

Inner Hall of Eris

Before Order there was only Chaos. Now your illusion of Order is a best practices catalogue within the Chaos. Like forming civilization in and surrounded by the natural world, forming an Inner Hall of Eris allows us an Imaginal Space to create balance through attempts at and adjustments to order.

We will turn within and use our Imaginal skills to access the Egrigore for this book, and from it, to create eight doors into your personal realms. Your personal realms are the eight ways we are aware, and these Inner Realms will be how you can work with concepts, themes, archetypes, thoughtforms, and shadows to create formative imagined experiences. While they are imagined, they have real impacts on your personality.

Eris, our Lady of Chaos, led ShadowEater on an imaginal journey to her Hall. It is the space she has opened up to all seekers using tools from this book. It is a place to collect shared energy, to meet in spirit, and to seek inspiration from Our Lady as sacred Muse. It is a safe place to begin all Imaginal Journey work or to access your private realms from for deeper introspective journeys.

Record yourself reading the meditation below so you can listen and follow along. You can also record a version where you just enter one realm and leave off when you discover the door, that way you can turn this into a guided meditation into each of your eight realms and the Hall of Eris.

Let's start with box breaths. For this meditation, a box breath is simply a long, slow inhalation with an exhalation that takes the same amount of time. Between each inhale and exhale, we'll also pause for a few seconds. Start by inhaling for ten seconds, holding for five seconds, exhaling for ten seconds, then holding again for five seconds. After that, let your inhalation and exhalations last for however long they take for you to get a deep full breath. Just be sure to keep the pauses the same time and the breathing in and out at the same time. Deep, slow box breaths.

Now we'll awaken our own senses of connection and turn them within. We will dedicate our slowest and largest box breaths to each part listed. During each inhalation imagine pulling in energy to flood the area, and on the exhalation, imagine the energy pushing out any stagnation and dirt to be carried away on the breath. Let's charge and cleanse our:

- Eyes (do a slow box breath)
- Ears (do a slow box breath)
- Nose (do a slow box breath)
- Lips (do a slow box breath)
- Tongue (do a slow box breath)
- Neck (do a slow box breath)
- Lungs (do a slow box breath)

- Stomach (do a slow box breath)
- Skin (do a slow box breath)
- Hands (do a slow box breath)
- Feet (do a slow box breath)

Now on this inhalation imagine pushing all that energy from your physical body into your imaginal body. Do you feel the difference between both bodies now?

Reach out with the hands of your imaginal body and begin pushing down into your floor. It's soft and you scoop out a handful. It's not flooring, wood, concrete, metal, or soil, but a fluffy foamy substance. Take another scoop out and feel your imaginal body sinking deeper into yourself with each. On the next scoop you poke through! Kneel and poke your head into the hole.

You are looking up, through the floor of a beautiful central hall. You note that the hole is pentagonal as you climb through, onto a golden tear drop shape, which surrounds the pentagonal hole. Nestled into the golden teardrop is a matching grey one, a yin to the golden yang. In its center is a hole in the shape of an apple. The yin and yang create a diameter that feels the size of a large room. There are eight Greek columns lining the exterior marking the entry of a marble hall that wraps the circumference of this central space. You see on the floor between every pair of columns that a trigram is carved out of the marble.

Begin walking clockwise on the outer edge of the center symbol, the Discordian Sacred Chao. The apple and gold represent chaos, receptivity, and beauty. The pentagon and grey represent order, projectivity, and form. These two primal forces created the eight realms through a set of three interactions. Each interaction is marked with a solid or a broken line. In this way, the interplay of Chaos and Order manifests the eight realms of awareness and its trigrams.

You find yourself at the top of the grey teardrop standing on three solid lines. It's the Heaven realm, celestial air. There is a strong urge and you follow it, passing between the two columns into a comfortable space equally as large as the central hall. Lining the three walls of this alcove are statues and paintings of gods, goddess, prophets, saints, philosophers, and wise ones of all people and traditions. There are overstuffed sofas in the middle of the room and in their center, where a coffee table might be is a cast iron cauldron containing all sixtyfour hexagrams. It is the living collection of knowledge within I Ching, the very spirit of the oracle. There is a door in the back corner of the room. As you approach it, you see your face on a little brass nameplate at eye level. This outer room is part of the egregore, for everyone. You know that you are the only person who can take this door though, it leads to your personal Hall of Heaven.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

Moving clockwise, down the grey tail, you stand upon a broken line under two solid lines, the symbol for elemental air, or wind. You pass through the columns into bookshelves from floor to sprawling ceiling. There's a desk in the center. There are several copies of I Ching open on it,

along with a handful of Chaos Magick grimoires. In the center is ShadowEater's book and there's an entry for each hexagram. It feels like a work in progress. Off to one side, nestled and almost hidden between two bookshelves is a door. It's got that same little brass tag with your face on it. It's the door to your personal Hall of Air.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

Back into the central hall, you continue clockwise onto the rounded golden end over the pentagon hole you came in through. You stand upon a broken line below, a solid line, and broken line on top. The trigram for the Moon or celestial water. You walk into the alcove and your eyes begin to adjust to dim lighting. There is no central space, instead a few chairs or a loveseat and coffee table create little islands about the dark room. On one table you see an I Ching with three coins and a notepad. On another, a set of tarot cards are laid out in a spread. Another has a set of rune stones cast about. Then you spot your door, marked with brass like the others. It's the door to your personal Hall of the Moon.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

Back in the center hall, moving down the golden teardrop, away from the pentagon hole, you stand upon two broken lines under a solid line. The trigram for elemental earth. You step between the two columns into a warm garden, shaded by foliage from overhead. The space seems to have been constructed of trees and shrubs rather than walls. The grandfather spirit of Dandelion is among the personified plant and animal spirits here. Many come and go as they please or when their help is needed. Dandelion points a leafy arm and you see a door tucked back into a hedge, on it is a familiar brass plaque with your face. It is the door to your Hall of Earth.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

You continue circling and the golden teardrop begins to narrow. Now you are standing upon three broken lines, the sign for the World, or celestial earth. You step through columns and see that these were carved out of the living rock wall itself. You are in a cavern. There is a fire in the center with logs for seats. In the shadows along the three walls in this alcove are the darkened silhouettes of your dead loved ones and the shades of great teachers from the past. You know that to learn from them or to gain their inspiration, you need only ask one to sit by the fire, which allows their spirit to briefly wake from their eternal rest. In a dark corner, carved out of the rock, is a door with your brass plaque. It is the door to your personal Hall of the World.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

Walking further you come to the very golden tip and stand upon a solid line under two broken lines. It is the sign for elemental fire. You pass through the columns and catch sight of a boxing ring on one side and round table on the other. The table's surface is covered in plans. The boxing ring is where passion meets strategy. You begin to feel excitement come on. Inspiration is ripe in this place. Tucked behind the boxing ring is a door with your brass plaque on it. This is the door to your personal Hall of Fire.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

You walk further along and now are near the hole shaped like an apple cut out of the rounded end of the grey tear drop. You are standing on solid lines with a broken line between them. This is the sign of the Sun, celestial Fire. As you pass through you find yourself in a sauna. Wood walls and benches fill the alcove. The steamy heat presses upon you. All the benches are in a semi circle. They are all aimed at a mirror. Above it is the word Truth. You take a quick glance and know that the delusions we wrap ourselves in will melt like wax in this place and what we see in that mirror may not be easy to deal with. This is a place for facing and revealing what you really are. On the corner of the mirror you notice a familiar brass plaque. Through the mirror is your personal Hall of the Sun.

There is a lot to explore within this space, but today you want a look at all eight realms, so you step back into the central Hall of Eris and continue walking the circle.

Back in the central hall you walk past the apple shaped whole in the grey tear drop and onto two solid lines over a broken line, the sign for elemental water. It's pillars are the back end of a shallow cave which opens onto a beach. Gentle rolling waves lap onto a sandy shore. In the shade of the cave's mouth is place to sit. You know that if you wait there then what you need will find you. Then a glint to one side catches your eye, a brass plaque on the cave wall reveals a doorway no one else would ever spot. It is the entrance to your personal Hall of Water.

You back out, right into the center of the grey and gold yin and yang. Pull in a deep breath. Allow the eight energies of awareness to mingle within you.

Step down into the pentagonal hole. Count off eight steps as you climb down and back through into your physical body, and waking reality. When you are ready, wiggle your fingers and toes, then open your eyes.