. What you draw does not have to be exact or artistic – you can even draw a triangle with a dot inside. This does not matter, as long as you are doing it with the intent to connect with the goddess through your sexual center. After that, drink the sacrament, visualizing that you are drinking the Blood of the Moon from the vulva of the goddess.

Then close your eyes and recall the shape of the sigil in your inner mind. See it forming in front of you, in the black space, shining with the blood-red light of Lilith's Blood Moon. At the same time, project it onto your sexual chakra. At this point you can keep chanting the mantra or continue the practice in silence. Keep your focus on the sexual center and feel how the energy flowing through the sigil enters it and begins to spread over your entire body in waves of warmth. This feels pleasant and you may feel aroused, but do not discharge it by any physical stimulation. Instead, use this energy to connect with Lilith. Visualize her forming in front of you in a shape that feels attractive to you – it can be a beautiful woman, a half-woman half-beast, or you can envision her as Samael – the lion-serpent, as these two are believed to be one and the same being. Ask her to guide you through your dreams and focus for a moment on what she may want to show you. When you feel ready, lie down on the bed and let yourself fall asleep. Do not remove the sigil from your sexual chakra – it will serve as a point of connection with the energies of the goddess within the dream environment. Write down your dreams from this night, no matter if they seem related to the working or not – often the meaning of dreams is revealed later.

Day 2

Creating the Intent

Your intent is to experience a union with a succubus/incubus in a dream or in a half-asleep half-lucid condition resembling sleep paralysis. Focus on it throughout the whole time dedicated to the project. It does not matter if it is day or night, or if you are in meditation at the moment, or at work, school, or doing housework. You need to have the clear intent in mind regardless of what you are doing. Program yourself and your subconscious mind for it by thinking of it as often as you can. For instance, whenever you think of the project, repeat the affirmation “Tonight I’m going to meet Lilith in my dreams.” This is just an example – the affirmation should be personal and reflect your desires, so feel free to be as creative as you want. Another option is to have the sigil near you so you can look at it throughout the day, thus programming yourself subconsciously. If possible, you can close your eyes from time to time, visualizing yourself together with Lilith – in this case, envision her as you did on the previous day. This “programming” should be repeated on each day of the project.

In the evening, enter your ritual space and focus again on your connection with the goddess. Like the day before, light the candles, burn some incense, and mark your sexual chakra with the sigil. Chant the mantra to shift your consciousness and to send the calling to the goddess through the planes. Once you get to the point when she is forming in front of you, go a step further and visualize her approaching you in a succubus/incubus form. Envision that she sits or lies next to you, caressing you and whispering the words of pleasure. Think of it as if you were already in a dream – unbound by your body and limitations of the flesh, liberated from morality and inhibitions, free to explore any desire that comes to you at this moment. At the same time, let yourself become aroused, but do not orgasm. Instead, at some point stop and go to sleep without discharging the energy. As you fall asleep, keep repeating your intent or simply stay focused on it. Again, write down your dreams when you wake up, no matter if you succeeded in your encounter with Lilith or not.

Day 3

Setting up the Ritual Space

Your physical ritual space should be prepared before you begin the workings. Here we will focus on preparing the astral temple for your communion with the spirit lover. The only thing you need for it is a vivid imagination. If you find it hard to imagine things in your head, you can still do it, but you will need a physical aid, such as a drawing of your desired temple, a 3D render, or another graphic depiction. In the worst case, you can simply imagine your temple as you have seen it somewhere else, e.g., in someone's house or even in a movie. It can also be exactly the same as your physical temple,

but this is not really recommended – the more imaginative you try to be, the better effect it will have on your astral senses.

This is also where we start – think of a ritual space that appeals to your senses, where you would like to have an amazing experience with a succubus/incubus. Imagine it as a whole, and then start visualizing the details. For instance, if it is a temple, think of what the walls look like, the floor, the ceiling, what the decorations are, etc. If it is a fancy bedroom, visualize the furniture, colors, the texture of the fabric in it, and so on. You can also visualize a place in nature – a forest or a spot in the mountains. Finally, this can also be the Cave of Lilith, which seems alive, with its walls dripping blood and the metallic scent of it in the air. Feel free to be as creative as you want. To anchor the temple on the physical plane, you can describe it in writing or make a drawing of it, but this is not absolutely necessary, and if you are visual and have a good memory, you can just keep it all in your mind.

This visualization should be performed at nighttime, together with the other practices that are repeated daily: meditation on the sigil, drawing it on your sexual chakra, drinking the sacrament, and communion with Lilith. This time, however, when you go to sleep, imagine yourself lying in your astral temple, and have your mind set on meeting the goddess in the dreams – in her succubus/incubus form, or simply as an initiatrix into rites of sexual alchemy. Again, write down your dreams when you wake up.

Day 4

Building the Dream Body

After constructing your ritual space on the astral plane, you should now proceed to building your dream body. On the one hand, this seems easy and you have assumed various dream bodies many times in your dreaming visions. On the other hand, many things in magic bring better results if they are treated as something “special,” rather than just a part of daily routine. For this reason, the working for this day is dedicated to creating your “dream body.” What is meant by this is the astral body you are using to enter your astral temple, commune with Lilith, and interact with the spirit lover. On the previous days you just used your mind for it, without paying attention to your own astral shape. This is about to change now.

When we dream, each night we transition to a dream body. Sometimes it is the same body as in our mundane reality, but sometimes we become someone or something else. Your dream body is not constricted by any limitations, and you can be whatever or whoever you want. Again, imagination is the key term here. You can be a human or animal, young or old, male or female, etc. In other words, you can shape-shift into anything you can think of. This is done in a similar way as designing your astral temple – you can have a drawing or 3D model of your astral body to imagine it in a better way, or you can simply visualize everything in your mind.

Sit down for meditation and focus on what you want your dream body to look like. Imagine it as a whole and then every single detail. Once you have a clear, developed picture in your mind, project your consciousness to your astral body – simply imagine that you are no longer who you were and the astral form you have just built is now your new body. Focus on how it feels to be in it – see with its eyes, taste with its senses, hear with its ears, smell with its nose, etc. Spend as much time to get used to your “dream body” as it is needed to feel comfortably in it and to fully identify with it. You need to be able to feel it as you would feel your physical body – there should be no difference.

Again, this visualization is performed together with the other daily practices. This time, when you enter your dream temple before going to sleep, visualize yourself assuming the dream body. Then let yourself fall asleep, with your mind set on the intent of meeting Lilith in your dreams. Write down what you saw in your dreams after waking up, together with your thoughts and observation of your experiences with the project thus far.

Day 5

Creating a Dream Scenario

This working is dedicated to creating your desired dream scenario. Sometimes it is good to let the experience unfold by itself, but sometimes we get better results if we plan the visualization step by step. This is especially useful with dream magic, because becoming lucid in dreams or evoking the dream we want is not always easy and many practitioners struggle with this aspect of dream magic. For this reason, on this day you will create a scenario to be experienced later in your dreams.

Again, think of what you would like to happen in your dream and how you imagine your encounter with a spirit lover. Let your imagination run free – you do not have to share it in your report or tell anyone about your desires, so make it as enjoyable or exciting as you want. When you have a clear picture in your mind, write it all down or draw it, or record it in some other way. Preferably, do it in the morning, because during the day you will have to go back to it as often as you need to fully memorize the whole scene. Again, build it with all details – describe your temple as you have designed it before, imagine yourself in your dream body, and visualize your spirit lover – what he/she looks like, what they do, what you do to and with them, etc. Obsess yourself with this idea, and if possible, let it occupy your thoughts without thinking of anything else.

In the evening/at nighttime rehearse your dream scenario by combining it with the other daily practices. “Rehearsing” means that you visualize it as you have designed it, with all the details. Again, however, do not discharge the energy by orgasm. A heightened state of arousal is more likely to draw a spirit lover from the astral plane than a feeling of satisfaction and exhaustion. It is for a reason that people most often haunted by succubi/incubi are those who live in celibacy and are not active sexually. When you feel ready to go to sleep, keep your mind focused on your dream scenario as well. Do not worry if you do not actually dream about it – dream magic needs training, and immediate results are rare. Write down your dreams when you wake up.

Day 6

Becoming Lucid

On this day you will practice the half-sleeping half-waking condition that is necessary for interacting with a succubus/incubus. This condition is also referred to as sleep paralysis. If for any reason you do not want to work with it, simply continue the visualizations as you did on the previous days instead.

Begin this set of workings by performing the preliminary practices from the first day: meditate on the sigil and the mantra, draw the sigil on your sexual chakra, and drink the sacrament. Then lie down with your eyes closed and relax. Envision yourself surrounded by black empty space and forget about your temple, your bed, and your physical body. Empty your mind as well, and recall the sigil in your inner mind. Let it morph and assume different shapes, but do not force anything this time. Simply stay receptive to whatever appears within your visual field. You can use soft ambient music for it to keep you focused and detached from the surroundings. At the same time breathe deeply, but do not focus on the breath – let it be calm and natural. The key to make this practice successful is to completely turn off the awareness of your physical body without falling asleep.

Usually, the first symptoms of sleep paralysis are the hypnagogic images flowing through your mind. At the same time you are unable to move, but you may experience floating or falling sensations. At this time you can also feel a presence of someone or something near you, or you can feel pressure upon your body. This can also be accompanied by buzzing noises or voice/voices speaking to you. Do not struggle or panic when this happens – this is the sign that you are doing well. If you begin to struggle, you may have the “night hag” experience, which can be very unpleasant. It is therefore

important to stay relaxed and keep breathing in a calm and steady rhythm. You can also tell yourself: "I am dreaming and I am safe."

When you get to this point, visualize a door or tunnel opening up before you. This is the gateway to the astral plane. Assert that you want to encounter Lilith on the other side, and let yourself be sucked by this astral gate. Do not force any images, and this time let the experience unfold by itself – the purpose of this working is to get familiar with the sleep paralysis condition. If you commune with Lilith or one of her spirit children following that, let it happen. If nothing happens, that is okay, too. Stay receptive to the experience and let it turn into whatever the goddess decides to show you. Eventually, you should fall asleep this way. Ideally, this should take you to a lucid dream, where you can enact your dream scenario from the previous day. If this does not happen, though, simply pay attention to your dreams. Try to sleep on your back, and if you wake up, do not move or change the position – it is believed that this way you can induce a lucid dreaming condition. Again, write down your dreams and observations after waking up.

Day 7

Communion with a Demon Lover

In this working, you should combine all the practices from the previous day into one. This means – obsess yourself during the day, and in the evening start with the preliminary practices, until you are ready to commune with Lilith. Then lie down on the bed or in your temple, and enter the trance to continue. How you choose to do this work is solely up to you. At this point you can project to your astral body and enter your dream temple, where you will call Lilith to come or send you one of her children as a spirit lover. You can also start by visualizing your temple, then your body, and then Lilith – the order of the particular parts is left to your choice. Feel free to do what seems the most natural, but avoid physical stimulation – remember that the communion with the astral lover is supposed to happen in a sleep paralysis condition. What is important, though, is that you enjoy the experience. Even if you do not manage to evoke a succubus/incubus to a tangible form, you can still imagine this union and make the whole experience enjoyable and empowering. Perhaps the union with a spirit lover has already happened on the previous days, or perhaps it will happen now, or it will be triggered spontaneously in the following days – this does not matter as long as you stay open and receptive to the experience. If you fall asleep during this work, let it happen – some practitioners find it easier to let go of their imagination in the dream environment. If you orgasm spontaneously, let it happen, too – this is often the sign of a succubus/incubus present in your personal space, even if you do not see it. Do not forget to write down all dreams and observations when you wake up. Also, take some time to meditate on what you have experienced throughout the project and let this final meditation be a time of reflections and new inspirations in your next steps on the Path of the Dragon.