





# Scales of Ma'at

A Guide for the Incarcerated

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*Thank you for picking up this Mini-Guide in the  
Modification and Practice Series of books. We hope you  
find the ideas herein useful for your practice and  
modification of Daemonolatry.*



## INTRODUCTION

I get a lot of mail. Unfortunately I don't always have time to answer it all. Many times the questions people ask can be answered by a careful reading of *The Complete Book of Demonolatry*. Other times people ask for things I simply do not have. Like I'm often asked if DB Publishing has literature or book catalogs. We do not. Sometimes people write me just hoping for correspondence and sadly I just don't have enough time to answer everyone who writes. I also noticed that a portion of my mail seems to come from men and women who have been incarcerated. Usually they write to ask for catalogs, or to ask how they can modify ritual to work with their situation. I often get these letters months after they've been sent and usually don't bother to respond due to lack of time and since I'm never sure if the person is still incarcerated or not.

Finally, a Daemonolater friend of mine who has a friend who is incarcerated came to me and asked me if I would consider writing a book specifically for those who are incarcerated. Evidently, she informed me, our religion has its fair share of practitioners on the inside. Not to mention a lot of modification to ritual is often required in such a circumstance. Being sympathetic to the situation of these people and worried that these folks literally have no religious support (no chaplains, no formal prayer or study groups, and

perhaps no formal rituals) I agreed to write this book and make free PDFs available on the website. Everyone should have guidance available to them and to that end, this book.

So I sat down and came up with a concise outline for this little chapbook. There are a lot of practices someone in this situation can partake of. If anything, the absence of props and the focus on feelings, words, intent, and purpose can potentially make one more sensitive, open, and introspective acting as a catalyst to a deeper spiritual practice and self-transformation. Oftentimes, one who has little else to do but reflect and focus on spirituality becomes more aware of various currents and is able to immerse him or herself into his/her spiritual life more so than those of us who are distracted by day-to-day 'operations'.

With that I give you *Daemonolatry Practice & Modification Series: The Scales of Ma'at: A Guide for the Incarcerated*

~ S. Connolly

## UNIQUE CHALLENGES

### *What kind of practice can you have?*

You should be able to have a normal practice, just without the props. Your situation puts you in a paramount position to work on spiritual self-growth and to do high magick. Certainly low magick has its purpose here, too, but using this time to take the old proverb, “Man know thyself, and thou shalt know the Gods” to heart is a good exercise for any Daemonolater. Daemons, divine intelligences, want us to be self-knowledgeable. In knowing ourselves, we attune to them and come to know them more deeply. Now might also be an opportune time to fine tune those divination, meditation, and ascension skills.

Now, everyone’s situation is unique and I realize not everyone can be open about their beliefs. If this happens to be your case, see the booklet *Hidden: Living With the Uninitiated*. In this case, the astral temple may be your best bet. However, if you are able to freely practice, you may be able to do a lot more than someone living with a non-Daemonolater, even without the props.

### ***Working Without Props (Modification)***

Perhaps the easiest thing to modify in any practice is to learn to work without props. While I personally enjoy the tangible feeling of actually doing magick with props, there are a lot of instances where props may be impractical. Clearly living in a situation where chalices, edged-weapons, and burning offerings are out of the question, and where personal possessions are limited, learning to work without the items necessary for magic is key.

**So here is a list of props, their substitutes, and how you can work without them:**

*Athames, Swords, or Staves:* For the ritual blade, you can use your middle finger and forefinger, and you can use your arm for staves and/or swords. In the ancient Egyptian practices of magick, blades were not used. It was considered more respectful to use the middle and forefinger. Of course there's always the astral temple if none of this is plausible. This means that when tracing invoking seals in the air, or Daemonic seals – you would simply use your fingers.

*Cups/Chalices:* Any cup will do. You can even use plastic or paper cups if necessary. Clear plastic cups can also be used as “planchettes” for make-shift spirit boards. See *The Astral Temple* for working without a cup or chalice at all.

*Offering Bowls:* Just like cups/chalices, any bowl will do. Even a paper bowl will hold dirt, fruit offerings, or even liquid libations. See the *Astral Temple* for working without a bowl.

*Incenses/Oils:* Both can be skipped. If you are able to have a dram or two of oil, I recommend something very basic that can be multi-functional like blessed Olive Oil, or a generic temple oil or High Priest(ess) blend.

*Other Items:* Look at each ritual item and decide whether or not it's necessary for your work. If you can get away with skipping it, go without. If you can modify it to your needs, do that. If all else fails you can take literally anything your mind can conjure into the astral temple, and work with it there.

### I CAN'T:

***Use Candles*** – Candles are used to illuminate and create atmosphere. They aren't a necessary part of your practice. If you do your work in the astral temple, a comfortable place to sit or lie down should be just fine.

***Use Incense*** – then don't. It's perfectly okay to skip the incenses and oils. That isn't to say these things don't add to the experience and energy in ritual, but rituals can be done without them.

***Burn Offerings*** – this is okay. The symbolic act of burning an offering is basically an act of solidifying intent and letting it out into the universe through the smoke. It's a symbolic alchemical transformation from the physical to the spiritual. There are several alternatives here. The first is heartfelt prayer. By saying or thinking your request aloud and imagining the daemonic seal, you are still solidifying your intent and letting it out into the universe. You're simply using a different method.

***Use Blood*** – While bloodletting is an integral part of a physical Daemonolatry practice, a lot of people don't use blood. Some use saliva, hair or skin instead, or even sexual fluids. However, this can all be left out of one's practice. Instead, imagine the act of blood-letting and giving of

yourself to the Daemonic in offering. There is a great deal of emotion in that visual.

***Drink Alcohol*** – No worries. You can substitute juice or water for wine in any ritual except the Rite of Imbibement. For that you do need alcohol if you are practicing it with others since the alcohol will kill any blood-borne pathogens. However, if you are practicing the rite on your own, just use water or juice. In a group, everyone can have their own cup of water or juice and the rite can still be practiced. Of course if blood-letting is impossible in your situation, the Rite could only be performed astrally.

**What You Can Do With Limited Tools:** If you are able to have pen and paper, you can still draw sigils for ritual work, meditation, or to carry with you. You can also create spirit boards with some paper, tape, a pen, and a plastic see-through cup. Simply create the letters and numbers on paper, tape them to the floor in a circle, and use the plastic cup as a planchette. The beauty of this set up is it can be replaced as needed, and the “board” can be covered with a rug or walked on. If you don’t have tape or don’t want to tape anything to the floor, the letters and numbers can still be situated in a circle on the floor for use, then picked up and put away when not in use. Plastic or paper cups and bowls can be used to hold offerings or for salt/earth and water during ritual.

## THE ASTRAL TEMPLE

Astral magick requires the magician to know how to effectively perform astral travel. That is, to leave the body and ascend to the astral plane. In the astral world, time has no meaning. The physical no longer matters because there, the universe is mental. This is why so many people will erroneously mistake magick done in the astral temple for imagining or daydreaming about the work. While imagination is a wonderful ingredient, you do have to ascend the soul and mind. Hand in hand with Astral work is Dream Work, wherein you learn to leave your body and travel to the astral during sleep. You can even meet up with other magicians in this manner. Learning to ascend to the astral plane, let alone dream walking (which takes a great deal more skill) requires meditation skills and the ability to concentrate. Sadly, these are not skills the magician can learn from reading a book. You need to perform meditation exercises to learn how to ascend to the astral plane.

Once there, you can create your own temple, including all of your tools, and perform any magickal work necessary. The beauty of this is that you will always have the tools you need and want at your disposal. Your astral temple can be as simple or as elaborate as you make it. While I do often recommend magick in the physical when and if

possible (because I do think magicians who only practice in the astral miss out when it comes to the physical interaction with the metaphysical world), if you are unable to practice physical magick for any number of reasons, this really is the perfect solution for you.

Learning to use your imagination as a tool for magick is essential for both focus and to bring realism to the work. This includes methods of communication with the Daemonic including Ascension. It is vital the magician can close his/her eyes and actually see the object of their desire or the desired outcome of the magick. Being able to focus and imagine will strengthen intent, thus you'll find you are able to manifest your true will more often. You will also find that the sharper your imagination, the higher your success rate at astral temple work. Remember, astral travel is the practice of actually leaving your body behind and ascending to another plane of existence. It's not just imagining -- but the imagination does help considerably.

To exercise your imagination, I suggest practicing guided meditations. Meditation is such a vital skill for any magician because it teaches us so many useful skills like being present, observing emotion, being still, how to breathe, connecting ourselves to all that is, focus, and how to imagine. Any guided meditation will do. There are many CD's and websites available to help you in this department. Or -- if you have friends who share your spiritual leanings, guide each other through meditations you create yourselves. This can be a rewarding and relaxing exercise and great for magickal study groups.

Once you've mastered ascending to the astral plane, then it's time to build the temple. Fill it with permanent altars that reside in your mind. Fill it with elaborate tools, pleasing scents, and things pleasing to yourself and the Daemonic. Fill

it with statues of your Patron/Matron and paint/carve sigils on the walls. Take care and time to create your personal temple. Once you've created every aspect of it, you can use it to work. When you've ascended to the astral, you simply visit your temple and perform the ritual. When the ritual is done, you simply return to your body.

### **RITUAL WITHOUT IMPLEMENTS OR WITH MODIFICATION**

Ritual can be modified to accommodate your personal needs. For any part of the ritual you cannot perform, you can perform symbolic gestures instead. So instead of bloodletting, for example, try touching your middle and forefinger to your third eye, your throat chakra, and then your heart (in that order). Perform any gestures of initiation you may have been given. Or, say a simple prayer. For bloodletting the traditional prayer, “The Blood is the Life, Praise be Sobek” might resonate with you. If it doesn’t, create your own.

Rituals can also be performed entirely in the astral temple where physical space limitations and getting caught are not an issue, and you can do whatever you need to do.

## PRAYER

Prayer is one of those practices that everyone, despite their situation, can manage to incorporate into their practices. I believe that heartfelt prayers, even unscripted, work just as well as pulling out a prayer book and reciting a prayer. You may find you have a knack for coming up with your own prayers. But if not, never fear. How eloquent you are matters not to the Daemonic Divine. What does matter is that your prayers are heartfelt and they mean something to you. It's great to recite something, but without the emotion behind it, it becomes meaningless. As long as your emotions are always true, your prayers will always be heard, and often answered if, in fact, you are petitioning deity for help in a matter. It's okay to pray just to offer thanks. Prayer isn't simply a means to "get stuff". It's also not synonymous with groveling. A daily practice usually includes daily prayer, offerings and devotions, so this might be something to consider if you've been looking for a way to incorporate your spirituality into your daily life.

If you are in need of prayers, you can get a free PDF copy of *Ater Votum: Daemonolatry Prayer* from [demonolatry.org](http://demonolatry.org) or you can buy it in paperback or for your Kindle or Nook (or any tablet that can download the free Kindle or Nook eReader apps).

## OFFERINGS

Offerings are another one of the simple things one can do to incorporate their spiritual leanings into their daily life. However, in an instance where you may not have an outdoor spot to leave water, or leftover bread or fruit for the Gods, there are alternatives. One can take water to pour into the dirt or onto a plant. One can offer a drop of blood to the soil. One can simply trace a sigil in the dirt outside. So consider simple ways of leaving offerings. Usually offerings require little physical exertion, little space, and you can limit them to once a week or even once a month depending on your situation.

The other option is to put your spiritual self into everything that you do. Every task you perform can be done in honor of the Daemonic. Each task can be done with reverence and devotion as if you serve the Daemonic itself (and that Daemonic part of yourself!) by doing it. Even taking food into your holy and Daemonic body can become an act of reverence and purification. An offering of self service to oneself and all that is.

## FASTING

Fasting is a simple way of showing one's devotion to their intent, the deities of their choice, or as an act of self-cleansing. The first rule of fasting is don't do it unless you've been cleared, by your doctor, to do it. Fasting can be dangerous for people with specific medical conditions like diabetes, anorexia, or bulimia. You may consider doing a juice or liquid diet fast where you're at least getting some nutrients if not eating is not an option. I don't recommend fasting for longer than twenty-four hours and you should be sure to remain well-hydrated. If a ritual calls for a fast, you may simply substitute with a self-cleansing, and drinking a large glass of water as a symbolic internal cleansing. The latter is a practice often employed by certain magickal orders before energy and/or astral work anyway. Again, this is relatively easy to pull off around non-Daemonolaters.

## CLEANSING

Cleansing can happen in a number of ways. The cleansing or purification of the self can take the form of a shower with visualizations of self-purification, or it can be as simple as washing ones hands. To purify a space, if you can't use incense or oil, mix some salt and water in a bowl or cup and sprinkle it around the space with your fingers while visualizing a bright white light clearing anything negative from the space. In instances where tools just aren't an option, a strong visualization, like the Lesser Banishing Ritual of the Pentagram, can be used to clear yourself and your space. No props necessarily required.

## MAGICK

Every magickal ritual can be modified to work as you need it to. If you need altars that can be hidden, for example, consider keeping a square piece of wood under your dresser or in the back of your closet. If a nine foot circle is not possible, work in your astral temple. If you cannot make noise but you can move around in your room, do it, but say everything inside your head. If you can't use the props the magick requires, either find a substitution, use visualization, or do the work in the astral temple. Remember that the most important thing in magick is the intent.

## **MEDITATION**

Meditation can be an integral part of your work. Like I mentioned earlier, ascension and divination as well as astral work all begin with a strong meditation practice. Start with 5 minutes a day and work your way up to longer durations. Walking or moving meditations may also be an option, such as yoga. Yoga can build a bridge from the body and mind to the spirit by way of the breath.

### **GROUP WORSHIP**

If you find yourself in a position to practice with a group, ritual only needs to be modified to not include tools you cannot acquire. Substitutions can be made for just about any aspect of ritual as previously mentioned. As with all group work, make sure everyone involved knows their part in the ritual. If certain prayers are said you may want to make sure everyone has copies of it. Or keep them simple so everyone can memorize them.

### **GROUP MAGICK – SOLITARY MAGICK**

If you have the opportunity to practice with another person or even a small group of people, the rules of group magick remain the same. Make sure you assign tasks based on a person's gifts and make sure everyone has the same end-goal so that intent can be fine-tuned. Of course most magick will be solitary. Remember that the astral temple is suited to all types of magick. Sigil magick

## THE RITUALS

There are four rituals that might be beneficial for those in a situation where they've been incarcerated. These rites are for Self-Empowerment, Atonement, Legal Favor, and Zagan Rites for Positive Growth Change. I have included the rites here without the use of tools so they can be performed in the physical or the astral temple. For astral temple work you'd simply add tools as you see fit.

### **Legal Favor:**

Rituals of this type must be done on a full moon or on a Thursday. If you can do it in the hour of Mars, even better. If you can use brown pencil or marker for the sigils, even better.

In cases where you are undergoing a legal battle, before any court appearances or meetings with lawyers, invoke Leviathan and draw his sigil on paper. Carry it with you. If you do not feel a connection with Leviathan, seek out Ma'at or Lucifuge Rofocal.

On a piece of paper write the EXACT outcome you wish to obtain from this legal proceeding. Seal with your name, Leviathan's sigil, and, if you can 1-2 drops of your own blood. Keep this with you.

Before any legal meetings or court appearances do a self-purification ritual (by either drinking a full glass of water or envisioning a white light emanating from within you.

Then, on the soles of your feet, draw or paint the sigil of Leviathan using pen, marker, oil or dirt. Allow to dry, then dress normally.

### **A Zagam/Zagan Rite:**

Begin by tracing the sigil of Zagam/Zagan on your chest. (See the Sigil files for the Sigil). Call upon Ashtaroth from the South to enhance positive traits, or Lucifuge from the Southeast to break bad habits. Depending on what you're using this work for, you'll work with a different Daemon. This also means you'll be using their specific enn during the work. Invoke the Daemon of the work at each of the four points of the ritual space utilizing its enn. Then sit comfortable in the center of the circle, still vibrating the Enn of the Daemon you are working with. Imagine your face turning completely white, as if you are wearing a mask. If you want a permanent reminder of the change, on a piece of paper, write down exactly what you want to change and why. Sign this with your personal seal and the seal of the Daemon you're working with. If possible, add a drop of your blood to the parchment. Put into this paper all of your desire and want for change. However, this can be skipped if you want no physical evidence of the ritual. In the astral temple this paper is burned.

Next, imagine your skin returning from white to its natural flesh tone. This is a symbolic removal of the mask. In the astral, you may choose to place your astral self in front of a mirror and paint your face, and then wash the paint from your face, slowly revealing the new you. When you're ready, start revealing the new you. Imagine the person you WANT to be, free of the bad trait or habit, or with the enhanced trait you desire.

This is a very empowering ritual and can be performed at regular intervals during the additional self-work you're doing to effect this change in yourself.

### **Atonement:**

On the back of your right hand, trace the sigil of Azlyn. On the back of your left hand trace the sigil of Leviathan. Touch your third eye with your right forefinger.

In a standard ritual space, invoke these two Daemonic forces and sit within the circle gazing into yourself. If you are in the astral, you may use a mirror for this. Take several measured breaths.

Vibrate (or repeat in your mind): *Ana mana esta tae. Rena esta oran tae.*

Repeat as necessary. Let your mind go, stay completely relaxed. Eventually - images will begin to appear. If you are using an astral mirror, the images will appear in the mirror. If you're fortunate enough to have access to a real mirror, you should see in the mirror.

Let the images reveal to you your true self. This experience may be jarring since we are often faced with the reality of our own nature, and occasionally and Daemonic force will show up and speak to you. Expect this as a possibility before you begin so you are not surprised.

If the magician is not a medium, this ritual may not be as effective or may not work at all. In the case of poor mediumship ability, you may choose to do this right before bed as the Daemonic has a habit of occasionally showing up in the dream realm to share their messages.

### **Self-Empowerment:**

Clear yourself using your own self-purification method. You can perform this one of two ways, you can either enter do this ritual nude (in the astral temple) or you can do it clothed.

In the astral temple you may choose to burn a temple incense.

If you are doing the rite in the physical, simply face the East. Sunday or during the hour of the Sun is best for

this ritual. Trace Lucifer's sigil on the ground. Trace Lucifer's sigil over your heart. Speak his Enn.

*Renich Tasa Uberaca Biasa Icar Lucifer.*

Repeat the Enn several times. On bended knee lift your hands into the air, palms upward.

*"I am worthy of your audience. I am respected. I am loved. There are many things I do well. Of you, Lord Lucifer, I ask this - let me see my self-worth as those who adore me do. Let me see myself as a divine being as you see me."*

Stand and imagine a brilliant white light emanating from your being. Take a few moments of quiet contemplation. Say any prayers of thanks and close the ritual as normal.

## RESOURCES

For enns, sigils, holy days and basic methods of practice, see *The Complete Book of Demonolatry* or free PDFs of *Modern Demonolatry*, as well as free files containing sigils and Enns on [demonolatry.org](http://demonolatry.org).