The Arkham Advertiser



Esteemed Cultist,

Welcome to yet another instrument of the Arkham Advertiser.

This evolution is taking a different more magazine like approach to our publication, adding new features like cultist art spotlights and some "Advertisements" to keep you updated with the Temples Offerings, we hope you enjoy.

Some updates;

The main Archetype images are completed for the Tome, thanks to the support of the Patreons who funded them.

Weekly news bulletins starting this month

We have a new Artifex, Yog-Kadageth is taking the helm of infrastructure management

We are also expanding the Order and welcome New Nyth applications, if you have achieved Cultist rand and have skills that could aid us please don't hesitate to fill out an application and a council member will reach out to you.

The Magister and his circle are hard at work recording a magick 101 podcast for those new or interested in a refresher

The MU is constantly evolving so check it out.

The website got updated and now includes a lunar phase calendar .

The nyth and the council hope that this year is one of substantial growth for the Temples and cultists with in its embrace.

Forever at your disposal,

Phlegethotep, harbinger Temple of the Old Ones

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- GRAPHIC DESIGN
- AUDIO VISUAL
- NEWS DESK

How Music Enhances Meditation and Why You Should Use It

By: Nyguctha 

Meditation is a practice that has been celebrated for centuries as a way to reduce stress, improve focus, and promote emotional well-being. While traditional meditation often emphasizes silence or the natural sounds of the environment, incorporating music into meditation can amplify its benefits and create a more profound experience. This article explores how music aids meditation and why you should consider integrating it into your practice.

The Connection Between Music and the Mind

Music has a unique ability to influence our mental and emotional states. Scientific studies have shown that listening to certain types of music can lower blood pressure, reduce cortisol levels, and even enhance cognitive function. Music's rhythm, melody, and harmonics interact with the brain, helping to regulate mood and create a sense of calm. This makes it a natural companion to meditation, which seeks to achieve similar outcomes.

How Music Supports Meditation

Facilitates Relaxation: Soft, ambient music or nature-inspired sounds can help soothe the nervous system and prepare the mind for meditation. This is especially beneficial for beginners who may find it challenging to transition from a busy day into a state of stillness.

Deepens Focus: Instrumental or repetitive music can serve as a focal point for the mind, reducing distractions and making it easier to stay present. This aligns with common meditation techniques like focusing on the breath or a mantra.

Eases Emotional Release: Music can evoke emotions and memories, providing an outlet for pent-up feelings. During meditation, this can lead to a cathartic experience that fosters emotional healing.

Promotes Mind-Body Connection: Certain frequencies and rhythms, such as binaural beats or Tibetan singing bowls, are believed to resonate with the body's energy centers. These sounds can enhance mindfulness and create a harmonious state of being.

Enhances Creativity and Visualization: For guided meditations or creative visualization practices, music can set the tone and help the mind imagine vivid scenes, aiding in goal-setting and relaxation.

Choosing the Right Music for Meditation

Not all music is suitable for meditation. Here are some tips to select the right type:

Opt for Instrumentals: Lyrics can be distracting. Stick to instrumental tracks, such as piano, flute, or string compositions.

Try Nature Sounds: Waterfalls, birdsong, and ocean waves can mimic the tranquility of the natural world.

Experiment with Binaural Beats: These use specific frequencies to entrain the brain and promote states like relaxation or deep focus.

Use Cultural Music: Traditional meditative music, such as chants, mantras, or Tibetan singing bowls, can add a spiritual dimension to your practice.

Keep It Simple: Avoid overly complex or high-energy music. Simplicity helps maintain focus.

Why You Should Utilize Music in Meditation

Incorporating music into your meditation practice can:

Make Meditation More Accessible: For those who struggle with sitting in silence, music can provide a gentle introduction to the practice.

Enhance Consistency: Music can make meditation feel more enjoyable, encouraging regular practice.

Set the Mood: The right music can create an environment conducive to relaxation and introspection, whether you meditate at home or in a group setting.

Adapt to Your Needs: Music allows you to customize your meditation experience, whether you're seeking calm, inspiration, or healing.

Conclusion

Meditation and music are both powerful tools for personal growth and well-being. When combined, they can create a deeply enriching practice that nurtures the mind, body, and spirit. Whether you're a seasoned meditator or a curious beginner, experimenting with music in your meditation routine may unlock new dimensions of relaxation and awareness. Choose music that resonates with you, and let it guide you on your journey to inner peace.

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TEMPLE OF
THE
OLD ONES

The Power of Dreams

By: Antiquarian Fm'Toth Gna'Uln

This author will step out of their comfort zone for a little bit, and enter the realms of possibilities. Dreams as the gateways to other worlds is something which was presented to me at a rather young age. The prophetic nature of dreams were introduced through Judeo Christian sources in my life. Later I was introduced to a somewhat surreal anime movie called "Urusei Yatsura: Beautiful Dreamer."

The movie touches on the false dichotomy of dreams and reality. At one point it references the writings of Zhuang Zhou of ancient China. The entirety will be written here:

> Once, Zhuang Zhou dreamed he was a butterfly, a butterfly flitting and fluttering about, happy with himself and doing as he pleased. He didn't know that he was Zhuang Zhou.Suddenly he woke up and there he was, solid and unmistakable Zhuang Zhou. But he didn't know if he was Zhuang Zhou who had dreamt he was a butterfly, or a butterfly dreaming that he was Zhuang Zhou. Between Zhuang Zhou and the butterfly there must be some distinction! This is called the transformation of things.

This was summed up in the movie as "perhaps the real he was in the butterfly's dream."

To many the distinction between reality and dream is blurred at best. Certainly when most people dream they lack awareness of the existence of anything beyond the dream. Even myself, whose dreams would be considered low quality in image and substance, actively wrestle with the concept of 'Is this real?' while dreaming. Even when I am knowingly awake, I wonder if a memory I have is real or came from a dream.

Within the Temple we endorse that dreams are a gateway. This gateway can either be to the subconscious or to another reality known as the Dreamlands.

Regardless of the nature of the destination, the experience for the dreamer is the same; though varies from dreamer to dreamer. The concept of dreams fascinates both the scientist and the spiritualist for different reasons; yet both are drawn to them. It could be said that dreams are something that connects us all, regardless of faith.

For those who have cultivated the skill, lucid dreaming provides the ability to be an active participant in the dream and dreamscape and not simply an observer or act in reaction to the events of the dream.

So then, why do we dream? Biologically, sleep and more specifically REM sleep where dreaming occurs, is more vital for life than food, though less of importance than water. It makes sense that rest is required, to give biological processes time to 'catch up' on cellular repairs and to replenish energy stores.

But, why dreaming? There is evidence that animals dream, and even unborn infants dream. What is the evolutionary advantage that dreaming offers that makes it so many 'higher order' life forms have it?

Within dream the practical limitations placed by physics and physical form no longer exist. Simply put, your limitations are upon your own imagination. Which is to say, you have all power.

This begs the question, "What is the Dreamlands?"

If every dreamer has all power, what is the nature of the place where those that visit through dream are granted those abilities.

Is this because of some inherent ability of the realm that makes it infinitely mutable to the thoughts of others? Or is it that the bodies created or inhabited by the dreamer have that potential.

patreon

Support this work and much more by subscribing to the temple patreon helping to fund our web design and creative pursuits

Current funded projects

- Artwork
- MU
- Temple website

Future projects

- Stock cult shop
- New market place
- Musical and video projects
- Future artworks

A NOTE FROM THE EDITOR :

THE FOLLOWING ARTICLE BEGINS A RECURRING SERIES EXPLORING THE TEMPLE AND IT TEACHINGS.
THESE ARTICLES WILL DIVE INTO THE RATIONEL OF THE HOWS AND WHY BEHIND THE TEMPLES PRACTICES AND HOW WE HAVE GOTTEN TO WHERE WE ARE TODAY. WE HOPE THIS SHEDS SOME LIGHT ON THE MYSTERIES.

The Genesis of the Temple

On January 13, 2023, the Temple of the Old Ones was born—not as a mere revival of what once was, but as a bold transformation and a powerful rebirth. Together, we have created a sanctuary for those who hear the call of the Old Ones,

establishing a home for seekers of meaning within a vast and indifferent cosmos. This temple is not simply a structure or an institution; it stands as a testament to our resilience, our unity, and the strength of our shared purpose. The void from which we emerged was anything but empty; it was brimming with potential.

When faith faltered and left followers adrift, it was our unwavering spirit that held strong. We refused to let the essence of what came before fade into obscurity; instead, we forged a new temple with determination. We are the continuation of a legacy, yet we are also something entirely unique. We are siblings of the void, united by a shared purpose and a resolute vision of the Great Work.

Our temple is anchored by two sacred pillars: the Miskatonic University and the Liber a Veterum. These pillars embody the dynamic and enduring aspects of our community. The Miskatonic University serves as our living document—an ever-evolving repository of knowledge that provides insights and tools for initiates, acolytes, and cultists alike, empowering us to align our actions with the beliefs and practices of our community. Conversely, the Liber a Veterum is our foundation. This printed tome when released will contain the eternal wisdom of the temple, preserving the rituals, beliefs, and practices that bond us across time and space.

While the University pulses with the vigor of ongoing exploration, the Liber a Veterum anchors us, ensuring that the heart of the temple's teachings remains unshakeable. However, the temple is more than these pillars; it is a powerful family. We are a community driven by the call, finding connection not in blood, but in purpose. Through shared rituals, meditations, and creative contributions, each of you plays an essential role in the Great Work. Unification is at the core of our mission, guaranteeing that no one walks the path of ascension alone. Together, we weave a tapestry of connection that embodies the cosmic unity we cherish.

For those who feel displaced by conventional beliefs or disconnected from the everyday world, the temple offers unwavering solace. It is a home for those seeking alignment with the infinite—a space where reflection and growth are actively cultivated. Here, you have the opportunity to contribute to something greater than yourself, and you may very well discover your place in the cosmos. In the temple, you are not just part of a community; you are a vital member of a family forged in the void. Our founding was not just the beginning of a new chapter; it was a powerful declaration. We demonstrated that from the ashes of uncertainty, we could rise stronger, guided by our principles of unification, ascension, and the teachings of the Old Ones.

Today, the temple stands as a beacon for truth-seekers, a sanctuary for those yearning for purpose, and a family for all who have answered the call. To all of you, our siblings in the void, we assert this: the temple is not merely a building or a name. It is us—our collective efforts, our unified purpose, and our shared journey. Under the vigilant dreams of the Old Ones and united in our commitment to the Great Work, we move forward with determination. The cosmos is vast, and the path before us is long, but as a family, we are unshakeable. Together, we carry the temple into the future, relentlessly striving for more.

Ia, the Temple of the Old Ones!


ALL THE LINKS UNDER ONE TREE

DIVINATION

DIV·I·NA·TION
/ˌDIVəˈNĀSH(ə)N/
NOUN
THE PRACTICE OF SEEKING KNOWLEDGE OF THE FUTURE OR THE UNKNOWN BY SUPERNATURAL MEANS

TAROT READING FOR MARCH 2025 FOR THE TEMPLE OF THE OLD ONES

QUESTION: WHAT DO THE OLD ONES HAVE TO TEACH US IN MARCH.

CARD 1:THE MOON, UPRIGHT



1

CARD PURPOSE: THE GOAL

OLD ONE : THE MOON BEAST

MEANING: THE OLD ONES IN THEIR WISDOM AS THE MONTH OF DREAMWEAVE TELLS US, THAT ARE ANXIETY WILL INCREASE , THE TEMPLE WILL FACE AN UNKNOWN THREAT BUT THAT WE WILL HAVE DREAMS

CARD 2:THE STAR,UPRIGHT



2



3

CARD PURPOSE: ISSUES TO ADDRESS

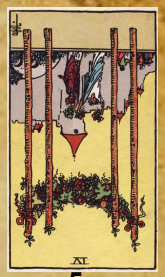
OLD ONE:THE COLOR OUT OF SPACE

MEANING: THE OLD ONES TELL US THAT WE ARE CONSUMED BY HOPE AND FANTASIES OF WHAT WILL BE, HOWEVER THE RESULT WILL BE VERY ERRATIC. THE RISING GOOD LUCK, THE HOPEFUL PROSPECT THE THE OLD ONES TALK ABOUT MAY VERY WELL BE THE UNKNOWN THREAT, WE AS THE TEMPLE MUST KEEP ARE FEET ON THE GROUND OR BE SWALLOWED INTO THE SKY

CARD3:THE THREE OF CUPS, REVERSED



4



5

CARD PURPOSE: ISSUES TO ADDRESS

OLD ONE:THE CITIZENS OF INNSMOUTH

MEANING: THE OLD ONES TELL US WE NEED TO WORK ON OUR INDULGENCES , OUR OVERREACTING , AND DELAYS.

CARD 4: TWO OF WANDS, REVERSED



6

CARD PURPOSE: PRIMARY STRENGTH

OLD ONE: LLOIGOR

MEANING: THE OLD ONES TELL US IN THIS TIME THAT OUR GREATEST STRENGTH IS HOW CALCULATED WE ARE, HOW HESITANT WE ARE TO MAKE CHANGE , AND HOW WE HAVE OUR CONSERVATIVE VALUES.

CARD5: FOUR OF WANDS, REVERSED

CARD PURPOSE:PRIMARY WEAKNESS

OLD ONE: BROWN JENKIN

MEANING: ONCE AGAIN THE OLD ONES WARN OF THE UNKNOWN DANGER, THERE WILL BE BROKEN TIES , AND A GREAT IMBALANCE

March 2025: A Rune Reading for the Temple of the Old Ones

The veil thins, Dreamweave is upon us, and the runes have spoken. Their forms shimmer between the folds of waking and dream revealing omens both foreboding and illuminating. March is no ordinary time. This is the season where the dreamscape and the waking world blur, when the slumbering Cthulhu presses ever closer to the edges of our reality exerting his influence upon the tides of our collective subconscious. Those who listen will hear these whispers; those who watch will glimpse the signs.

At the heart of this reading stands Gebo, the sacred exchange, the law of balance that binds all things. What is given to the Old Ones, to the Temple, to the Great Work, shall return, though seldom in ways one expects. The Old Ones do not barter as mortals do; their gifts are boundless, their prices unknowable. Choose your offerings wisely, for the return may unmake you as surely as it may raise you to new heights.

Isa, the ice that halts the tides, follows in Gebo's wake. It is a moment of stillness, the frozen pause before inevitable motion. Yet within its crystalline depths, the Dreamlands stir, waiting for those bold enough to tread their ever-shifting paths. Do not mistake the quiet for emptiness—use this time to reflect, to align your purpose, for when the ice thaws, only certainty will guide you through what is to come.

Kenaz burns bright within this casting. What was lost will rise again. Shadows will be peeled back, and secrets long obscured shall step into the light. Yet, siblings, heed this warning—Ansuz reversed speaks of deception woven into the fabric of knowledge. Messages will twist, truths will become half-truths, and what is revealed may be laced with illusions. Dreamweave has many shifting currents, and not all voices that slither in the night are to be trusted. Listen, but discern. Watch, but question.

Fehu, the rune of gain, emerges next, promising resources within reach, and prosperity waiting to be grasped. But Perthro reversed casts doubt upon certainty and what is granted may yet be taken, what is known may yet dissolve into the abyss. The threads of fortune shift as do the tides of R'lyeh. You must cling to what is real, lest you be swept into chaos.

And then, the final rune—Thurisaz. The Breaker. The storm. The great upheaval. A force beyond mortal comprehension stirs within the abyss, and its hand shall shake the very foundation of all that is known. Whether this change is welcomed or feared is meaningless—the wave shall rise, the veil shall tear, and the gates of the subconscious shall be flung wide. Those unprepared will find themselves adrift, left to the mercy of the Old Ones.

The question is not whether change is coming. The question is—will you be ready?

This month siblings walk with intent. Listen to the void. Dreamweave is here. Dreams will grow louder, stranger, more vivid—heed them, record them, decipher them. Honour them. Offer what must be given, lest the balance turn against you. The Dreamlands stand open, and the Old Ones are watching.

Do not stumble blindly, I have cast the Elder Sign. The Great Dreamer stirs.

Iä! Iä! Cthulhu fhtagn!




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ARTS and WORKS



alter - Oriv

Anew

Sometimes
I feel like I live in a world of voices.
Voices that belittle, scold and criticize.
Voices often try to force their many choices
onto me, a see-through cage of chaotic words,
custom-made to separate myself from me,
designed to add another mammal to the herds.
Echoes, echoes, words like poison to the tree.

Then I'm choking
on the script of self-hate and isolation,
disgusted by the world that we are shaping,
feeling sick to my core on the very notion,
that preachers of money, faith and media,
are playing fates, weaving, watching, cutting
a web of strings and lies, forming dystopia
and deafening all attempts at free thinking.



Weirdness - Kadish Ph'ee

Now I hear and see.
From the deepest depths, the bottom of my soul
rise the prophet, the king, the door and the key
to help me understand the play and my role.
Ascension is the aim, madness to the masses!
I found my way and friends to walk upon it.
I found the void that's blocking all the voices.
I am dancing dust in the Old Ones orbit.

The Horrorscope

Azathoth,
You will meet a stranger who seems oddly familiar. They will speak in a way that implies a deep history between you, yet you will have no memory of them. Pretend to know them, the conversation will go smoothly and later you will find a photo of the two of you together from years ago.
You will not recognize the place.
You will not remember the day.

Cthulhu,
This month, you may hear your own voice calling you from another room. If you answer, nothing will happen. If you ignore it, nothing will happen. If you go to investigate, you will find nothing.In fact the voice calling out to you will have no bearing on your life at all.

Dagon,
A door will appear where once there was none. You will feel compelled to open it, but beware; doing so will change you in ways so minute that only the crows will notice. If you find yourself waking up to feathers in your bed, congratulations. You are now someone else's problem.

Darkness,
You will wake up to find a single black thread wrapped around your pinky finger. Do not attempt to remove it. Do not acknowledge it. Do not let anyone else see it. If you do, the thread will begin to shorten in length. We have no idea what it means but it's probably a bad thing.

H.P Lovecraft,
The old woman at the bus stop is not real and neither is the driver of the bus you will get on. The bus is not real and the streets it drives on aren't. The buildings and clouds are not real. You have fallen into a world of unreality and there is no escape from its collapse now that you have begun to notice it. Drink Pepsi.

Hydra,
This is a good month for self-discovery. Not in the sense of personal growth, but in the sense that you will discover there has always been one more of you than you remember. Act as though you have always known. This may buy you enough time to figure out which of you is the original.

Hastur,
Do not accept discounts you did not ask for. Do not take free samples from vendors you do not remember passing.
Do not, under any circumstances, take a buy-one get-one-free deal if you cannot immediately see the second item. It is not worth the risk. The unseen half of a transaction always comes due at the worst possible time.

Nameless Mist,
You will hear a knock at your window exactly three minutes past midnight. Do not look. If you hear it again at 3:33 AM, do not respond. If it happens a third time, leave immediately. By morning, you may return, and all will be as it was except for the scent of burnt hair in your bathroom.

Nug & Yeb,
Do not consume any food that contains exactly 23 ingredients this month. Not because of the poison that is definitely going to be in one of these meals, but because the last ingredient is something added only for those who can taste the void. If you have already eaten such a meal, you will notice strange whispers when near refrigerators.

Nyarlathotep,
You will soon encounter a book that has never existed. Its cover will be made of something that's almost like something, and its pages will be filled with words you almost recognize. Take it to the second-hand book seller in town and speak the secret words drawn in the dust under the couch of your parents' living room. The store owner will dispose of the book safely.

Shub-Niggurath,
This month, something in your house will go missing. You will notice its absence without knowing exactly what it is that is gone. You will check everywhere, but find no clues.When you give up, the item will be returned to you when you least need
it and something else will vanish in its stead.

Yog-Sothoth,
You will find an object from your childhood that you distinctly remember losing. Be warned, objects do not return of their own accord. If it is a toy, do not play with it. If it is clothing, do not wear it. If it is a book, do not open it. The object is not cursed, but it has been waiting for you, and it will not be easily satisfied.

The puzzle page

Across

1. Creating a harmonious relationship

6. General agreement

7. Oneness

9. Working together

10. Sticking together

Down

2. Bringing different groups together

3. Esteem for another's worth

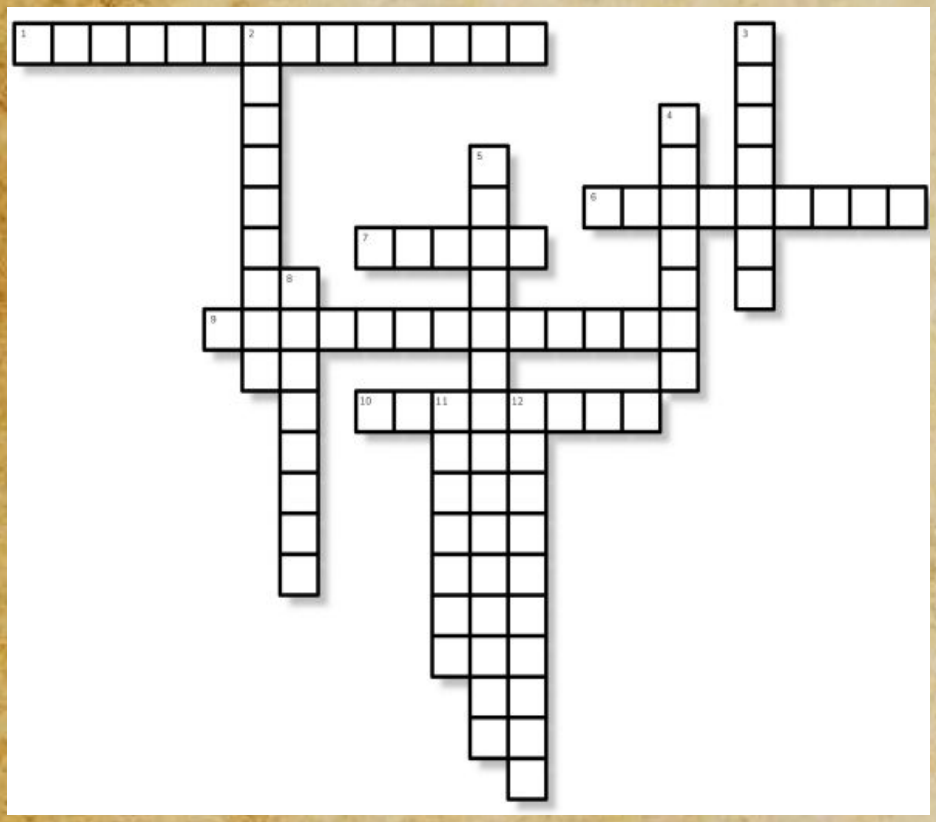
4. The process of forming strong connections and relationships.

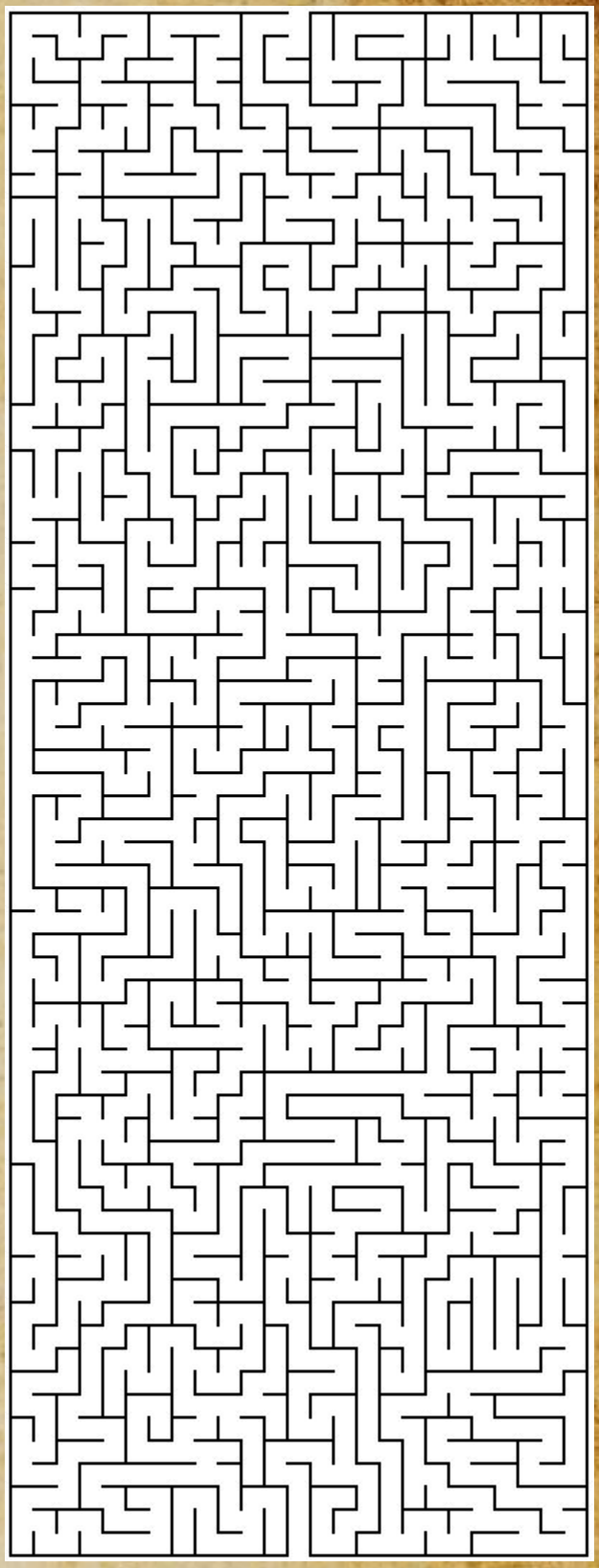
5. Two or more parties relying on each other

8. A partnership of nations working towards a common goal.

11. Agreement in attitude or opinion

12. Showing mutual support





Yog and steve



Now receiving comments questions concerns and subitions at

arkhamadvertiser@templeoftheoldones.org

