

The Zero—Aeon

Meditation, Awareness, and Healing

Course document, Deicidus, Internet School of Magic

As always, please leave questions and comments in the document if you do not mind sharing them with other students. This makes it much faster and easier for me to answer the questions, in-context. This document will be publically viewable.

This week I would like to zoom in on one zone of the numogram—the 0—and go into detail about the powers and associations I have come to attribute to it. The Ethics Stone class is particularly relevant here—the ethics stone could be seen as a physical proxy for the “empty center” that is the 0.

Note About Attribution

Attribution—the assignment of properties or qualities to lists of elements, particularly assignments which create a cross-reference or intermapping between two systems—is a mysteriously common occult practice. Aleister Crowley’s famous book, *777*, is solely a book of tables and charts of his supposedly perfect and divinely-inspired attributions. In these tables, you can find synthesized the major symbols, colors, and systems of most of the major ancient world religions—in effect, Crowley standardized the syncretism of all major occult religions and their symbol systems into a single cross-mapping. This powerful act is one of the events which helped trigger the modern paradigm of magic (two other major currents in modern magic are Jungian thought and chaos magick).

This is all a way of saying that attributions are made by people. Who first came up with the idea of writing a book listing a bunch of kinds of gemstones and what they are used for? I bet you that most magical stone-users get their ideas about what stones are supposed to be used for from such a list, instead of their own experience—but how do we know these lists are accurate? Who came up with them in the first place, and why should we believe some author has all their attributions correct?

If you start making attribution systems of your own, you will find that it is a *very* messy process and that there are rarely clear answers. We will discuss more about attribution, intermappings, and the power of the laterality they generate when we have a class on 6::3. For now, I just wanted to be clear and say that these associations for 0, these various qualities, aspects, and properties which I will be linking and assigning to 0 in this class, are my own blend made from my own experience. They work for me, but you will need to generate your own attributions as you grow in occult understanding. You can see the way I piece together various phenomena into an archetypal cluster in this class, and draw on that method as you form associations for other numbers/colors/gods/stones/etc. in your own practice.

Some Attributions for 0

0 is the substance of awareness. It is ultimately very simple and pure as a substance, but finding it, getting to it can be very difficult and apparently complex. 0 is the Dao, the Way, YHVH in his fullest (peaceful) aspect, pure Love, pure Wisdom, perfect Nothing. The 0 is the energy of sapience, also known as mindfulness. 0 is

the energy of pure awareness, but also somehow (with 1) the energy of self-awareness (there is a subtle difference but deep tie between the two).

0 is a panacea (cure-all). It can be used to alleviate emotional turmoil, energetic tangles or infections, and in many cases it can begin the healing process on physical ailments. It is the “neon purple beam” discussed by both Choa Kok Sui, the pranic healer, and Philip K. Dick, the sci-fi author.

0 is also Aeon, the god of Eternity. Eternity, a non-time, is pure presence and awareness—pure being. 0 is all of these things: awareness, presence, panacea, being, eternity, love. It is the Philosopher’s Stone, because you can always count on its presence and helpfulness, its ability to heal and extend life—and more importantly its ability to bring your experience from unpleasant to pleasant, profane to sacred (lead to gold).

Meditation and Awareness

If you are not able to point at the energy I am talking about yet, you will need to start a meditation practice to discover it. It may be something you can see after only one meditation session, or it may take months or years of repeated attention to see what I am talking about. This depends upon how much emotional body armor you are identifying with: Meditation will strip this emotional body armor away by allowing the associated trauma to heal (see “Untangling”, below), until you begin to have moments of insight and epiphany which reveal the 0. Once you learn what the 0 is and how to “look” at it or “point” to it on a moment’s notice, you will be able to learn to disidentify with your emotional body armor, so that it doesn’t prevent access to your 0, even if you haven’t healed it yet. Then, you will always have access to the 0 if you but pause and take a moment to connect with that energy.

Being able to look and point at this 0 energy is what all that zen “finger pointing at the moon” stuff is talking about. Koans are riddles, little programs intended to self-destruct in your brain like a crashing computer program—because 0 is exactly not a program, crashing your programs helps to reveal it. When I try to point at 0 for someone to see, usually it looks like me simply pausing and waiting mid-sentence, until there is a shift in the air...

“—that.”

Meditation is simple. Just sit and wait for the world to reveal itself. *Aletheia* is a Greek word which means truth, but more properly (according to Heidegger’s etymological analysis) means “an unveiling”. For me, there is no complex technique to meditation: simply sit and wait. If you want to add a little more technique, there is this, which you have probably heard many times: *Focus on your breath, choosing a place near the tip of your nose. Focus on your breath here but allow your awareness to follow the entire breath and body. If you notice that your attention has wandered, gently move it back to your breath, without beating yourself up about it.* This gentleness is key, because the moment of meditation is precisely the moment you notice that your attention has wandered! If your attention did not wander in the first place, you would not have the opportunity to meditate, to strengthen the muscle of noticing your attention had wandered. So, when you notice your attention has wandered, there is no reason to be annoyed, angry, or frustrated. Simply choose to continue

meditating—if you don't immediately move your attention back to your breath, then you have not meditated *badly*—you have simply decided to stop meditating for the time being. Meditation is practicing waiting and noticing, plain and simple.

Now, how the 0 unveils itself to me during meditation is very clear-cut for me: After 5-20 minutes, I suddenly notice a shift in the air. Reality shifts from being binary—me & the room I am in—to being non-dualistic. It is very hard to describe what this feels like but it feels like “a shift in the air”. The world feels more whole, and it's as if everything has come into alignment like an orrery unexpectedly coming into planetary alignment. Suddenly, my breathing becomes peaceful and effortless, the room brightens and becomes relaxing, and I feel like I am resting. Meditation becomes effortless.

This subtle shift is the revelation of the 0 energy. If you can keep your mind still during this time, you can begin to observe what the 0 experience looks like and what it does. The Book of Dao is one of the best descriptions I have seen of the 0, as well as one of the most evocative texts I have found to reproduce the experience on demand. [Here](#) is a good plain-language translation, but I like the poetry of a [more classical translation](#) better. Many, many translations are available online.

In particular, a feeling I get both after that “shift in the air” and when reading the Book of Dao is this strange feeling: Suddenly, it is like everything I can see is part of a single “tunnel” and this tunnel is going into the future. The whole room feels like a unified spaceship, and it becomes mildly translucent. This is seeing “the spiritual world” or “the middle way” (in an overt sense), and it also leads into the experience of the merkavah (which will be covered in a future class in combination with dæmons).

Zero as a Substance

After you gain some familiarity with your awareness and how it leaks out into the world to cause the Dao experience, you may begin noticing it as a subtle esoteric substance in your experience. Awareness tends to be tightly focused by the western ego, but to leak and perform other tasks without us noticing it. For example, awareness will form a bubble around the head, or it will bubble around things that you are paying attention to in the room. If awareness is a kind of pure intelligence or sapience, then it is also the physical-experiential manifestation of your brain's processing something. When you place awareness on a space, your brain is “processing” everything in that location.

After you are able to perceive 0 as a full-room experience, try experimenting with 0 as a more limited substance. Allow yourself to enter the Dao experience, but localize the “transparency” of the room to one area, or to an object you are touching. Allow just that object to become translucent and infinite in the light of the 0 “energy”. (It does not feel quite right to describe it as an energy when the discussion becomes so literal, because it is a quality of the matter that happens or becomes apparent.)

Of course, focusing the 0 energy like this is somewhat antithetical to what it is in the first place. As I just said, it does not work so much like an energy as an experience that happens or even a place which is arrived at. When it is concentrated and limited into a space, that is when it acts more like an energy or substance. However, this 0 energy always wants to act as a portal, to bring us back through focusing on it to the

whole-room, whole-body experience of the Dao. (By the way, walking in the Dao is the beginning of “Questing”).

Basic Energy Healing with the 0

This connection was made when one of my spirit guides suddenly instructed me, during a drum circle, to “let the zero in” to my leg that was healing. After relaxing and focusing for a few minutes while drumming, I was able to feel my leg become translucent in the same way that the room feels transparent after the shift in the air. I allowed more and more of this 0 energy to flow through my leg, until it felt like a moving current, cleansing the wound on my leg.

You can do the same thing to focus this energy on yourself and others. This is basic energy healing technique: Allow a “ball” of energy to form in front of or around your hand. Don’t worry about whether it is “real” or not—we are creating a ball of feeling because this 0 feeling IS this 0 energy. Allow the sense of presence to form and concentrate around your hand. Then, condition the energy specifically as 0 energy—recall the feeling of translucency that you have come to associate with the Dao or 0, and try to bring that feeling into the energy surrounding your hand. This should be pretty easy or automatic, because the unconditioned energy which will first arise when you first try this exercise is already almost the same as 0 energy—the last thing we are adding is the intent.

Again, the specificity of adding intent to create 0 energy is itself a paradox: 0 energy is completely free and unconditioned—including free of intent—so if we form an intent to create 0 energy to heal, it might break the 0 energy by giving it too much direction. Attempting to condition energy to be unconditioned is tricky in the best of times, which is why meditation is a lifelong practice and not a quickly-learned skill. As you attempt to work with the 0-energy as a substance, remember that it is closely tied with your attention and your “sight”. For example, if you allow yourself to feel the area about three inches behind your tailbone, you will automatically be generating a little pocket of 0-energy there. *Feeling through* the flesh that is to be worked upon is the basis of letting the 0 energy flow and perform its healing.

Allow the energy to flow through what is to be healed, and use that awareness to “look” into the flesh and see what dense, dark, or sticky energies reside there. Continue to allow the 0-energy to flow until those energy intrusions are cleared away. There’s a little more to energy healing than that, but this will get you started!

It’s worth noting that the way 0-energy works to heal is different from the way intention-directed energy can be used to heal. With other energy techniques, we are actively purging, cleansing, decoding and recoding—it is like performing surgery upon the energy body. But with the 0 technique, what we are doing is allowing the highest possible intelligence—God, the All, the Highest, Great Spirit, Presence, whatever you want to call it—access to “see” the wounded area. What allows illness in the first place is when YHWH’s sight is unable to penetrate some area of creation—if the physical matter becomes too dense, God can’t see into it and protect it. The 0 energy is the fundamental energy of all creation, and it wants everything to be healthy and vibrant. If you give it access to a wounded area, it will kick-start the healing process by realigning that sector of reality with a healthy destiny. This theory has a practical application in the energy healing: try to look at the smallest cracks and parts of the wounded area, and allow the 0 energy to infuse the entire area,

including all its smaller features and compartments (especially, of course, the parts which seem dark or traumatized).

Aeon

[Aeon](#) is the Greek god of eternity. Time is classically divided into two types: Chronos, which is linear clock time, and Aeon, which is cyclic or mythic time. You can already see how the exercises and descriptions so far of the Dao experience and 0 energy seem like “cyclic, mythic, or eternal time”. This altered experience of time, where our normal experience of progressive, linear time slackens out and becomes more like a space or an expanded moment, is aeonic time. “Here, time becomes space,” Philip K. Dick quotes Wagner’s *Parsifal*.

Identification with the 0 itself can unleash tremendous power and healing—dangerously so. Jung teaches us that subconscious identification with God can trigger a manic or Luciferian inflation—and there are few images of God closer to the center of what God is than 0, 1 (consciousness), or 9 (the all) on the numogram. Identification with 0 means identifying with your very presence in your experience itself—identifying with the observer that cannot be turned off. (It gets very messy trying to disentangle identification with 0 vs. 1, because they are so interrelated. 1 is the identifying ego itself, basically, so identification with Aeon could be coded as $1 = 0$, a mathematical expression which is clearly abhorrent and corrosive to rational logic.)

Warning: Identification *with* the Dao or 0 is not advised under most circumstances, because it quickly begins to tear away at our personal identity, which is not healthy. Check out *Jung and the New Age* by David Tacey for more on this. What is healthy is to have a strong, clear, personal identity as a human with a mundane life history, etc.—the archetypal identifications we sometimes assume for magical practice must be kept boxed-up or they can invade our conscious minds and cause an archetypal possession (which are extremely common, sadly).

Untangling & Uncoding

The most useful application I have for the 0 is simply to untangle emotional garbage that is distracting me or bringing me down. This is how meditation works: Contents arise in thought, and then are held in the stillness of the 0, the pure awareness of the meditator. Being a panacea, whatever tangle has come up in thought will spontaneously untangle when held in awareness for some amount of time. With a bit of practice, this process can become stronger and faster—you can undo a bad mood in just a few minutes, in a surprising flurry of small catharses, instead of having to stew in it, self-medicate with recreational drugs, or watch TV for hours to feel better.

This untangling process is interesting because it *uncodes* experience. When we think dualistically, which for most people is all or most of the time, we create categories which code our experience. Everything gets pigeonholed as *this* or *that*. More magically speaking, if, say, a new person enters your experience, part of your reality has become *encoded* as this new person. Suppose we didn’t like this new person and we wanted to use sorcery to remove this person from your life: We would *decode* the part of your reality which is encoded as that person (this gets into karma/trauma dynamics and the 8). Soon after that, the person would leave your life for some reason or another (the universe will make up an excuse).

However, if we merely wanted to remove the layers of programmed perception through which we view this new person, we could use the 0 to *uncode* our experience of that person. Rather than removing the code that makes that experience happen, and rather than trying to change that experience by decoding it and recoding it as something else, we can simply uncode the parts of our perception related to that person. This will clear away all “layers” that cloud our perception of the real and actual person—all the trauma-based programming we have that causes us to experience this person in a particular way. Our experience of that person will become *non*-particular, that is, unconditioned (or at least, more unconditioned than it was before), and we will see the person in their wholeness.

Since all people are basically good and trying to do and be good in the world, when we uncode a person, we will be able to see their beauty and kindness. The things that made us dislike that person or feel angry at that person will fall away and become either untangled or less relevant. We may realize that the reason we were angry at the cashier was that we were seeing him as lazy or weak or poor, and be able to let go of these viewpoints; or we may simply see what a nice person he is and realize that our anger was pointless. This process can even be emotionally challenging and healing: For example, we may realize that the reason we were thinking of the cashier as poor and then casually hating him in our thoughts is that we are scared of being poor—if we apply the 0 further at this point, we can heal this fear of being poor at least a little bit at that moment.

This technique of untangling a situation or an aspect of our perception using the 0 is foolproof. There is not much magic that is foolproof, but this is, if you actually choose to do it in the moment. Because we like to hold onto our perspectives, including our petty hates and sadnesses, it can be hard to choose to use (or even remember) a technique which allows us to let go of part of our perspective. But, having a taste of identification with the 0 (see above)—that is, a taste of non-identification—can help us to disidentify with our perspectives and thus find it easier and more desirable to let go of them.

Since this magic is so reliable, and because this magic leads both immediately and ultimately to our greatest healing and spiritual strength, it is the only inherently “white magic”. All other manipulations of a situation besides abiding and accepting them are, technically speaking, an ego-driven project of control and striving, and are thus not “white magic”. Of course, that does not mean “black magic” can’t be used for healing or for good, or that it isn’t the best tool to use in some situations. But, for ultimate and complete holistic healing, the energy of the 0 is the way to go. I recommend using it as a first resort as often as possible.

Energy of the Vacuum

There is a huge amount of literature and research done by people on things such as “zero-point energy” or “orgone energy” or the “luminous energy field”. More recently there have been a number of YouTube videos on “vortex math” and its applications in energy production. This energy is described as resulting from [the geometry of the vacuum of space](#) or from some inherent property of the universe.

It is my opinion that this “zero-point energy” is none other than 0 energy, the esoteric substance of awareness—and this is why these researchers have so much trouble getting their energy to appear on objective measuring instruments. It’s a subtle energy of consciousness—very useful in the human realm, but

perhaps not something that is going to be providing free electricity. Or, perhaps it will—but then why haven't these zero-point energy researchers provided anything concrete, that holds up to scrutiny?

I think Wilhelm Reich's model is much more persuasive. He is the researcher who coined the term "orgone energy" and his claims on what it can do, how it works, and why it arises are much more balanced in their scope. He does not claim that it can generate physical power (as far as I know), but it can heal, cause damage due to overexposure, and perform a number of curious effects such as the generation of rainclouds. I think that this more subtle and magical orientation towards "zero-point energy" is more reasonable than a literal, physicalist approach which seeks to harness it as electricity. (I hope I am wrong, though!)

I have never seen a functioning orgone generator—a machine which can generate "orgone" which can supposedly be sensed by a human—but I would like to. The small resin pyramids which people claim are "orgone generators" are not designs related to Wilhelm Reich's work, and I have never sensed any particular energy from them—no more than any good art. However, I have handled a "crystal grid" made of various stones wired to a larger sheet of stone, and it gave off a very strong and specific energy (the other grid handed to be by the same artist created such a strong feeling that I began to feel sick).

Conditioned and Unconditioned—Conclusion

Looked at this way, all of these esoteric substances that are talked about—prana, energy, chi, mana, luminous or subtle energy, zero-point energy, orgone energy—they are all basically the same thing: various forms of unconditioned energy which have been conditioned by the terms used to think about them and practices used to generate and channel them. Different names and practices will slightly change the energy's "flavor" and steer them away from being truly pure 0 energy. This is why I enjoy using the numogram terminology and simply using the numeral 0 for this energy: The numeral 0 does not carry as much baggage as these other terms, which are variously new-agey, appropriated from other cultures, or simply vague and numerous. Rather than thinking that there are many different esoteric substances going by these different names, I think it is more likely that these researchers are discovering the same energy over and over, conditioning it in slightly different ways, and then labeling it and using it based on how they have conditioned it.

So, to be clear, there is a kind of "default energy" which is somewhat conditioned in a vague or messy way, and then there is 0 energy, which is conditioned to be perfectly unconditioned, and then there are many other ways that the same energy could be conditioned, such as the 8::1/mercury, 7::2/salt, and 5::4/sulphur flavors discussed in a previous class.

Again, purely unconditioned energy is very hard to generate—but it is also the substance which supports our entire experiencing existence, so it is plentiful. These types of paradoxes are common when discussing the 0—it's only my development of the precise terms and perspectives used in this class writing that have allowed me to avoid vague riddles and platitudes. The perspective of the Dao experience is not as precise as this writing (but of course, it is also much more precise, perfectly precise...)—but hopefully the precision and perspected-ness of this writing will provide easier access into the experience, and a broader linking of concepts together all under the banner of the 0. In my experience, these phenomena are actually related, which is why I have linked them all together this way and attributed them to 0 on the numogram.

Link with the Ethics Stone and Wholeness

A student asked if the ethics stone was the 0 of their altar, and this is exactly right. You can see the similarities and links set up here between the idea of an *empty center*, a *pivot point*, and *emptiness as compassion*. You can also see the model of wholeness we constructing using the class on timeline physics & self-radixing, as well: When a person is entirely gathered together as themselves, they become like the 0 and will most likely be in a strong, calm, meditative-like mindset. A person who has gathered all their self fragments together becomes both strong and unconditioned, and more individually themselves. Their experience of time becomes more unified and more timeless. Simultaneously, their experience becomes more magical and more mundane. This is “enlightenment”.

It’s important to note that this idea of centering is specifically an idea of an empty center: this emptiness of the center is what allows emptiness to equal compassion, and for the center to become a pivot point. If we were to place our ego-identity at the center rather than nothing, we would be meditating upon the 1 rather than the 0. This is fine, but it asserts our ego-identity and nucleates us as a muggle-identified human. As shamans, we must learn to adopt both the 1-centered and 0-centered perspectives simultaneously in order to become “master of both worlds” (Campbell). The “empty center” is like the hole at the center of a torus (donut), both center and void—something that will be examined in more detail during a later class on toroidal metaphysics.

Further Reading

- [Mindfulness in Plain English](#) is the classic guide to meditation.
- *The Book of Dao (Tao Te Ching)* is my favorite holy book—concise and evocative. See the links above for two translations, or google for other translations.
- [The Thirst for Annihilation: Georges Bataille and Virulent Nihilism](#) by Nick Land explores the dark side of the 0, framing it as the “Black Sun” of overflowing plenty.
- [The Exegesis of Philip K. Dick](#) or his book [VALIS](#) describe in great detail a gnostic awakening and many 0-related phenomena.

I look forward to your questions and comments! You can highlight text and press Control-Alt-M to leave a comment, or email me.