

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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There is no rational way to explain it; it is what it is and it is individual for each individual person. Even when someone has it pointed out to them, even when they profess to be interested in the wider general occult field, they still resist. The present writer has no understanding of why this is or should be, but, they do not pursue the matter, as they, the present writer, prefer to travel lightly. The seeming truth is, a person, individual should just read and exercise, in the way/method of their choice and take it from there.

For the present writer, they, as an individual, have a, #1, malkuth earth/hades plane/level/sphere, which fits like a hand, inside a glove. So much so, that the present writer doesn't even think about it anymore, nor cares. Many persons, individuals, say that they do not, cannot project in any reasonable shape or form, that is conscious to the, their, #3, ego body, present incarnation, personality body, and that they cannot bring through to fruition, their fulfilled needs, wants, desires and broodings, and yet they persist, in their so called, occult ideas, feelings and actions. Surely this is irrational? To believe in something that has no basis in reality, has no concrete proof and cannot be proven? Is surely the evidence of a misfiring, disconnected, brain, personality? Even worse, even yet? When an option is placed before them, they still, act the same, behave the same and believe the same? In essence, they are the same? Ophiel came across this, himself, as he explains, in his vignette: Acceptance:

“I am not sure as to how the acceptance is with others personally, but I have noticed some very peculiar happenings in the world due to this uncritical acceptance of things. For example, I am trying to work with several people here in the matter of Supply for them. I have discovered, to my surprise that they have a kind of basic indifference to the doing of the operations that can lead to the supply of goodies for this world's use. I give them directions and show them how to set up the pattern, and then I find that they do not follow up but just act lackadaisical and frivolous about it, meanwhile being on the edge of lack of goodies to live a nice life style. I was not that way at all. I found lack to be very degrading, and I worked like hell to get around and over the obstacles that held me up. I am now on Easy Street; I can still do better and I am working on it all the time.” End quote.

The exercise of the basic cosmic egg and/or the basic chair exercises, are simply for those individuals who, like those above, do not find the current presentations of the wider general occult, appealing to the/their inner natures, and so, offhandedly, dismiss it. This is simply the way that has been since the year, dot! The gap, separation, cannot be simply ignored, as if, as

though, it isn't/wasn't there? There is no point in trying to encourage persons, individuals, who can/do #2, etheric project? What, where, is the point/purpose to that? In Ophiel's dream method, of astral projection, he writes that; by reminding one's self, during the day to remember, recall your dreams, this desire, will be/shall 'carried over' into/onto your dream world, where an inconsistency/incongruity, will/shall, shock the dreamer into a realisation, that they are dreaming.

First you go to sleep, then you come back to Ophiel's, neither state, of not asleep/not awake, and you, the dreamer, project from there, this position/place.

In Ophiel's first method, of his; Little System, you, the reader/practitioner/projector; repeatedly travel your chosen route, carefully visualising it, as you consciousness do this; then your #0, outer physical body, goes into a passive, non-critical, non-interfering, state/condition, and, as Ophiel writes it; One day, the two bodies become 'one' body, and you are there, in/on the/your #2, etheric plane. In both these methods/systems, the physical body is placed in a non-critical, non-interfering, state/condition, unconsciously, unknowingly.

The present writer learned this, non-critical, non-interfering, passiveness, state/condition when they sat in circle, at their local spiritualist church. The realisation was, that the #0, physical body, was denied sensory stimulus and given sensory deprivation, which then allowed/permitted, other, stimulus to rise into conscious-ness. In all three methods, the #0, outer physical body, must be, compensated for! It, the 0, outer physical body, cannot/must not, be ignored.

And, there is, are, many would be occultists, who cannot, ignore, the/their #0, outer physical bodies or their #3, ego bodies, for the simple reason, that these two bodies, dominates, their waking consciousness. So, instead of trying to, negate them, physical and ego, in the basic cosmic egg and/or basic chair exercises, both these, bodies, #0 and, plus #3, are included. What makes the difference, if any, is in the 'way', that these two bodies, #0, #3, now have to interact, and be/become, **submissive, subjective to** the/their #1, malkuth earth/hades psychological **tactile-feeling-body!**

Ophiel points this out, in his book: Clairvoyance, his chapter: The Two Minds;

"Now in your experimental sub-mind work **you will have to evolve your own types of**

exercises, like the examples given, and carry them out successfully. You have to release all conscious-mind control and practice allowing the sub-mind to take over, and this gives rise to a very queer feeling, as if you seem to be losing control over your objective world. Practice this, until you note a degree of entry of the sub-mind into the objective world, which is all you want, a degree of entry, and a degree is all you need to greatly improve and sharpen up your life.” End quote.

So, the two exercises of egg/chair were/are presented in order to assist those individuals who have to approach their subject, in a very #0, outer, physical way, so that the connection, is made, between #1 and #0, that is agreeable/amicable to each party. This sharing, is, in, the action/doing of, the exercises, themselves. Both these exercises, of egg and chair, involve both these bodies, #1 and, plus #0. Both these exercises are carried out, practiced, whilst the individual is aware, awake and conscious. Thus, there is/are, no breaks, in the, continuous streaming of sensations, locations and actions, which are conjoined together.

In the example of the basic cosmic egg, the actual, factual, literal, three-dimensionality of the five basic elemental tattva forces symbols, within you, about you and surrounding you, the practitioner, is/are very tangible at the time of doing/practicing, and are transmitted, equally, between the two bodies, #1 and #0. This is, how, the individual, bridges the gap, between the/their #2, etheric body and the/their #0, outer, physical body. As a practice method, it has much to, commend itself, as it firmly places in the individuals, consciousness, that they now have, and are fully aware, awake and conscious to, too having two bodies? At their command/assistance?

With this, new tactile-feeling-body, the pressure to #4, astrally emotionally feel and/or the pressure to #2, etherically visualise, is, off/gone, as both these things are, not, of the/their #1, malkuth earth/hades plane/body. No one, can now say, as an excuse, that they do not have enough, emotion or not enough visualisation, and that this, is why, they fail. The reason, that they, fail, is that it is only, in the/their #1, malkuth earth/hades body, that they can, ‘believe’, and if #1, doesn’t ‘believe’, then nothing, is going to happen/take place. The/your #1, malkuth earth/hades psychological tactile-feeling-body, is, the/your, ‘believing’, body! This, was/is a, great/major occult, which has been hidden, and kept secret, for untold ages, until it too, the secret itself, was lost.

The/your #0, outer, outer physically physical body, is, the/your, use, used, using, body!

The/your #1, malkuth earth/hades psychological tactile-feeling-body, is, the/your, ‘believing’,

body!

The/your #2, etheric body, is, the/your, reflecting body!

The/your #3, ego body, is, the/your, observation body!

The/your #4, astral body, is, the/your, projection-directional body!

A person/individual, should, would, could, look at/examine each of the/these 'bodies', in isolation and in connection, to/with each other, but...the/their #1, malkuth earth/hades psychological tactile-feeling-body, won't, doesn't, change/alter. It, #1, malkuth earth/hades is always, the 'believing' body, and this is where you, #0 &+ #3, must start from and work with. Fortunately, for all concerned, this is the closest, nearest and most intimate of bodies, that we, #0 &+ #3, have.

The #1, malkuth earth/hades tactile-feeling-body, has been with us, #0, outer, outer physically physical body since before physical birth, as was/is, the #2, etheric body, and was/is, with us, consciousness, from the womb. This puts the, #3, ego body, into fourth place, starting with #0, physical you. All three bodies; #2, #1, #0, are with us, consciousness, from birth. The #3, ego body, present incarnation, personality body; this is me/I; comes along after (about the 14/18 months state/stage?). The task of the #3, ego body, is that of observation = staring, looking, seeing, watching, observing.

It is unfortunate, that so many, who read these things, cannot, do not, actually see past or see through, the words put out there, to the, ideas/conceptions that comes with them. One of the favourite vignettes, from Ophiel, that explains the, creative processes, is that of his: The Two Dreamers = Arik-anpin and Zoar-anpin; which involves two differing types of = observation; or if preferred; two differing levels, of observation, but both 'essentially' the same thing = observing.

Observe, from the Latin word; observare = to watch over; to look to; to attend; to regard; From; ob = above of; over of; in front of; ahead of; before of + servare = keep safe; from the Proto-Indo-European Root word; ser = to protect; to keep from harm; to keep safe. Here is what Ophiel writes, in his vignette: The Two Dreamers:

“Now, we come to the ‘nitty gritty’ the, ‘Subject’ of this ‘Vignette’ #1, is the ‘Arik Anpin’ = ‘The Vast Countenance’ and the ‘Zoar Anpin’ the ‘Lesser Countenance’; to be ‘brutally’

simple/brief, the 'Story/Legend' is that;

'ARIK ANPIN' = 'The Vast Countenance' just 'STANDS?' or 'SITS?' 'THERE??' and 'DOES' 'NOTHING??' but! 'WATCHES??' 'ZOAR ANPIN' = 'The Lesser Countenance' just 'STANDS?' or 'SITS?' 'THERE??' and 'DREAMS THIS WHOLE PHYSICAL UNIVERSE INTO 'EXISTENCE' AND THEN 'CARRIES' THE 'PHYSICAL UNIVERSE ON??'

(Makes it 'Go/Run' as it were) (Now, I realise the 'above' raises a 'million other questions' and I do 'not' have an 'answer' to a single 'one' of these 'questions.' 'HOWEVER?' the 'simple' above 'statements' 'SEEMS?' to be a 'metaphysical' 'FACT?' and so, for the time being, 'ACT' on it and 'TRY' it, and 'work' it, and 'leave' the 'WHY' for 'later' revelations.)

So, what to do? Well first 'knowing' of the above 'patterns' is a great 'help' and 'accepting' the 'idea' as a 'theory' can lead to 'results' providing some kind of 'proper' actions 'follow.' 'Actions' in 'accordance' with the above 'pattern idea' (And do forgive my 'repeats.') (The 'repeats' are for 'emphasis') So, what 'kind' of 'actions' 'Follow?' your 'Acceptance' of the 'Idea' of a 'Lesser Countenance.' 'DREAMING?' this 'Physical World Universe' 'INTO EXISTENCE?'. End quote.

The/this 'dream', in/on the, your; #1, malkuth earth/hades plane is; tactile-feeling, defining, three-dimensional-ising, symbol-ising, believe, belief, believed, believing! The/this 'dream', in/on the, your; #0, outer, outer physically physical plane, is; use, used, using. Ophiel next writes:

“And thus, we come back to the 'Philosopher's Dream' of there being really no matter in the 'sense' that the world thinks 'Matter' as 'being' solid? Etc. wow! So, again; what kind of your personal 'actions' should 'follow' your acceptance of the 'Idea' of the 'Lesser Countenance?' Well! The 'Lesser Countenance' is 'Dreamingly Creating this World' YOU! are 'Living?' in this 'World' and 'YOU!' are 'Influenced?' by this 'Dream.' Therefore, it 'suggests' itself naturally that you should attempt to 'INFLUENCE?' the 'DREAM WORLD?' in your 'Favour' and do this 'through' whatever 'POWERS' you do 'Possess Naturally.' And 'One' of the 'Powers' you 'DO!' 'Possess' 'NOW!!' is a 'Power' called 'IMAGINATION?' or the 'POWER' to 'CREATING' 'IDEA/IMAGES' 'BASED ON' 'ANOTHER' POWER YOU HAVE/POSSESS CALLED 'DESIRE?'" End quote.

The present writer, slightly amends the above Ophiel quote, simply for, context, so that, now we read, thusly;

And thus, we come back to the 'Philosopher's Dream' of there being really no matter in the 'sense' that the world thinks 'Matter' as 'being' solid? Etc. wow! So, again; what kind of your personal 'actions' should 'follow' your acceptance of the 'Idea' of the 'Lesser Countenance?' Well! The 'Lesser Countenance' is 'Dreamingly Creating this World'! YOU! are 'Living?' in this 'World' and 'YOU!' are 'Influenced?' by this 'Dream.' Therefore, it 'suggests' itself naturally that you should attempt to 'INFLUENCE?' the 'DREAM WORLD?' in your 'Favour' and you do this, 'through' whatever 'POWERS' you do 'Possess Naturally.' And 'One' of the 'Powers' you 'DO!' 'Possess' 'NOW!!' is a 'Power' called 'IMAGINATION?' or the 'POWER' to 'CREATING' 'IDEA/IMAGES' 'BASED ON 'ANOTHER' POWER YOU HAVE/POSSESS CALLED Psychological 'Tactile-Feeling?' Please study this, very powerful occult, as it is the 'essence' of all/any of your endeavours/efforts: Your #1, malkuth earth/hades psychological tactile-feeling-body, is the/your believing-body. Ophiel finishes his vignette, with this.

So, for now 'use' the 'Knowledge' and 'methods' as given in the book - WITH THE ADDITIONAL KNOWLEDGE OF THE DREAMER - as given, in the 'background' of your 'mind' 'DO' this 'GENTLY' but 'PERSIST!', and you can 'ACHIEVE RESULTS!' There are 'other' methods of influencing the 'Lesser Countenance' but at this writing I am not in full possession of 'Knowledge' of them. It also appears that some methods of influence are being discovered by others without full 'Knowledge' of the 'Reason d'être'. And that 'idea' never 'suited me.' as soon as I learn these other methods, I will write them up, but for now, you have a sure safe method go to it. 'Get the book' and go 'to it' - More 'Knowledge' is coming.

'ZOAR ANPIN' DREAMS THIS WHOLE 'PHYSICAL UNIVERSE' 'INTO EXISTENCE' AND THEN 'CARRIES' IT 'ON?' IT IS THE 'FIRST? DREAMER?'

'YOU!!' 'ACCEPT??' THE 'DREAM?' (UP-TO-NOW?) AND THEREFORE 'YOU!!' ARE THE 'SECOND??' 'DREAMER??'

'YOU!!' 'CAN!! WAKE-UP-ENOUGH!!!' TO 'DIRECT!!' THE 'DREAM!!' OR AT 'LEAST!!' 'YOU!!' 'CAN!!' 'START' TO 'DIRECT THE DREAM!!' OF 'YOUR!! LIFE!!!' 'TRY IT!!!.' End quote.

For simple context;

‘ZOAR ANPIN’ TACTILELY-FEELS THIS WHOLE ‘PHYSICAL UNIVERSE’ ‘INTO EXISTENCE’ AND THEN ‘CARRIES’ IT ‘ON?’; IT IS THE ‘FIRST? TACTILELY-FEELING?’

‘YOU!!’ ‘ACCEPT??’ THE ‘TACTILELY-FEELINGS?’ (UP-TO-NOW?) AND THEREFORE ‘YOU!!’ ARE THE ‘SECOND??’ ‘TACTILE-FEELER??’

‘YOU!!’ ‘CAN!! TACTILELY-FEEL-ENOUGH!!!’ TO ‘DIRECT!!’ THE TATTVA ‘TACTILE-FEEL!!’ OR AT ‘LEAST!!’ ‘YOU!!’ ‘CAN!!’ ‘START’ TO ‘DIRECT THE TATTVA TACTILELY-FEELING!!’ OF ‘YOUR!! LIFE!!!’ ‘TRY IT!!!’.” End quote.

Now, it is just simple common sense, that there is/are many, many people/individuals who will/shall automatically, reflexively, dismiss the above idea, notion, that the/your #1, malkuth earth/hades plane/body, is, the/your psychological tactile-feeling, defining, three-dimensional, symbol-ising body, and that is, just the ‘way’ that it, life, is! And, if it is, your ‘way’, then that is, all, that there is to it. This is, of course, in spite of the fact, that they, still, tactilely-feel? As you can see/read in Ophiel’s vignette above; the worthy ancients, put across that staring/watching, could also be, as simple as, psychological tactile-feeling-believing, in order to create, make.

Can a person/individual, project their consciousness, to a/an ‘other’ plane, ‘other’ than, the/their #2, etheric plane? If, the answer is, yes! Then why not project their consciousness, to the/their #1, malkuth earth/hades, tactile-feeling-plane? Where there is, no need, to visualise?

Can a person/individual, project their consciousness, to a/an ‘other’ plane, ‘other’ than, the/their #0, outer, outer physically physical plane? If, the answer is, yes! Then why not project their consciousness, to the/their #1, malkuth earth/hades, tactile-feeling-plane? Where there is, no need, to use, used, using?

Can a person/individual, project their consciousness, to a/an ‘other’ plane; the/their #1, malkuth earth/hades, tactile-feeling-plane plane? And believe? Apparently not? Then, the question is; why not? What is stopping them? Their consciousness, from doing/achieving

this? Answer; they are #0 and/or #3, body 'dominated'?

Is it? Perhaps? That the/your #1, malkuth earth/hades tactile-feeling-believing-body – doesn't – believe? – that it can, project (escape?), to the/its #2, etheric plane? Does it ever 'occur?', to #3, ego body you, that you = #3, ego body, present incarnation, personality body, do not project/transfer, and that it is the/your consciousness, which does this? As, Ophiel explains, from 'body-to-body-consciousness', in/on each of the planes, and that it is, you, #3, ego body, who 'piggy-backs', with consciousness? Now, it is just the same thing, with believing? It is not, the/your #3, ego body, who has to = believe? = because that/this = is the wrong body!?! But, because you are #3, ego body dominated, you don't/won't/can't accept this? (Strangely enough???? Your #1, body can(?), does(?) believe this? That you are, #3, body dominated?)

Many individuals try to project/transfer their #3, ego/personality body and not the/their consciousness, so it is no wonder, why, so many, fail and just stop trying. But... if you can psychologically tactilely-feel, the/your #2, etheric visualisations, then you, consciousness, are much more inclined to believe? Thus, you create/make a, duality, consciousness, between you and the plane!?! Just as you, do, in/on the, your #0, outer, outer physically physical plane?

Thank you.