

Sith Meditation

Unhindered Expression

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Introduction:

Miracles

The idea of miracles has always captivated us. However, the word has two uses by me; one is of religious connotation, the other of the impact and integration of exotic acts of creation in the human psyche. I use the latter meaning.

The psychological impact of miracles is the power behind them, rather than the actual act. In the religious sense this equates to the power to make believe. The power behind it creates not just a trick or show but faith within the perceiver—whether it be for or against the philosophy being presented.

Obviously, this entails that the third eye is integral. It perceives the mystery behind it and the mind must deal with that observation. Part of the natural belief in the act of exotic creation—or miracle working—is, at least subconsciously, the hope to either be benefited over time from the power or to emulate it. It is by thus that we can see the power of tricks, miracles, and other dazzling displays. Interestingly enough, the faith it breeds is exactly what inhibits the emulation of the power. Faith is selfish, and, in this case, revolves around the fear of the power either being unable to be emulated or it being untrue. Thus, faith steps right in the way of learning; for what tickles the fancy is rarely the way of learning, or the “high path.”

Because if this, to move forward, we need to classify miracles, break them down, and move beyond in the corresponding manner. Of course, miracles do not lose their power when moving forward as such, and nor do any learned/emulated miracles lose their meaning when crossed over to those who are merely faithful, as because all humans are bound to miracles in some way (either by faith or knowledge.) Thus, moving forward and classifying miracles is no longer being bound to them, and indeed binding them to oneself.

The first type of miracle is the trick, the “lie.” This type is of the magicians—the ones we know are lying, and often enjoy—and the deceivers—the ones we don’t know are lying, and often do not enjoy. These acts are explainable simply by the idea of tickling the human fancy, and creating a positive aura through the faith that is intertwined with miracles.

The second type is the average, or passive miracle. The masters of this are the artists, like rock bands, painters, and architects. These also create candy for the senses, yet they inherently strongly apply to the god/goddess illusion—that anyone can do this, but only I did, because I’m better. This would certainly explain the arrogance of many popular artists. This type of miracle is explainable by the desire to emulate or be benefited.

The third and final type is that of “true” miracles—ones that really are exotic. What makes these better, (or whatever the term you want to apply to it,) is that the human doesn’t feel cheated if they get into it intensely. These acts of creation are not mundane, but arise from superiority and thus the knowledge bidden by the high path. What makes a miracle true is that it arises from truth. One could then say that the first two types are the same, but they do leave us feeling cheated or disappointed. The reason, of course, is

that the act of those two's creation is purely menial, and only the format and application is exotic, (if that, often it's just disguised or raw sensuality.)

Now we can apply a scale: no specialty is the lowest form of miracle, than the first type, than popularity, than the second type, than leadership, than, finally, the third type being the highest.

To pursue the third type, we must, than, know truth. This takes us into a completely different realm, and the only concept now secure about miracles in this new light is their psychological explanation of motivation for magical or exotic powers.

The first concept to be considered is us, as individuals, as the future practitioners. Four main concepts thusly come into play: Right Seeing, Right Inner Seeing, Nature, and Omnicchi. Of course, without saying, a minimum of the high path is required, and a more appropriate level (especially for more advanced powers) would be of the Dark Path.

First we must take control over our desire for learning magic. It is merely fanciful to believe in some mystical power and see the power as a goal in and of itself. "Magic," than, should not be a goal, but used and needed rather as a tool. Tools have purposes, and so magic is logical, efficient, and specialized. This is essentially Right Seeing of Nature... removing the shrouds over yourself. Magic is true power, and thus true power must be sought over menial power. To see the difference, one must exercise Right Seeing. Right Seeing is, than, opening the door to miracles.

Second, we must learn the subtleties of control. There are times when counter intuitiveness comes into play, for sometimes trying to control can step in the way of progression or even the very control desired, and other times, for full advantage to come to bloom, control must be employed. The key is to flow, and to specifically flow upwards... like adding time to a seed, soil, water, and sunshine. Soil, water, and sunlight are like control—too much and the plant withers, too little, and the plant withers. The key to flowing is Right Inner Seeing—the observation of the mysterious, or "time." Right Inner Seeing involves the belief, observation, interpretation, and use of the mysterious. Right Inner Seeing is the key to the threshold for the realm of basic Sith Powers, (like prescience or "Sense.")

Third is the idea of creativity, or emulating the divine. One should have an idea of oneself and one's "creative" ability, as to better grow and focus on it. Knowing one's Nature helps internal harmony and thus focus and the ability to project oneself consciously. Nature also determines our creative style, and so using Nature is a way of naturally and consciously controlling acts of creation.

Finally, Omnicchi is our internal canvas which allows personal growth and change. By applying these principles to Omnicchi we can not only create within ourselves but also build upon ourselves which leads us to the next concept....

Next, we must consider that which is around us. One main concept stands out, and that is the idea known as Manchi.

Now that we have established the ability to create, and the ability to create in oneself, we must consider external creation, which is the whole goal. Now, physical creation is already a given—the creating of a clay pot, the designing of a new fashion or idea—and are valid acts of creation, but ultimately are a restrictive medium for the

individual's rising internal creative power. Thus, different ways of affecting the physical canvas must be used, and these ways relate to the nature of the internal concepts for miracle working... unhindered creativity, which includes "casting." Projecting power is just the manipulation applied by the third eye versus physical manipulation. It's not a mystical casting, but causing instilment in them through unhindered emotion; Manchi. This may sound complicated, but ultimately it's just creating with the internal concepts and by creating stimuli to affect others.

The system of organizing this and bringing this "miracle" working to its fullest potential is known as Sith Meditation. Sith Meditation reveals that emotions, through creative concepts, dictate alterations within reality. Thus, the use of emotions and the concepts previously discussed is the use of Sith Meditation.

To help organize Sith Meditation and streamline it, it has been organized into the Sith Meditation Chart, and into subcharts for each specific state which explain the major types of creativity that are derived from that state. The Sith Meditation Chart's different states all have a positive and negative side, as similar powers create similar expressions, (or unconscious creations.) For example, Joy Over Anger can be interpreted (in the extremes) from sadism to boldly attacking.

Finally, the concept of the Windswept Mountain must come into play, for one must be Emperor of Self before one can create within oneself, and one must create in oneself before creating externally. The Windswept Mountain is simply the state of the consciousness, self-control, sensitivity, and self-awareness necessary for logically, coolly, and yet personally and in an attached manner, controlling and manipulating one's emotions.

Progression

It is easily said that these emotional feats amount to nothing but natural states, yet the difference is that they are controlled, and, especially, they do not control you. This already states a difference, yet one must also consider the philosophy that high truths apply to lower truths, so, essentially, a whole new path is open as because "high truths" are now available. In addition to the martial art-like control and manipulation of emotions, (martial arts turn ordinary flesh into unordinary skill,) increasing enlightenment can be added to the equation. (Learning the oneness of opposite emotions and powers and ascending them towards two new powers/states.) Also, essentially the abuse of power allows improvement—the mutation from the exotic to the mundane, allowing the further mastering of the Windswept Mountain. What one may once have thought of as terrible power becomes as normal as improved strength. This allows even greater control as well as the freedom of attention as so focusing on greater levels and feats can be accomplished.

Also, one must keep in mind that emotions and energy are interchangeable. As hate or rage can fuel one past one's normal capabilities, and as running provides euphoria, we can see this as evident.

Thus, Sith Meditation, which is studied through the Sith Meditation Chart, is the path towards "miracle" working and unhindered creation and semi-artistic expression.

The Sith Meditation Chart is not only applicable to the changing of moods, beneficial emotional states for various situations, and Sith Powers, but also of emotional personality types and psychological problems. Each High state is, if held for a long period of time or as integral to the individual's reaction to life, responsible for any level of personality and behavioral types of various levels—from “normal” to psychotic and/or neurotic. The Low states are responsible for individualizing the person in question's unique psychological illness or disposition. However, the Low states are subject to shift under the High state according to the individual's reactions to his or her environment in due logic to their personal philosophies which are both subject to and support his or her High state.

Mental illness is simply seen as disproportionate focus leaving other areas of the personality or psyche unattended and dormant, and the relating overreactions thereof. Mental disability is rather seen as a savant-like syndrome, where the person is only capable of grossly disproportionate skills, for good or ill. So, mental illnesses can be seen as an unhealthy static quality towards High states—the inability to fully shift between high-conscious emotions. This is usually caused by literal, dramatic, or lethargic interpretations of environmental data entering the mind. The basis of direction towards inflexibility and obsession is often fear, and an unwillingness to change or a take a harder path to overcome this fear.

Whereas the High emotion dictates general disposition of the individual's psyche, the Low emotion is often helpful as well, for it always reveals how the individual projects him or herself onto his or her environment, and thus can reveal the outlook and personal philosophies that person may hold on life. For example, Peace over Anger can be seen as that 1) the individual is contented and not striving in life, or is apathetic, and 2) They are comfortable with their natural impulses, and those impulses are generally of anger thanks a lack of similarity to others (and a long period of time being that way.) The peace is viewed as oblivion, and the anger as a casual subconscious defense mechanism, dealing with non-oblivious people in a way that either changes them or rejects them.

Low emotional states can sometimes also be higher, in that they can manifest themselves as others using mimicry. The easiest to point out is passion; for it always strives for what it wants it would naturally change itself (to a minimal degree) versus give up. So, it can take the form of love to attract a mate, and than anger to desperately last-chance attempt at gaining the desired object, idea, or person, than to pain when the attainment doesn't live up to expectations, and than back to pure passion as the gaze is turned. So, Compassion over Pain may be a personal specific current emotional makeup, but, specifically, Compassion over Passion would be the correct diagnosis. Simply put, Low states are illusive, require time to piece together, and reveal a person's outlook on how life works and should be interacted with.

So, knowledge of High states establishes the basic person, capabilities and their personality type, and knowledge of Low states and experimentation through exposure to different propositions and ideas can reveal the person's outlook. High states are found through sense and history, and Low states are found through observation and experimentation over a possible short period of time. “Sith Alchemy” is the name for this process and the use of the thusly rendered knowledge to either heal, destroy, make worse, stabilize, or control (as well as other notions unrelated to the Sith Meditation Chart.)

Sith Meditation Chart

	Anger	Peace	Compassion	Pain	Fear	Joy	Passion
Anger	Fury	Rage	Punishing	Inferiority	lashing out	attacking	taking
Peace	Motivation	Sense	Fondness	sadness	unknowing	happiness	planning
Compassion	Guiding	Empathy	Love (outwards)	formality	clinging	reaping love	persuing love
Pain	Revenge	Focus	Love sickness	suffering	tortured understanding	ascension	endurance
Fear	Fight	Flight	Desire to help	aloneness	animal fright	hope	reluctance
Joy	Cruelty	Contemplation	Love (inwards)	beauty	Fear of loss	euphoria	happy mask
Passion	Revenge	Calm Motivation	Protecting	lust	faith	motivation	animal desire

Interpreting the Chart:

There are seven columnar subjects and seven row subjects. The subjects descend in the same order, and are the same subjects. However, the subjects heading each column are referred to as “high” or “over,” whilst the subjects heading each row are referred to as “low” or “under.” For instance, “Fury” is read “Anger over Anger.”

Each of the seven subjects is a broad name for a set of related emotional states, and is intended to, in a general sense, cover the full range of human emotional existence. Anger includes all “negative” motivation and darker reactions; wrath, hatred, intolerance, spite, and fury are all subject under the heading of anger. Peace includes all mellow, settled, calm, and blissful states. Compassion includes all that of love and empathy. Pain includes depression, hurt, and other disinterested hurting states. Fear involves flight, paranoia, fright, and motivated pain. Joy is happiness in all its many forms, and passion is desire in all of its manifestations.

“Over” subjects are representative to controlling, domineering, driving, and core states. “Under” subjects relate to manifested or expressed emotional states, or the state that the high emotion is using/working through. Therefore, Anger over Peace means that anger is the domineering state of the individual, and peace is the outwardly displayed state and is the medium for that individual’s interaction. Anger over Peace, then, can be generally interpreted as motivation, because the individual is inwardly concerned about something, yet outwardly they are taking no violent recourse, but rather are acting normally. The points of Sith Meditation are as follows:

1. To understand emotion and other people. If one understands the full implications of something, than one can act fully on it. (For instance, knowing that since a person is simply motivated; they hate one thing, and love its opposite. One can find what they love by seeing what they are working towards, and one can find what they hate by what they are working against. This can than be testes/utilized, and at the very least, one can keep from being a negative subject of a person’s motivation.)
2. For meditative purposes, and creating the state within oneself that is desired. Not only can one make oneself motivated for any necessary purpose, but one can also use creation and the properties of the third eye to yield unnatural powers. Trance-like states can easily be employed, where an emotional state is fully exploited. Thanks, also, to the ability to manipulate others, through the third eye, states can be cast onto others. Finally, states can have opposites found, and than balance created between, yielding “Victory” (higher yet) powers. The Sith Meditation Chart allows analysis and study of all our states, and than the ability to put that knowledge to utilization through various mediations.
3. For psychological purposes of study, cure and, and knowing abilities.

The Sith Meditation Chart is due to interpretation as well, for generalization is used only for categorization purposes. Explanations are provided by chapter according to “Over” sates, subchapters by “Under” states, all in order from left-to-right/top-to-bottom on the chart.

The Sith States

Chapter 1: ANGER

Psychology: Anger as the High state is motivated, vengeful, and alienates from reality and society. It is often typical of obsessions and seemingly compulsive actions in concordance to anything that harmonizes with the High anger. Destruction is more attractive than creation, and feelings of regret and failure/guilt are loathed, and often reinforce the anger already within. On a more normal level, the individual feels a need to conquer everything or destroy forms of negativity, even if peaceful means are all that are employed.

1: ANGER over ANGER

Anger over Anger is the first categorized state and is one of the most powerful and Sith-like, and is known as Fury. Raw power is created by and within the individual, and that it is openly released and literally acted upon. This state is usually naturally cast, as it is a damaging energy, however it can often be employed to oneself, often creating a destructive dynamo. An example of normal Fury would be lashing out, abnormal Fury would be like high anger produced by failure, and then manifested anger being directed inwards as because of blaming oneself of such failure.

The limits of outwardly expressed anger are that, obviously, it is drawing energy from oneself directly, and, as a result, is quite draining. However, the power yielded by it matches that of the wielder, and so it directly grows in power as its master grows. Lashing is also the key, for it comes naturally, is easy to use, and is unparalleled for sudden retaliation. In addition, the greater the cause of anger, the greater the power available, and the longer it lasts.

The limit of internally expressed anger is simply the amount of self-inflicted damage it causes. However, if heavily controlled through the Windswept Mountain, this dynamo's energies can be stored—like overcharging a battery—to as high as a level as your anger can last. The energies can then be released, or can be released real-time, ultimately, once again, turning outward. Of course, the energy can be kept for

transmutation through another state after the dynamo ends. Once again, the greater the high anger, the more powerful the results.

Anger over Anger Subchart:

Fury:

	Yin	Yang
Positive (in)	<i>Dynamo Storing</i>	<i>Dynamo Applying</i>
Negative (out)	<i>Lashing</i>	<i>Inflicting</i>

1. *Dynamo Storing*- Fury is directed inwards and the resulting damage/pain fuels further anger, and thus the dynamo effect. Energy is either projected afterwards or transmuted into another emotionally energy and than used accordingly to that emotions' principles.
2. *Dynamo Applying*- This utilizes the same dynamo technique that Storing does, however the surplus/produced energy is applied real-time. A common form is involving another thing into the dynamo, by that which the specified object/person catalyzes the dynamo as so incredible energies are continually drawn until the goal with that thing is achieved. An example of such use would be like lifting a rock. This form of Fury is perhaps the most, overall, powerful.
3. *Lashing*- The most natural Fury form is Lashing. Its name suggests its very nature, as it is our instinctual revenge mechanism. Its power comes in its mastery, however, for it can come instantaneously with training. It can also be triggered without the anger inspiring events that normally accompany it, providing, for example, a sort of burst of energy/resolve/motivation. It is similar to Dynamo Storing by that although it normally is physical, it can supercharge other powers.
4. *Inflicting*- Perhaps one of the most difficult to grasp, this form involves casting the destructive energies of anger using Omnichi, Manchi, and the third eye (Right Inner Seeing.) Raw anger flows from the caster, and that which receives the energy experiences its adverse affects. Objects would be very difficult, and would require training before any noticeable affects, if ever, would be noticed. With people/animals, these energies would have noticeable emotional affects, likely starting with, simply, the feeling of being hated. Training would increase the affects.

Psych- Anger over Anger is a very shallow emotional existence where the individual is motivated towards either angering subjects or their opposites, and than reacts with what they arrive at with Anger as well. It can also be as simple as that the individual experiences Anger and either displays it literally towards unrelated things, confronts the object of Anger (being drawn to it,) or gets angry with him or herself. Normal patterns of this State are short-lived or the Anger is very mild, where it can glimmer other emotional states. Abnormal patterns are chronic, and often get to the point where, for a while the State remains unchallenged, and than becomes normal, easy, and routine to hold onto, and so the comfort factor can than come into play and the State is retained. Cure could

include either eliminating the comfort factor, or bringing to attention something that the individual is attracted to, yet does not have an opposite which either he or she is aware of or does not exist. A rise in maturity is the cure-all for an abnormal pattern for this state.

2: ANGER over PEACE

Anger over Peace is a more subtle, but probably more used, state. Known as Fortitude, it involves direction, destructive patience, and intensity. High Anger is expressed through peace, which may seem counter-intuitive, but, ultimately, although obscure, is somewhat common. Opposites usually exist within the same space, after all. The high anger is obviously not challenged, and is not driving the person to do anything at the moment because either the anger has been fulfilled or there is no available immediate action. Patience, in a sense, sums this up... or faith-based patience.

The anger could also be satisfying its master, and therefore the result is outer/lower peace. So, perhaps the most accurate alternate name for Anger over Peace is *contented wrath*.

Anger is power, and peace is solidity, and since the two correlate, the greater the anger, the greater the individual's immovability, solidity, and stability. So, anger over peace is an ideal defensive emotional stance. It is a way of focusing in combat and accepting force versus always meeting it. Anger over Peace is the cold venom that an assassin uses to passively and smoothly slip a blade into his target's back. It is also the state that is responsible for "going cold" on someone.

Patience, faith-based patience, and contented wrath; these are the tools of power-filled immovability. An appropriate metaphor would be that of ice fueled by fire.

Turned outwards, Anger over Peace become a powerful attacking force. On a lower level, it is a way of remaining aloof to someone or luring them. On a higher level, it can slow them down, ebb their caution, erode any anger (at least outer anger,) and make them less effective.

Anger over Peace Subchart:

Fortitude:

	Yin	Yang
Positive (in)	<i>Solidity/Defense</i>	<i>Patience/Contentedness</i>
Negative (out)	<i>Hiding and Coping With</i>	<i>Pacifying</i>

1. *Solidity/Defense*- This state is the most literal of Fortitude, as it takes advantage of the basic core of it... it is also very useful. Anger fuels peace to result in an excellent combat defense and logical, precise offense, without the normal drain non-hate driven exercises of such a nature pose (like in sports.) The user of this state can calmly accept advances and absorb them, while looking for a precise and energy efficient way to make advances back. This state is also good for being ready for an attack.

2. *Patience/Contentedness*- Simply put, this state is a more emotional/intellectual version of Solidity/Defense. Used to overcome other states, and to calculate. It is also a common state of mild boredom. The most basic to master.
3. *Hiding and Coping With*- This makes use of the mask-like properties of Fortitude, allowing the user to withdraw from sight, detection, and even prescience yet remain quite mentally active, as well as fitting in with enemies or possible enemies without being revealed or conflicting with. Anger actually fuels the low Peace, so as this ability is more effective the more it is needed—providing it was mastered.
4. *Pacifying*- The basics of this state are—although difficult to master—simple in nature. Peace is projected through the “third arm” to pacify a target, either for manipulative purposes or for my physical reasons. However, a more obscure idea is that if Peace is manipulated right, it becomes an adaptor to the high Anger, possibly allowing more direct release of energy, or possibly a direct transference of high emotion energy.

Psych- Anger over Peace is a spiteful state. A sense of invincibility, as well as improbability of failure, is usually common in this frame of mind. The individual feels High Anger, yet thanks to his or her confidence, is manifested through peace. Another possibility is that the person is drawn to something by Anger, and thanks to such confidence, reacts to it peacefully, as if his or her mere presence is enactment of Anger enough. An example would be the individual with thus a state of mind casually standing in the way of a bitter enemy, without a thought of apparently being aware of the enemy’s presence or the pain they could inflict. Or also of an unusual interaction in which the person is not exactly social, but they subconsciously believe that their presence is punishing them, and at the same time they are able to remain near what their Anger attracts them to. Normal patterns of this state are rare, and usually are part of a period of stoking up the emotional furnace and planning to shift into Anger over Anger or dropping Anger all together. Uncommitted Anger due to a lack of understanding of the Anger’s subject is a normal pattern reason for Anger over Peace. An abnormal pattern is when this state is the ultimate goal of an emotional course, and/or remains for a long period of time until separation or forgetfulness ends it. Cure can be as simple as causing subjects of Anger to give such pain to the individual that they desire to react and the psychologist than gives them a way. Soon, through association, the individual is socially fit/normal again.

3: ANGER over COMPASSION

Anger over Compassion is referred to as Guiding, and is a common emotional state that is not as much of a paradox as one might think. It is the state of the guide, the one that protects and brings along those who are opposite to his anger’s subject, for an internal purpose. Granted, this internal purpose can be that one cares for those he is drawn to, but it is of the overall purpose to smite or spite the subject of one’s anger. To

sum up the idea simply, it is the emotional state that drives us to entangle others in our own affairs—even if it is out of total compassion.

To look at the powers of this state is a simple matter. It is indeed a form of control, as it is often difficult for the subject/s to untangle from the forces involved in one’s drive (provided by Anger.) Another benefit is that it is great at recruitment—claiming and commanding allies. The state says, “you either join *my* cause (it’s possessive) or you’re against me.” Yet, sometimes it doesn’t come down to choice, which is another strength of this state. They may choose against it, but the state excels at drawing them into the mess regardless.

There is also reactionary Guiding though, when abhorrence to the treatment or situation of a person or group guide one to high anger and thus low compassion. In which case, the proper metaphor is covering someone’s back or taking under one’s wing.

Finally, this state can be typical of either masochism or sadism (more sadism,) when the subject of one’s anger is the very person one has compassion towards. A desire to help someone despite themselves, or an attraction to how the person/group is able to cause anger within oneself, is a mark of this particular facet of Guiding. This last facet can often be a coping mechanism, or a result of hope.

Anger over Compassion Subchart:

Guiding:

	Yin	Yang
Positive (in)		
Negative (out)		