

# **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 cosmic egg exercise. 2020

The basic cosmic egg exercise and/or basic chair exercise, are #1, malkuth earth/hades exercises, and they are directly involved with your psychological sense of **tactile-feeling**. This 'inner sense' is to be developed and/or enhanced by the individual, with these exercises. Both these exercises are to develop, strengthen and refine, the individual's psychic abilities. These, two exercise, are the assist/aid, to bridge the 'gap', between the individuals #0, outer, outer physically physical body/plane and the/their #2, etheric body/plane.

You, the reader, have working within you, right now = two bodies = which co-exist = in the/your real time. The current break/separation, in the general occult field, of these two bodies, is not generally known or accounted for, as you can read for yourselves, in Ophiel's writings and vignettes; (The 'OTHER' you: Your 'OTHER' you: Why do you let the Devil 'USE' you).

If you have any kind of occult information of the standard type, then you know about the sphere at the bottom of the tree/map, that is/are, in Ophiel's books/writings. At the bottom of the tree/map, is the elemental sphere, of the elemental force, of the element of, elemental earth. This 'elemental earth' is not outer physically physical earth! It is the/your 'inner' = psychological **tactile-feeling-earth**.

It is this/your, psychological **tactile-feeling-earth** with which you are going to exercise, strengthen and develop by/with these two exercises of; basic cosmic egg exercise and/or basic chair exercise. The good thing about the/these exercises, is the 'speed' at which you can determine of/for yourself, if they are for you or not, at this time, in your occult life. This #1, malkuth earth/hades tactile-feeling-body, has been presented to the wider public, over time, as 'secret', 'hidden', 'unseen', 'invisible', 'occult' and as 'evil', which it is not.

The 'other' difficulty, for modern occultists, is the 'introduction' of the 'Black-Astral-Light' (#1, Malkuth Earth/Hades Plane!) as a 'tangible reality', which is/can be, for some, quite scary/frightening? (As is shown in the Letter of Augustine of Hippo.) Also, if you are #0, outer, outer physically physical body dominated and/or #3, ego body, present incarnation, personality body dominated, this will/shall/does, have an 'effect' in/on the/your 'ability', to communicate, dialogue, talk, speak, converse to/with the/your #1, malkuth earth/hades **tactile-feeling-body!**

This, #0 &+ #3, body 'dominance' will be, as explained above, brought out quite quickly in the/with the basic egg/chair exercises. Here is what Ophiel writes, in his first book: Astral Projection, in his chapter: Little System:

“Now here is a very important matter. In fact, the following information is the heart of Astral Projection. I discovered this myself and therefore I am free to tell you about it freely. It should be relatively plain to you, by now, that a man consists of more than one “body” and also that there exists more than one plane. You, as a man, possesses a number of bodies thru and in which you function, and have functioned, all your physical life. Each of these bodies has a “plane” corresponding to it and thru which it draws certain things that make up your life on this physical plane. Therefore, you are no stranger to these bodies and to these planes!

It is said that in and during sleep you have always left the physical body and done many things and went many places. This is an old occult doctrine. (In the second system that I give to you in this book this sleep projection will be made much clearer to you so if you don't fully understand the above wait until you study the second system).

IF THE ABOVE IS TRUE WHY DON'T YOU REMEMBER YOUR NIGHTLY PROJECTIONS? –

THE REASON WHY YOU DON'T REMEMBER IS THAT THE BULK OF YOUR CONSCIOUSNESS IS IN THE PHYSICAL BODY AND REMAINS THERE MOST ALL YOUR LIFE UNLESS YOU CONSCIOUSLY TRANSFER IT ELSEWHERE!!!!

AND NOW YOU HAVE THE SECRET OF ASTRAL PROJECTION in a nut shell.

YOU DO NOT PROJECT AN ETHERIC BODY OR AN ASTRAL BODY. YOU DO NOT PROJECT ANYTHING. ALL YOU DO IS TO TRANSFER CONSCIOUSNESS TO ANOTHER BODY OTHER THAN THE PHYSICAL. That is what you are going to do in the four systems that I am going to give to you in this book.

YOU ARE GOING TO LEARN TO PROJECT YOUR CONSCIOUSNESS TO THE BODY YOU HAVE THAT CORRESPONDS TO THE BODY OF THE PLANE YOU WANT TO GO TO.” End quote.

Please read carefully, the yellow highlights, in the above Ophiel quote. In this/our 'case', we wish to 'go to', the/our/your #1, malkuth earth/hades = psychological tactile-feeling-plane! And, we wish to do so, thru, by, with, the/our basic cosmic egg and/or basic chair exercises. Which is/are going to, develop and enhance our aware-ness, awake-ness and conscious-ness, to our/your present situation, as it is 'now', in your life/living.

The speed and direct-ness, with which these two exercises, egg and/or chair, show/reveal, the/your 'occult' life/living/ability, is immediate and instant. Also, one of their great attributes, is that, they (egg/chair) can be learned, used, enhanced and developed, very, very quickly(?), but... they are all 'relative' to 'belief', which is hoped to be brought out more, as these monologues progress and also to what Ophiel writes in his second book: Creative Visualisation, his chapter: The Sphere of Availability. So, here is, the basic cosmic egg and basic chair exercises which are both 'tattva' exercises.

The, Cosmic Egg Exercise. It is based on the work of Ophiel, even though it can be 'used' in many other ways, for many other things:

Stand in a room where you will/shall be uninterrupted for the length of time you wish to practice.

If you can, half-close your eyes, if not close them fully. Feel your Physically Physical Body from head to toe. When you are 'ready,' See/Emotionally/Imaginatively feel/sense, a/an, egg shape/aura about you. For the sake of this beginning/starting, **tactilely-sense-feel** the egg, Black. It is IMPORTANT, that you **tactilely-sense-feel**, the OUTLINE EDGE, SHAPE, of the/this, EGG/OVAL/AURA. That is all that is required at this moment in the exercise. This 'egg' is, 'Akasha = Space = Sound.'

When you are ready and are comfortable with this/these feelings, **tactilely-sense-feel** A POINT/DOT/SPOT (Whatever you like/prefer for yourself.) Just a fraction above the crown of your head/skull. Picture this, point as being the, 'centre' of a, SPHERE. Make the Sphere as wide as you can, and have the base of the Sphere, touching/resting, at the base of your neck, just above your collar bones and its top edge, in proportion. **Tactilely-sense-feel**, the sphere's SHAPE, EDGE, OUTLINE. This is, 'Air = Movement/Foundation.' For the sake of this exercise, **tactilely-sense-feel**, the sphere Orange.

When you are ready and are comfortable with this/these **tactile-feelings**, feel/sense a movement, out/down to/towards your, navel/bellybutton, see/feel it, as a tip/point/apex, coming out of the sphere. When the tip/point/apex, reaches about, two inches below your bellybutton; you will/shall have an, INVERTED PYRAMID. Its 'base' is/will be, from the/your collar bones, to the width of your shoulders, with its four corners, and the Sphere, resting/sitting on its base. This is, 'Fire = Expansion/Increase.' For the sake of this exercise **tactilely-sense-feel**, the Pyramid Green.

When you are ready and are comfortable with this/these **tactile-feelings**, feel/sense a/an expansion, in/into, the half-moon/bowl. This, Half-Moon/Bowl, has its, top surface, just below, the tip/point/apex, of the, inverted pyramid. The ‘pressure’ from the, Inverted Pyramid, is pushing-up, forcing-up, the sides of the bowl; so that its edge, outline, shape, rim, form, is just at/over the top, of your hip bones; forming a deep-curve/indentation, as the/this tip/point/apex penetrates-it, enters-into-it, the, base-curve, of the/this, BOWL; The base of the BOWLS, is at/about the top/middle of the/your, Thighs. This is, Water = Reflection/Repetition. For the sake of this exercise **tactilely-sense-feel**, the Bowl Silver.

When you are ready and are comfortable with this/these **tactile-feelings**, feel/sense a cube, with its eight corners, feel/sense, solidity, inertness, extending from the middle of your Thighs, to about two inches below the soles of your feet! For the sake of this exercise you can **tactilely-sense-feel**, the Cube Blue.

You are now standing, inside a/an, Black Oval/Egg/Aura, with a/an, Orange Sphere about your head, with a/an, Green Inverted Pyramid, from your collar bones, extended to, two inches below your, navel/bellybutton, with a/an, Silver Bowl, surrounding your hips, and extending just below your crotch, to about the middle of your Thighs, and finally, finishing in a/an Blue Cube, from the middle of your Thighs to about, two inches below the soles of your feet.

The above, is the, Basic Cosmic Egg Exercise:

Now, the reason this was presented to our Yahoo group/members, is/was, that it is generally/widely accepted, that the/these, Tattvas, are the Astral Forms of the Elements, upon which the Physical Elements are based!?! The process of ‘How’ the Tattvic Elements ‘MANIFEST!?’ is, as Ophiel says/writes, a ‘Complex Process,’ but, what is also known, is that these ‘forces’, are also an automatic process, with which you can learn to harmonise with. (Just as you can learn to drive a car, without being an automobile engineer/mechanic.)

The basic use/intention in this exercise, of the five basic elemental forces symbols, was/is to aid, with the development of the faculty of, Astral Clairvoyance/Psychic Clairvoyance, in the form of your, emotions and imaginations, in the/those individuals, who were finding it difficult to Project. The use of the, Tattva Symbols, is considered to be among the easiest, quickest and best effective method, of exercising and enhancing your, Embryo Clairvoyant/Psychic Faculties. (See/Read Ophiel ’s two books, The Art & Practice of the

Occult, and, The Art & Practice of Clairvoyance, which follow this method very closely.  
Available in the file section of our group/site.)

Thank you.