

Lesser Rite of the Daemon Self

This Rite is best performed at night; during a full or dark moon would be especially opportune occasions. Find a place and time where you will not be disturbed, and assume a meditative posture and rhythmic breathing pattern. Find the deepest, darkest place within yourself where your Daemon Nature hides. Begin consciously bringing this out, remaining actively in control of it. No matter what happens; no matter what you experience during this Rite, remember that this is a part of you, and that you are in control. Continue this visualization until you feel that your Daemon Self has been evoked to the greatest extent possible while still maintaining conscious control. You should get to a point where you are fairly comfortable with this lesser Rite before attempting the Greater Rite of the Daemon Self.

Performing this Rite will help you to confront aspects of your Daemon Self (which is essentially synonymous with the Jungian Shadow) and to integrate these aspects into your being in such a way as to be a more constructive part of your psyche. In other words, it is a way of ritually confronting or “coming to terms with” your inner demons, most of which will be aspects of your Shadow/Daemon Self. This will simultaneously prepare you for eventually performing the Greater Rite of the Daemon Self, but that’s a Rite for a later time. There are certain potential “dangers” involved, because you will be dealing directly with aspects of yourself that you have in all likelihood kept hidden away deep inside you or maybe even have tried to avoid. You will also be likely to encounter some very strong emotions (and perhaps memories). It is important to remember that these demons are there, and ignoring them won’t make them go away. They need to be evoked, brought out, confronted, evaluated. Ultimately when the time comes Daemon will be externalized and reintegrated in the Greater Rite of the Daemon Self.