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ELT

**Egregorial Liberation
Technique**

The manual contains:

An old Tibetan technique for erasing false attachments

Catacomb occultism method for correcting past influences

Life Sphere Analysis

The Hermetic ritual formula Deus Dominus Magus.

All these methods allow you to immediately begin the transformation of your own life in the desired direction.

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CHAPTER 1. WHAT IS AN EGREGORE

An Egregore (E) is a collective System that unites people, which can be expressed by a simple formula: "Egregor is an Idea + Directed Attention".

The idea itself can be written down on a piece of paper, but in order for it to become an Idea with a capital letter, it needs to capture as much attention of a maximum group of people as possible. Everything that you hear from the society around you belongs to some egregor, which is created by people and fuelled by them.

Each egregore was originally created with a "good" purpose, so that a group of like-minded people could achieve their common goal: to invent the wheel, the hydrogen bomb, the Internet, to make a spiritual transgression, to create a popular religion or political system.

Important! An egregore is safe only for those people who created it. Over time, with the change of generations, it begins to turn from a helper for achieving the goal into a set of dogmas, rules and punishments.

When a religious reformer, prophet or guru appears, his Idea carries a maximally useful and positive message, but after the transition of power to his followers, it begins to change, to grow distorted and more and more lose touch with the original meaning. Warring heirs begin to appear, who "know better" what their guru meant, and so it goes on until the movement either self-destructs or some group becomes dominant and absorbs all the others. You can look at the history of any religion or political ideology and see how they have changed since the founding fathers.

Most people are not living their lives, wasting their time on OTHER games, which they are lured into playing by slaves who once made the decision to give up free thought. Such human-masses, who gave up their Will, perished in the senselessness of monstrous wars, which were organised at the whims of the same egregorial slaves. People sold each other into slavery because it was customary, worshipped idols because it was customary, were poor because it was shameful to be rich, were stupid in order not to hear the insult "smart" and in other ways followed all the wildest and most absurd customs and rules.

My practices are for those who want to become the Reason for their own lives. If you're ready, you can get started.

CHAPTER 2. E.L.T

The first practice is called the Egregorial Liberation Technique (ELT). This is the Action that begins the liberation of your consciousness and attention from the egregorial traps in which you have immersed yourself.

The technique involves a simple formula that you will recite, and it goes like this:

"I release myself FROM the gods. I release myself FROM slaves. I free myself FROM shackles."

"There are" seven energy centres of a person, which are called chakras. I use this term as it is the most common, but since not everyone who studies my manual is versed in Eastern teachings, I will explain their location and properties. This is quite sufficient for successful practice. Usually they are considered from bottom to top, but in the Egregorial Liberation Technique (ELT) I use the reverse order, from the highest to the lowest and vice versa.

So, the first chakra is located on the top of the head and is called Sahasrara. It is responsible for Spirit.

The second, Ajna, is located in the area of the t.hn. "third eye." This is the point on the bridge of your nose, between your eyebrows. Its function is intuition and thinking.

The third, Vishudha. The jugular fossa at the base of the neck. Responsible for speech and communication.

Fourth, Anahata. Solar plexus. Feelings and emotions.

Fifth, Manipura. Navel area. Power, including financial power.

Sixth, Svadhisthana. This is the point between Manipura and the pubis

- sex and procreation.

Seventh, Muladhara. The crotch area. Vitality, physical body, food, shelter, clothing.

Here are three more terms.

Gods - anything that controls you, that is beyond your control, that manipulates you, directly or indirectly, positively or negatively, but against your personal desires. This is the understanding of the word "gods" within my system. Gods are political propaganda, customs, behavioural rules, values, hobbies, all sources of any influence on you outside of your Will.

A slave is a person who follows someone else's will rather than their own.

Shackles are beliefs that convince you, as a slave, to follow the commands of the gods, your limitations that are contrary to your life purpose.

Your boss tells you that you must stay in the office after your workday is over, even though he doesn't pay you extra for it. You sigh and agree because you are afraid of losing your position. God is your boss, the shackles are your fear of losing your job, and the slave, it turns out, is you....

There are bigger shackles. For example, you want to go on holiday to a foreign resort, for which you have been saving money for a long time, but suddenly there is an economic crisis in your country and you stay at home. The gods here will be the leaders of the country, the fetters will be the crisis, and you are again in the position of... a slave.

Or deeper shackles, when you choose to live your life in a way that is acceptable from the point of view of your religion, relatives, friends, TV jesters, a young blogger and other "gods". God can be your small-town uncle and the school friend you played football with as a kid. God can even be a young rapper or an old rocker as your life reference!

There are cases when under the influence of "shackles" broadcast through the media people start listening to various "gods" and go to die in the trenches, but this is no worse than listening to a "god-girlfriend" and going with her to study in the educational institution of her choice, although neither its level nor the speciality you spend five years studying are of any interest to you.

Egregorial Liberation Technique (ELT)

Stand up straight and place your feet together. Hands are free.

Step 1. Touch the first chakra with the index finger of your right hand. Say as consciously and confidently as you can: "I release myself FROM GODS".

Step 2. Place the index and middle fingers of the same hand on the second chakra: "I release myself from the slaves".

Step 3. Put the index, middle and ring fingers on the third chakra, Vishudha: "I release myself from the WINDOWS".

Step 4. Put the four fingers of your hand, except the thumb, together and touch the fourth chakra, the solar plexus: "I release myself FROM GODS".

Step 5 . Place five fingers on the Manipura: "I release myself FROM

the slaves".

Step 6 . Place your right palm on the Swadhisthana chakra, fingers to the left, wrist to the right, and say, "I release myself FROM THE GHOSTS".

Step 7. Squeeze your perineum firmly, "I release myself FROM GODS" and relax your body.

What happens in this practice? You are creating a conscious and intentional Action by which you affect different aspects of your personality, from Spirit to your physical body, from your divine part to your biological part.

You proclaim your Word - "I free myself from the gods" - and touch the sahasrara, which is the personification of you as Spirit. You allow your Spirit to release the imposed ideas in your spiritual life. Then you change your chakra and move on to the second part of the formula: "I liberate myself FROM slavery." You are affirming the liberation of your thinking from slavery. Next, "I release myself from the shackles" and your attention, due to your fingers being on Vishudha, is shifted to your communication area. You are freeing your communication with people from interfering traps and illusions. Next, you "return to the gods" again and repeat the cycle, similarly working through, cleansing three more chakras. "I free myself from the gods" in the sphere of emotions and feelings, which are manipulated through the imposed values and interests of others, "... from the slaves" you free the area of your financial well-being and "from the shackles", i.e. fears from those related to sexuality. The cycle of the Egregorial Liberation Technique (ELT) ends with the first statement with which the practice began: "I free myself from the gods" in the area of the physical body.

This simple practice is very useful if you want to succeed in your life. I recommend doing it 5-7 times daily until you do it automatically, without thinking about the order in which you put your fingers. If you are in a bad mood, lazy, apathetic, tense or depressed, do the ELT practice! If you can't find an answer to your question, your case is not working out, you are having difficulties - do ELT practice! Keep in mind that as soon as you start your liberation the egregors will start to manifest in your life more strongly! Ignore them and deny them with ELT! You will notice how your life begins to transform and you will discover paths and opportunities you had not seen before.

CHAPTER 3. E.L.T 2

After mastering the previous exercise, move on to the enhanced ELT Formula. The order of actions remains the same: you still consciously recite the formula and touch the "chakras", performing all seven steps. performing all seven steps, but you add fourteen additional actions.

So, you have completed step 7, squeezed your crotch and recited the statement "I release myself from the gods". Move on to the next step 8, where you again touch your first chakra with your index finger and say, continuing the past cycle and starting a new one, "I free myself FROM the slaves."

Step 8: Index finger - Sahastrara - "I free myself FROM the slaves".

Step 9: Index and middle fingers together - Ajna - "I free myself FROM fetters".

Step 10: Index, middle and ring finger - Vishudha - "I free myself FROM the gods".

Step 11: All fingers except the thumb - Anahata - "I free myself FROM slaves".

Step 12: Five fingers together - Manipura - "I free myself FROM fetters".

Step 13: Palm on Swadhisthana - "I free myself FROM the gods".

Step 14: Squeeze Muladhara-"I free myself FROM slaves."

Continue the cycle, returning to the first chakra again!

Step 15: Index finger - Sahastrara- "I free myself FROM the shackles."

Step 16: Index and middle finger together - Ajna - "I release myself FROM the gods".

Step 17: Index, middle and ring finger - Vishudha - "I free myself from slaves".

Step 18: All fingers except the thumb- Anahata- "I free myself FROM fetters".

Step 19: Five fingers together- Manipura- "I free myself FROM the gods".

Step 20: Palm on Swadhisthana-"I free myself FROM slavery".

Step 21: Squeeze Muladhara- "I free myself FROM the shackles".

In the enhanced ELT formula, you go through the cycle three times, but the second time you start with "FROM the slaves" and the third time "FROM the shackles", also starting from Sahasrara. Always follow the sequence:

1 cycle as in the first formula: gods, slaves, fetters, etc.

2 cycle - slaves, fetters, gods, etc.

3rd cycle - fetters, gods, slaves, etc.

In this way each of your chakras, as a concentration of the spheres of your life, is alternately worked through with the three conscious affirmations, freeing you from "gods", "slaves" and "shackles".

Do the practice with the utmost awareness and confidence, especially if you feel that you have become identified with someone or something, or have become dependent on life circumstances.

Start doing the enhanced Egregorial Liberation Technique (ELT 2) after you have a solid grasp of ELT1. It perfectly helps in ALL cases when your consciousness or body is influenced by "gods" and "fetters" alien to you.

Here's an example. A young woman is about to get a new job, but is unsure if it will be good for her in terms of career growth and financial independence. She does the ELT2 practice, structures her mind with it and looks at her choices dispassionately, deciding for herself rather than on impulse. She discovers both the pros and cons of this work, and begins to see the option that is more acceptable to her.

Other applications: A person is confused at the moment of choosing among several options. For example, "do I really want this relationship, this marriage, this job? Do I really want this trip? Do I need to give up my goal and live my whole life in my hometown? Is

the opinion of the man on the telescreen important to me? Is there really a catastrophe in the world, or is it a clickbait headline on the news?"

To find your answers to the questions that are important for you, do the Strengthened Technique of Egregorial Liberation.

Perhaps you have a question: "Why chakras are worked from the top and not from the bottom, as in Eastern traditions, and why it is necessary to squeeze the perineum at the level of Muladhara chakra?". Indeed, most Asian teachings begin the path of awakening the spirit from the most material and bodily chakra, for example, by raising the power of Kundalini through the energy channels running along the spine. They do this in order to reach the Sahasrara and experience the state of enlightenment - Samadhi. In their view man is "mired" in matter and needs to strive for spirituality. My opinion is radically different from that of the Hindus.

Each person, or rather his Spirit, is a particle of the One God (Absolute) and each person is Him at any moment of time. Everyone can perceive only his Personal Universe: you see this text, your hands, a tree and a cat in the street only as you see it. In your Universe you are the Absolute, because you can only realise yourself and your feelings. This is where your most important power lies. With the practice of ELT2 you direct your stream of attention, which is Energy, from the truly Divine Sphere of your Spirit into the world of your matter, into the world of your body, your universe. Compression of the perineum, which may seem vulgar to those people who have not yet practised the Liberation Technique, is necessary to symbolically close the flow from the world of Spirit to the world of Matter on oneself, on one's Microcosm.