

THE ART AND PRACTICE OF OPHIEL

**A Collection Of Monologues On Working
With His Materials**

**In particular, techniques and practices for working alongside,
and with, the Malkuth Earth/Hades body**

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1 of 1 basic chair exercise. 2020

The basic chair exercise, is an alternative to the basic cosmic egg exercise, as the egg exercise is #0, physically, physically, static and the chair exercise is #0, physically, physically, active. The Basic Chair Exercise, objective, (What it is 'used for!') is a very, very important piece of 'occult', but... as an 'exercise' it does not automatically nor instantly 'work/operate', for everyone in the world, as we are all slightly 'different' from each other. The only 'way' is test and try it. This 'exercise' begins with the outer, outer physically physical body, as does 'all true' occult practices.

The human body is the 'basic mass', that is going to attract, attach and/or 'bind', the Basic Elemental Forces Combinations/Astrological Combinations and Fixed Combinations, that you/we are 'born with'!?! (See/read your own Astrological natal chart/birth chart.) you can read this for yourselves in Dion Fortunes book: Mystical Qabalah chapter ten, Malkuth.

The chair/seat/bench that you work from, should allow you to stand-up, in one easy flowing physically physical movement; thus, making it just as easy to sit-down again. The point/purpose of the exercise is to train the individual's #0 &+ #3 bodies, in the 'art' of observation which is an, Elemental Earth 'Principle', and to teach, instruct and inform 'conscious-ness' what is, taking place/happening, at the different levels within.

So, we start/begin from the 'sitting' position, and say out loud or sub-vocally; which ever suits you; Body Standing, and then, immediately do/carry out, the outer, outer physically physical body 'action/doing'.

The name of the game here, is OBSERVATION. You do not 'JUST' stand-up! You must watch and observe, **HOW IT PSYCHOLOGICALLY, TACTILELY-FEELS, TO 'STAND-UP'**. Next, you 'reverse' the process and watch and observe, **HOW IT PSYCHOLOGICALLY, TACTILELY-FEELS, TO 'SIT-DOWN'**. No one knows how many times a person/individual would have to 'do' this, or how long it would take a person to get/arrive, at a #0, outer, outer physically physical body, understanding of this; all that 'is' known, is that, some people can 'do it', and some people 'can't do it'. As an 'occultist' reading this, it can only be hoped, that the individual has had the opportunity to read the first lesson of Ophiel's; Correspondence Course in Astral Projection; and that, ALL REPETITIONS, IS/ARE ETHERIC!!!

So, you (#3, Ego Body/Persona/Personality/Mask) must make your connection, to/with this idea; THAT ALL REPETITIONS IS/ARE ETHERIC! Either in fact or in principle, as you work/repeat your Basic Chair Exercise. What you are trying to, **psychologically sense/tactilely-feel** for, is the '**BINDING ACTION**', just prior to, your actual, factual, literal, physically physical standing-up; and the same, just prior to, your actual, factual, literal physically physical sitting-down.

Many persons confuse the mechanical bio-feed-back, of the/their physical body, as it prepares, to stand or sit, this is a kind of tonic (slow moving/gradual) muscle sensation, and should not be mistaken or confused with the, Elemental Force, of the Element of, the, Inner Earth Principle/Force. The psychological **tactile-feeling** sense/force, **IS THERE BEFORE**, any kind of actual, factual, literal #0, physically physical movements.

It is the job/task of Conscious-ness to 'observe', so that it (Conscious-ness), can 'recognise', the inner sensation of '**Binding**'!? There is, no rush, no hurry, no demanding, no searching, no looking, no forcing, only, Observing/Observation, from the #3, Ego body, present incarnation, personality body, and the #0, outer, outer physically physical body.

The word 'Observe', is from the late 14th century and it meant/means; **To Hold To!** (As in a 'mannerway of life' and/or a 'course of conduct') It comes from the Old French word; observer/observer, and meant/means; To Watch Over; To Follow; from the 10th century; from the Latin; observare = To watch over; To heed; To note; To attend; To guard; To regard; To comply with:

From 'Ob = Over + Servare = To watch; To keep safe;', from the Pro-Indo-European (PIE) Root; 'ser = To Protect'. Observation, means/meant; 'NO INTERFERENCE', 'NO DISRUPTION' and 'NO DISTURBANCE' of/from, the #3, EGO CONSCIOUS-NESS and/or #0, OUTER, OUTER PHYSICALLY PHYSICAL BODY CONSCIOUS-NESS! Here it is from Ophiel's lesson number 6 (106) from his Astral Projection Course, in the file section of the group;

"I think that I had better mention here on my own experiences to give you some additional ideas as to what to expect to experience. When I first experimented along these lines, I noted a curious phenomenon, which may or may not become noticeable to you also. In the matter of

the following directions to be given you are to start your 'route' (I always started from the bed) in the Etheric body I mean, I found that after first starting the route operation work and watching the route pass along as I progressed, I found that, I, ANOTHER I, WAS ALSO OFF TO THE SIDE WATCHING THE WATCHING!!!! I was never able to understand this double, dual, watching very much nor was I ever able to get any definite information about it I mention it here because if you notice it, I mean for you to study it as best you can, and give me some kind of report on it." End quote.

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"When it happened to me, I returned to the 'first watcher' and ignored the double/dual-ness but later, upon its repetition, began to study it with surprising ideas developing. I arrived at the rather unexpected conclusion that another name for these phenomena of projection, could be called, in a word, 'Dual-ness,' a sense of being double. This is your first introduction to this idea and may not be the last." End quote.

The above, is what you should experience, in the/a successful, basic chair exercise, and/or a successful, basic cosmic egg exercise. This 'other' is the/your #1, malkuth earth/hades plane/body 'conscious-ness'.

As you do/practice your, basic chair exercise, you may/shall come to this stage/state, and then you should get the, feeling of binding; which, remember, is the whole 'point' to the/this exercise 'variation'.

Side note: Many persons sense/feel this, binding, in a way that is unique, personal, individual and secret, to them! (Them = #3 Ego Body Conscious-ness) those who 'do' psychologically tactilely-feel, who sense/feel, the/their 'Way of Binding', are usually what we call/name 'Successful'! There is/are also, many, many other persons who are 'equally successful' but, for whatever reason, they 'do it' unconsciously!?! End of side note.

A successful Binding, can be described in a few words, but not 'how', 'why' and/or 'what', it is used for!?! The direction/application of 'Binding' is as numerous as there is/are people/persons on the Planet!?! But they are; ALL SUBJECT, to the/these, descriptions/types (PRINCIPLES), of Inner Actions/Doing/Being. Stop, halt, cease, end, finished, done, over, complete, cold, hard, solid, inert and dead; all mean the same thing = **BOUND/BIND/BINDING**!?! The successful person, KNOWS, when to stop, when to judge, what the correct amount is, where to look and what to look for, etc, etc.

Ophiel stopped looking, when he psychologically **tactilely-felt** sensed/felt the, correct/ripe watermelon.

Ophiel stopped pouring, when he psychologically **tactilely-felt** sensed/felt the, correct amount of milk.

Ophiel stopped pushing, the gas-peddle when he psychologically **tactilely-felt** sensed/felt the, correct speed. (See/read Ophiel's book, The Art & Practice of Clairvoyance, his chapter The Two Minds, for these 'examples')

The successful person, KNOWS, when to, stop pushing-down when they wish to stand-up!

The successful person, KNOWS, when to stop pushing-up when they wish to sit-down!

There is/are, NO TWO ELEMENTAL EARTHS!

There is/are, NO TWO PHYSICAL EARTHS!

THERE IS ONLY SIDE, TO THE, ONE PLANE, OF EARTH, AND THEY 'BOTH' MUST WORK/CO-OPERATE, HARMONISE, AGREE = TOGETHER!?! (Ophiel explains this in his second book: Creative Visualisation. His Chapter Ten; Reversal of the Planes.)

What is 'coming here = #0', is, 'going there = #1'!

What is 'going there = #1', is, 'coming here = #0'!

So, in order to #0, physically, physically 'sit-down'; you the operator, must #1, malkuth earth/hades 'push-up'!

So, in order to #0, physically, physically 'stand-up'; you the operator, must #1, malkuth earth/hades 'push-down'!

This is Ophiel's 'Reversal of the Planes', but... until and unless, you, the operator, learn/master the 'art', 'skill', 'talent', 'ability' to instinctively/intuitively psychologically **tactilely-feel** this; much of your 'occult' will be/shall be a, hit & miss, process. This is be 'benefit' (one of many), of learning/mastering the basic chair exercise. Ophiel never got/didn't get, the 'message':

This is the 'correct amount' of milk!

This is the 'ripest' of melons!

This is the 'amount' of pressure!

What he, (Ophiel), got, was the psychological **tactile-feeling** = stop!!!! Stop pouring (milk)! Stop looking (watermelon)! Stop pushing (gas-peddle)!

What he, (Ophiel), got, was: Stop!!!! In the form of; Resistance = Inertia; the elemental 'force', of the Element of, Elemental Earth/North Quarter/Hades, etc, etc! this psychological **tactile-feeling**, sense/feeling, came to Ophiel, as a/an, emotion, inclination, sensation, feeling, of stop!?! = A Binding; An Agreement!! Between his #1 &+ #0 'bodies'!

Now for the 'occult', please read this next part carefully: When inner you, stop's, outer you, starts; when outer you, starts, inner you, stop's; which; is totally, completely and utterly, USELESS!?! Without application, direction and technique. This/these things you will/shall get/obtain from, REPETITIONS = outer 'repetitions' and inner 'repetitions', (Repetitions = Etheric Matter)!! Please read this Ophiel quote, from his; Astral Projection Correspondence Course Lesson 1.

"There is another matter in regard to the idea of training or exercising that I want to bring out at this time also. For the sake of understanding this matter a little clearer you can consider that the Etheric Plane and Etheric Matter has become a little 'thick.' There is something very funny about, (I mean in the sense strange and not amusing), the consideration of the Etheric Matter **in that repeated movements, or the repetition of exercises, does seem to wear out some kind of path in this Etheric Matter, and each repetition makes it easier and easier to follow.**

Although this is getting a little but away from Astral Projection, still you can understand by this how it is possible that we do learn things on the Physical Plane, it is through the agency

of the Etheric Plane. This is part of what I said before about controlling the plane lower by mastering the plane above. You are going to learn by means of a number of guided exercises, and you will also learn by doing.” End quote.

The etheric matter becomes, is now!?! Elemental Earth ‘Force’, when it reaches its critical point, [mass] (fixed/set/solid/hard/inert) because the, constant repetitions, are compressed, squeezed, piled on top of each other!?! Accumulated!?! (get it!?!)

Although this is getting a little but away from Astral Projection, still you can understand by this how it is possible that we do learn things on the Physical Plane, it is through the agency of the Etheric Plane. This is part of what I said before about controlling the plane lower by mastering the plane above. You are going to learn by means of a number of guided exercises, and you will also learn by doing:

So, for ‘context’ we slightly adjust, the above Ophiel quote, so that it now reads:

Although this is getting a little but away from Astral Projection, still you can understand by this how it is possible that we do learn things on the Physical Plane, it is through the agency of the Etheric Plane ‘and’ the agency of the #1, Malkuth Earth/Hades Plane. This is part of what is said before, about controlling the plane lower by mastering the plane above. You are going to learn by means of a number of guided exercises, and you will also learn by doing:

The above instructions/information from Ophiel, holds good, for the/your basic #1, malkuth earth/hades plane, cosmic egg and/or basic chair exercises, both of which, are not #2, etheric exercises! They are, (both of them), egg/chair, #1, malkuth earth/hades plane, exercises:

Please note carefully: any ‘occultist’ who can’t/doesn’t teach/inform/instruct you, the operator, about the/your #1, malkuth earth/hades plane, which is, the plane above, over, higher, ahead, before and in-front-of the/your #0, outer, outer physically physical plane, which is the plane below, under, lower, after and behind. Then they don’t know/understand the basic make-up/construction of, the planes: top to bottom, they are:

#6, akashic plane.

#5, archetypal plane.

#4, astral plane.

#3, ego plane.

#2, etheric plane.

#1, malkuth earth/hades plane.

#0, outer, outer physically physical plane.

Each of these planes/levels, has/have, their 'own' laws, rules and governances, from which they will not 'deviate' ONE IOTA! (See/read Ophiel's second book: Creative Visualisation.) Ask them to 'explain' #1, malkuth earth/hades in/on the tree/map, that is in/on Ophiel's books?

#1 = above, over, higher, before, in-front-of!

#0 = below, under, lower, after, behind?

This is part of what I said before about controlling the plane lower by mastering the plane above?

The/your #2, etheric plane, is not above, the/your #0, outer, outer physically physical plane!

The/your #1, malkuth earth/hades plane, is above, the/your #0, outer, outer physically physical plane!

The/your #1, malkuth earth/hades is = a/an 'inner-plane' = and is not = #0, outer physically physical!

This, the above, is what/are, the basic egg/chair exercises, are teaching you, the reader, through experience/doing? This experience, is a 'Gnosis', a personal/individual understanding/knowledge, from 'doing'. This 'doing' = psychological tactile-feeling, defining, three-dimensional-ising, is taking place/happening, not in/on the/your, #0, outer, outer physically physical plane 'alone', but also, in/on the/your #1, malkuth earth/hades plane = WHICH IS = THE PLANE ABOVE! = WHICH YOU ARE NOW MASTERING.

So! It is not a question of STANDING-UP and/or SITTING-DOWN! (A Purely Physically Physical Mind-less, Per-Functionary Action/Doing) it is question of, do you feel it? Are you

awake, aware and/or conscious of the inner/hidden side of your outer, outer physically physical body workings?

Do you/are you able to understand the connection to/with your, repetitions and the Elemental Force, of the Element of Earth, which 'binds' the/these etheric plane repetitions in/on the/your #1, malkuth earth/hades plane? Repetitions of mental thought! Repetitions of emotional/imaginative feelings! Repetitions of visual/experience attractions! Repetitions of Bindings! And that is just the etheric plane, (all, 'repetitions' are etheric/elemental water, if not, in fact, then in principle), the trick is not to 'repeat' for long periods of time/practice, but to keep it (the practice time) short, but... repeat it often'!?! So, the Chair Exercise is, not to be flogged, but to be practiced in an understanding way! So that the/your #3, Ego/Personality Conscious You, can be educated, instructed and informed of how, in what way, your, silent partner = #1, shows/reveals themselves to you, (Ego/Personality You) and you (Ego/Personality) must 'listen' by/with observation/observing. (See/Read Ophiel's vignette; Witchcraft and his, 'Medicine Man Learning')

You #0, observe, by/with being still = standing. (#0, sensory deprivation. see/read, basic cosmic egg exercise.) you do not observe, with your outer, outer physically physical eyes. You 'see' with your outer, outer physically physical 'eyes'!! But you 'observe' with your #1, 'inner eye'!! (test this .out with Ophiel's #2, etheric 'little system' and 'dream method' of astral projection) it is this, 'power of observation' (elemental earth '**principle**') that you take back up/in with you, (#3, ego/personality/persona/mask) into/onto the other/higher planes, when/once you have mastered/learned the, technique, down here =#1 &+ #0 (malkuth earth/physically physical earth!!) Psychological **Tactile-Feeling**, **Defining-Three-Dimensionally**, is the 'power of observation', in/on the elemental plane, of the, Element of Earth!?!

The Chair Exercise is more for 'Psychic' awareness/development (Blind Hades = FEELING IN THE DARK!?!) and the Cosmic Egg Exercise is more for 'Clairvoyant' awareness/development, (Zeus = All 'Seeing' = Emotions/Imaginations = Directions/Intentions) but each has a 'part' of the 'other' in it! (See/Read 'Clairvoyance & Psychic' in file section of group)

Those who tried the Chair Exercise and understood it, and then went on to the Cosmic Egg Exercise and understood that, found that they had no problem with Ophiel's Ritual, since they could 'sense/feel' with/through their #0, Outer, outer physically physical body, first. (The

same 'idea' would 'apply' to Ophiel's 'Little System' of Astral Projection as a student/person did their 'route'!)

The Basic Chair Exercise and Basic Cosmic Egg Exercise, is/are, where you go from 'awake to awake! The/your outer, outer physically physical body, become 'passive' (Ophiel's 'Neither State Condition', see/read his 'Dream Method' of Projection, from his first book.)

Once you have done/practiced your Basic Chair Exercise a few times, #0, outer, outer physically, physically and you think you have a 'feel' for it, then you simply say; Body Standing, without actually, factually, literally #0, outer, outer physically, physically doing it! (Standing-Up). In/on the/your psychological dark-ness, black-ness, blind-ness, you = conscious-ness = would sense/tactilely-feel – pushing-down!

When ready, you would simply, reverse, the process, and say: Body-Sitting, without actually, factually, literally #0, outer, outer physically, physically doing it! (Sitting-Down). In/on the/your psychological dark-ness, black-ness, blind-ness, you = conscious-ness = would sense/tactilely-feel – pushing-up!

Do not 'whip', your sub-conscious, with this exercise being, overdone, by/with a, long duration of practice times. Keep it short and repeat it often, is a much better way. Also, as Ophiel writes, don't keep, looking for results. This is a, #3, Ego Body, problem, if this keeps occurring. The exercise is to 'introduce' your bodies = #0 &+ #3 = to you #1! Each with its own 'distinct' way/method, of doing. Here is how Ophiel writes it, from his second book: Creative Visualisation, his chapter: Practice of Creative Visualisation:

"Now, after much study and experience, I believe I am in a position to be able to elucidate an important Statement as to the apparent whys of the above workings and on-workings of the Occult-Creative-Visualization-Process – and that Statement is –

THE ART OF CREATIVE VISUALIZATION DEPENDS FOR ITS SUCCESSFUL OPERATION UPON CORRECT KNOWLEDGE, CORRECT UNDERSTANDING, AND CORRECT RIGID FOLLOWING OF DEFINITE RULES!!

To be a little more specific –

The Art of Creative Visualization, AND ALL OTHER OCCULT WORK, involves WORK DONE ON OTHER KINDS OF PLANES in addition to the work done on the physical

plane!! And how to do Inner Plane work means KNOWLEDGE, KNOWLEDGE, AND MORE KNOWLEDGE and then PRACTICE, BASED ON THAT KNOWLEDGE, AND MORE PRACTICE, AND MORE PRACTICE.

In Creative Visualization work all the planes involved in our cosmic existence are used, the Etheric, The Lower Astral, The Higher Astral, The Mental Plane, and the Causal Plane, AND ALL THESE PLANES HAVE DEFINITE RULES AND LAWS FROM WHICH THEY WILL NOT DEVIATE ONE IOTA. And so, the rules of all these planes must be followed closely if you are to expect good, final, physical plane end results from preceding Inner Plane operations.” End quote.

Please note this ‘occult’ very, very carefully:

In Creative Visualization work all the planes involved in our cosmic existence are used, the #0, outer, outer physically physical plane; the #1, malkuth earth/hades plane; the #2, etheric plane; the #4, astral plane; the #5, archetypal plane, and the #6, akashic plane; AND ALL THESE PLANES HAVE DEFINITE RULES AND LAWS FROM WHICH THEY WILL NOT DEVIATE ONE IOTA.

Thank you.