

The background of the entire page is a photograph of a winter forest at night. In the foreground, there are snow-covered slopes and several tall, dark evergreen trees. In the background, a range of mountains is visible under a dark sky. A vibrant Aurora Borealis (Northern Lights) is displayed in the sky, with green and purple bands of light. The title 'Order of the Wolf' is centered in the upper half of the image in a white serif font.

Order of the Wolf

Volume I

HM. Q. Frei

Order of the Wolf

A text on Druid-Pagan Shamanism
Volume 1

- Headmaster Q. F.

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Preface

Aye, existing thee are diversities of paganism. This volume serves to speak on the behalf of our way - our spiritual ideology, serving as an informative to those curious about our strange ways and traditions, holding no intention of forcing this content upon anyone faithful to their existing beliefs; This serves as an introduction to our foundations, and also talks about our coven activities.

I will share my view on the nature of things including my own nature. I will share things that will make some people uncomfortable. I will share my personal constructs of truth and philosophy. I will share thoughts on the physical world and the non-physical Otherworld. It's encouraged that this text be freely distributed so long as the contents remain unchanged.

You will come to know me as the alias,

- Headmaster Q. Frei

Wolf Shamanism

Let our way be addressed as **Wolf Shamanism**, practising the teachings and foundations outlined by this volume; May this code of rituals serve you on your own path of enlightenment.

“Align to nature, balance, courage, and wisdom.”

To be Wolf Shaman is to practice esoteric arts aligning with Druid-Pagan Shamanism. Wolf Shamanism encourages the practitioner to wield the **Chaos** within them and exercise psychic skills. While we are all on our own journeys, we maintain respect while being humble, seeking knowledge and understanding; Needn't we have division where terminologies differ, opt for understanding and adaptation. Be not afraid to accept new models of thought. Be not afraid to re-evaluate your personal constructs of truths. Be not afraid to explore yourself, and learn how to wield the unseen forces in the name of your greatest good and balance.

We are modest to our own skills and accepting to other forms of practice, wherein their practice is also their sacred art as much as it is to you. Remain open minded and patient with healthy amounts of skepticism, there are many ways of practising, many methods of achieving the same results with different approaches. Let it be known that the universe does not care for upholding the personal constructs of Good and Evil, but merely wishes to fulfill a balance with all things, including with desires and reactions.

*“Attune to the spirits, may it not interfere with the natural order of life,
Let Synchronicity be my guide. Allow vibrations that resonate, and banish what doesn't belong.”*

The Wolf Shaman may be reincarnate, liminal or seer (being at or on both sides of a threshold or boundary, some having unique foresight into certain events like an Oracle); they may receive visions or whispers from the universe, sounds or other sensations; They may be able to empathize easier with others, and intuitively perform craft. They may cast intentions out to heal others and/or bring balance. They value truth and honesty from the greatest of wisdom, for any less will not serve. Men who wish to unseal themselves of the seals placed upon them will struggle more so, and must be careful not to push themselves to where their minds may break or become corrupt.

*“Let my heart and mind perceive from all directions, allow for that which is hidden to be revealed.
My journey belongs to me, so that I may overcome challenges of life, and benefit in my courage.
Let my skills triumph over my fears. Let my journey allow me to fulfill my greater purpose.”*

The **Otherworld** goes by many names by various cultures and religions, commonly referred to as the Astral Plane; an ever-shifting domain of ethereal nature, containing souls, many in quiet reflection of their lives; Other spirits roam this space, invisible to most, aside from those with strong seer ability while these entities are within the nearer layers of the physical. These denizens of the Otherworld come in many forms. The physical is one of many layers, parallel to this plane exist volumes filled with consciousness. **Psychic Fields of Influence** are similar to that of an electromagnetic field, except made of psychic emanations, that permeate through the Astral Plane. These fields interact with the rest of the Astral Plane (a sea of consciousness) in various ways; emanations of the spark of consciousness within the presence of an entity, that form **constructs** of consciousness, objective in function and intention, yet appearing subjectively to the observer. Psychic waves with intense emotions can stick to things, and auras.

*“Do not allow what is not within my greatest good to poison my aura and soul.
I will **respect and tolerate all ways of life**, and agree to disagree while upholding my modest truth.
I will **be patient with myself**, for the path of my journey as much as it’s shared, is also guided by my soul.”*

The **Spiritual Body** is aligned with the physical biological machine that is the body. They contain meridians which like veins or rivers carry energy throughout the **Energy System**, like the central nervous system. There are pools of energies concentrated at various points, focusing on various wavelengths of thoughts like that of a prism splitting light. How they are perceived varies, subjective to the intentions of what the practitioner wishes or is able to see, splitting the various constructs of the manifestations of consciousness from within the spiritual body of the other. Some refer to these energy pools as Chakra.

*“I will **learn my own ways and keep journal**, for my energy is my own and subject to my own evolutions.
I will **adapt and practice my foundations throughout my life**, keeping **my own rituals** and traditions.”*

Know that the pursuit of the hidden realms between the physical are likely unnecessary for you to complete your objectives on the physical plane. When you open the metaphorical door, it’s hard to close. Pandora’s Box. Having limited senses are better than none, if you can operate efficiently without many senses, continue to do so without pushing it or forcing expectations upon yourself.

*“I will not stop to **learn and re-learn the ways others have learned**, nor will I stop practising once I’ve learned what I’ve learned for myself.*

*I will **be courageous and confident** in my ways, for my skills and karma are my own.*

I will not give up on seeking adaptation, I will not deny my skills from evolving, and I will acknowledge the many variables such as luck and divine timing for myself at play when wielding the chaos of my intentions.”

Doubt is a cancelling vibration. Much of the higher layers in the Otherworld are dominated by vibrations. Know that the Lunar Cycles, Time of Day, Planetary Alignments, Age, Emotions, Skill, and other factors such as how much Chaos you can wield, your spiritual Kinship, and your genetic lineages all play a role in the success of your craft. It takes much dedication and patience to learn how to practice the very foundations of being a Wolf Shaman, as the “Lone Wolf” practitioner or in small gatherings; the Wolf Shaman may also invoke the powers of other entities, often with the appropriate offering, for to act upon the physical often requires a physical binding. The spirits may react in unknown ways, always respect their power and acknowledge that in hindsight there will be certain actions performed that may not be undone or repeated.

*“I will **be free of gate-keeping** with my knowledge, for wisdom is all.*

*I will **be cautious with my chaos**, acknowledge the risks of using chaos, and forewarn of any warnings.*

*I will **allow rest for all aspects of my self**, and adhere to known safety procedures wherever possible, keeping my spirit clean of all disturbances.*

*I will **cleanse and ground** appropriately and frequently.”*

Senses too may come and go like the tides. Scrying tools are useful for when you doubt your senses too much in times of need, but do not become reliant on its answers. Ensure that you care for your scrying tools, never to let other hands and their oils inhibit the accuracy of the tool, other energies can leave imprints that can cause inaccuracies. Your own hand's oils may interfere with its operation. When taking home a Pendulum that resonates well with your Palm Gate, ensure that you observe proper cleansing. The Palm Gate may only produce strong elemental manifestations when the element aligns with a practitioner having a divine aura.

*“I will **practice with my senses**, beginning with knowing my breath, knowing all of the elements (Fire, Earth, Water, Air, Spirit) are channelled through my being.*

*I will **practice my mental discipline and self-awareness**, by forming a strong mind, resilient to and aware of psychic intrusions.*

*I will **practice being a passive observer** by listening to the heart, the mind, and the universe.”*

There are many that will carry an **Incantice**, something like an enchanted item, that may contain Chaos, or a binding to a spirit; It may also contain imprinted or imbued psychic knowledge, such as how to perform certain techniques. It's important that this not be made from Iron, as this may harm certain kinds of spirits.

*“I will **attempt to wield my Chaos intuitively**, and learn how this interacts with others in a safe and responsible manner, for with great power comes with great responsibility.*

*I will **be beside the elements and meditate** on the logs of my fireplace, observing the transition to energy.*

*I will **be courageous in asking for help from spirits**, after **vetting for their trust** and authenticity.*

*I accept that **my practice will not always go my way**, and not to have this discourage me from advancing.”*

As for offerings, many spirits will accept alcohol over ashes, small amounts of salt or sugar, and other natural items such as honey or molasses. There are many ways of performing the exchange, even consuming it yourself with the intention of having given it to the spirit directly. Traditions will vary, be not afraid to invent your own ways if it works for you/them. Spirits have their own agendas and desires, you could also try to play to their vanity to get their attention. There exist fragments of spirits within all things; parasites, poltergeists, and vulture entities are often the most troublesome for your health. Having an ally like a Fae Sprite can help deal with these issues.

The Wolf Shaman may harness their Chaos to banish or cleanse others having spiritual ailments. The Wolf Shaman may call upon the help of deities from many pantheons, for each is having an evolution of what came before, and many of the old gods reachable through the Astral with calling out for their presence. Even in reincarnation, the Higher Self being an aspect of their soul, may still likely be communicated and interacted with if needed. Whether the deity responds or is helpful depends on a few things, sometimes as trivial as being favoured or liked by the deity.

“I will be fair to those that seek help, overcoming lack of experience through experience, and follow up with all who ask for my continued help to receive it; while not giving all of my energy and generosity away to those that will not help themselves.”

Astral Projection is an advanced technique, where one may roam the Otherworld or Astral Planes freely, including projecting to an Ethereal (near-physical) location. This can be used for information gathering, or performing craft from other locations. The Astral Planes are also said to where dreams take place, and one may cross the boundary of their dreams to find the rest of the Astral Planes. This may be achieved through lucid dreaming, although other methods do exist, like **Bilocation** (being in two places at once), where one is able to send an energetic projection of themselves to another location.

*“I will **practice the art of Astral Projection**, allowing my greatest good to guide me.*

*I will **reconcile with the shadow of myself**, acknowledge that I choose to be within my greatest good, tending to my mental fireplace and mental space, for I will not allow my darkness to consume me.*

*I will **release myself of mental loops** that no longer serve me.”*

Defences are ever-evolving and good to have many of. Never rely too heavily on one method of defence, always have safeguards in place. One may harden their own aura with their accumulation of Chaos. Never over-rely on others to come to your aid. There are some burnables such as incense, White Sage, Copal, etc., that can be burned to release the immediate space of lingering psychic/energetic connections. Ensure that the four corners of the home have a small amount of salt or some Fae offerings. Ensure that sage is smudged over all of the entrances, including windows and doorways. Ensure that items aren't held onto that keep psychic fields and other energies lingering or acting as a portal into the home. Be careful with inviting things into your home or vessel. Your space is your space and other energies will interfere with the natural flows of energy within them...

The perfect defence doesn't exist. Don't forget to re-evaluate your defences, and practice bringing them up more readily. Attempt telepathic resolutions wherever possible.

*"I will **Salt, Sage, and Shield** my sacred space, and never rely too heavily on a single line of defence.*

*I will **learn how to defend myself** with my own ways and energy, in perpetual search of improvement and advancement.*

*I will **keep my aura healthy** and stoke the flames within myself.*

*I will **opt for peaceful ways of interacting with other beings** and confrontations before escalation."*

The Wolf Shaman should familiarize themselves with making fire and other bushcraft skills, being a Steward of the Earth, taking care of nature living in harmony with the land and honouring its cycles. They strive to create harmony within themselves, between humanity and nature, and between the physical and spiritual realms. The Wolf Shaman might draw wisdom and guidance from their ancestors and those that have come before, feeling a connection to a lineage of spiritual practitioners. The Wolf Shaman believes in the interconnectedness of all things, with spirits present in nature. The Wolf Shaman will find their own rite of passage for themselves, some Shaman take entheogenics that alter their state of consciousness.

"In my rite of passage I will seek to be known as a Shaman by my peers, have had participated in many hours of meditation, and have become comfortable practising the foundations of my way.

I will take part in meditation and sacred spiritual journeys in altered states of consciousness. If sacred medicine calls to me, I will overcome the dark nights of the soul, treating the sacred medicine with the highest respect."

The Wolf Shaman is not immune to damages of the soul. The Wolf Shaman must often endure more suffering than others, for the path is not without suffering. There are many things that can go wrong, and mistakes happen. Keep practising and know your limits, and be mindful that when using Chaos to perform psychokinesis, your body will burn through things like sodium, magnesium, and potassium very quickly. Everything in moderation. Everything must be in healthy balance.

*"I will **search and recall artifacts that I have left behind** to pick up.*

*I will **be mindful of where I am taking Chaos from** to use for my craft.*

*I will **harness the power of stoking energy and containing my aura.***

*I will **replenish my body with hydration**, and healthy foods like fruit that make me feel good."*

All affirmations will be elaborated in the next volume.

Coven



We align ourselves to spirituality and Shamanism.

Hierarchy

◆ ■ ■ ■ Headmaster – “Alpha”

- Q. Frei

- P. Frei

◆ ■ ■ ■ Ambassador – The First Circle

◆ ■ ■ ■ Provisionary – The Second Circle

The Headmasters have authority to make decisions and hold events, responsible for protecting those within their Coven, and may call upon their circles for protection or assist in various ways. They are responsible for administration and keeping the peace.

The First Circle is for those that have strong familial-like bonds between each other, those within it being intimate about their identities, knowledge and wisdom. We are divided by borders with no Covenstead. We support each other in spiritual matters. We divulge upon esoteric subjects such as Chaos manipulation techniques, Past Lives, and other unverified personal gnosis. We may gather when we're able under the first Full Moon or the first New Moon of the month. Almost every member of the First Circle has a celestial soul, or their soul cores equivalent to that of stars or other celestial groups; they are almost all liminal, and/or reincarnate. All those that can hold their own, or are being taught the foundations of Wolf Shamanism.

The Second Circle is the outer circle of the coven, serving as the trial grounds towards becoming an Ambassador; members are vetted, and sometimes the First Circle is consulted upon by the Headmaster(s) as to whether or not a member should stay within Coven or become an Ambassador. The Second Circle also serves as a grounds for how members interact with each other and to see what the member has to offer; often the Headmasters will provide the means for those in the Second Circle to prove themselves to be worthy of the higher roles and title. The Second Circle members may have events that interact with the higher members of Coven, learning/practising techniques, or participating in ritualistic events.

The Coven has a long history, much of the Coven being dissolved since ~2017, and passed down to Headmaster Q. Frei in 2021. It has no official name. The symbol for Coven is a Trident with a partial symbol of Infinity; the Headmaster has added the Egyptian Hieroglyph of a Jackal, also symbolizing their inheritance of Coven. The Headmaster will remain as Headmaster for as long as they live, passing down the Coven to the (named) next of kin or their apprentice, to which there is none at the time of writing.

Traditions

Imbolc – February 2

Lupercalia – February 14

Ostara – March 20 to March 23

Spring **Equinox** – March 21

Beginning of the Year – April 1

Beltane – First Planting to First Sprouting (April 30)

Day of the Dead – May 5

Litha, Summer **Solstice** – June 20 – June 23

Lammas – August 1

Mabon – September 21 – September 29

Fall **Equinox** – September 23

Thinning of Veil – October 1 – November 30

Hallow's Eve – October 30

Samhain – October 31 – November 1

Winter **Solstice** – December 20 – December 23

Yule – December 20 – January 1

Foundation Review

Grounding, Cleansing, basic energy/Chaos manipulation/work for healing and warding, as well as spirit and shadow work, are all important skill-based foundations. Senses are also important and can be worked upon, but are developed sometimes over the span of many years of meditation, or when certain seals break. Having some tools is better than none, but don't rely too heavily on them. Beyond that, knowledge is power, and there are many ways to achieve the same results.

Digital Signatures

Updated July 14, 2024

7,107

Headmaster Q. Frei
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