

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 3 basic chair exercises. 2020

The basic chair exercise, is a very, very, quick/instant and direct approach, to increasing/enhancing and developing, the/your #1, malkuth earth/hades psychological **tactile-feeling-plane/body**!! But... even here, caution must be adhered to, in order not to invoke/evoke, a 'reflex' action/response, from the/your #1, malkuth earth/hades self!?! Just as the/your #3, ego body, present incarnation, personality self, is 'shocked?', 'surprised', 'stunned', 'amazed?', to suddenly find out/discover(?), that it is 'not real?', then to/also, would you/your consciousness, be these things, when/if it discovers, that 'it = consciousness?', isn't even the/these = bodies/vehicles? But something else/other?

At the moment, by/with 'inducement/induction', through #0, bodily actions/movements, it is hoped, that with careful and deliberate; pre-thinking, pre-pairing, pre-planning and pre-rehearsing = practicing/training; the you, the operator, can/do = influence/persuade/convince, the/these basic elemental forces = TO NOTICE YOU!! = Consciousness, and this makes them = The Basic Elemental Forces, to FLOW YOUR WAY!?!

In Ophiel's book: Clairvoyance, his chapter; Categories of Physical Existence; Ophiel's presents the Astrological Planets as Combined Tattva. Well, here's the 'rub?', if you can't, don't, know the basic elemental forces tattva, you will/shall find it, tough/tricky, trying to 'do', a combined tattva? As already explained(?), over many, many monologues, to the/this current site/group, a 'combined tattva', is, how and in what way, a particular plane, is working, operating, behaving, acting, working, harmonising and displaying, its 'SELF!!', USING!?! The 'other' planes, as PRINCIPLE!?! IN/ON ITS OWN PLANE!?!

So, for instance? In on the elemental plane, of the element of, the element, elemental water, you could have, elemental water doing all those things, like/as if/as though = it is the element of, the element, elemental fire?! But... it would still actually, factually, literally 'be', still all elemental water?? So, in order to 'express' this/these as if/as though/as like, actions/doings, the worthy ancients put/placed, the elemental Fire Symbol! Inside the elemental symbol of, the element of water = Inverted Pyramid 'inside' Bowl = Elemental Fire – **PRINCIPLE** – in/on the elemental plane, of the element of, elemental water = Fire-of-Water! But... it is 'still' all elemental water!! This is 'how' the elemental water is behaving? And anything/all things, which is/are 'of' this particular elemental force, will be/shall be = of this nature? Hence, Ophiel's; Categories of Physical Existence. Hence; Those who are like us, are one of us!?!

The above = applies to 'all' the planes! The above = applies to 'all' the tattva!

The above = principle = is used!!! = going across the/all planes = duality!

It is this 'duality' which is used, in the basic chair exercise!?! Now, once again, we read Ophiel, as this part is crucial, to what it 'is?', that you, the operator, beginning student, are engaged in, with the/your basic chair exercise. So, here it is again. If you read it carefully, (deliberately), then your deeper, understanding (#1), will/shall – come to the surface of, the/your #0, outer, outer physically physical body, and then you can be/will be? In a position/place, where you can apply, use, using, used = it! Here it is again:

From Ophiel, his book: The Occult, his chapter: Occult Books and Final:

“Therefore – as you go 'deeper' and 'deeper' into the Occult you should - you do, become aware of many changing 'things', 'happening' – year by year, month by month, week by week, and day by day; no-thing is ever the same exactly. After a due passage of time, as I said, you will note these things - mostly, these changes come to you as 'feelings' – precognition – intuition – clairvoyance and many other and varied forms of psychic cognition. This is of the Psychic past. And there is also another way, you will come to notice the 'changing happenings' and that is an actual pressure effect on your body and in your body AND also notice the effects on the bodies and natures of OTHERS.” End quote. (Underlines are the present writers.) So, for 'context', we explain, where we are 'at', at this particular 'time', in the exercise;

Therefore – as you go 'deeper' and 'deeper' into the learning/mastering of your Occult, you should - you do, become aware of many changing 'things', 'happening' – year by year, month by month, week by week, and day by day; no-thing is ever the same exactly. After a due passage of time, as I said, you will note these things - mostly, these changes come to you as 'tactile-feelings' – precognition – intuition – clairvoyance and many other and varied forms of psychic cognition. This is of the Psychic past. And there is also another way, you will come to notice the 'changing happenings' and that is an actual pressure effect on your body and in your body AND also notice the effects on the bodies and natures of OTHERS.

And that is an actual pressure effect on your body and in your body AND also notice the effects on the bodies and natures of OTHERS = Do you, the reader/student understand the meaning(?), implications(?), behind the/this statement from Ophiel?

THE/THIS ‘RESISTANCE/PRESSURE?’, IS WHAT THE WORTHY ANCIENTS NAMED, CALLED, REFERRED TO, AS: THE ADVERSARY! THE OPPOSER! AND! AND! BECAUSE IT WAS/IS, THE BLACK-ASTRAL-LIGHT, BLACK-ON-BLACK, PSYCHOLOGICAL DARK-NESS, BLACK-NESS, BLIND-NESS = THEY/THESE ‘WORTHY?’ ANCIENTS; MADE ‘IT’ = THE BLACK-ASTRAL-LIGHT = EVIL!?! WHICH IT IS NOT!?! Here is what Ophiel writes about this, from his book: Contacting the Demiurge, his chapter: Opening:

“In this first chapter-section we must make a start at clearing away some of the rubbish of misunderstandings and ignorance that clutter up our lives, and prevent us from progressing along the path of self-power, and self- knowledge; and self-advancement. **One of the worst misunderstandings is the idea that there is abroad, in the whole world, an ignorant idea that there is a something called Evil, along with something called good, LIGHT and DARKNESS, etc. Good and Light have been equated with God, and Evil and Darkness have been equated with a thing called the Devil. Nothing, in any religion writings, is very clear, or very logical as to just exactly HOW the evil Devil darkness came into existence against the wishes and power of the Good-Light, when the Good-Light has always been proclaimed to be the most powerful of the two contending Forces.**” End quote.

According to the, Old Crazy Book (Bible), Genesis 1: 2; 3; 4. The ‘Darkness’ was there FIRST! The ‘LIGHT’ was put/placed(?), in the ‘Darkness?’ = Let there ‘BE’! = and the ‘two-halves’ of the ‘Whole = God’, were/are ‘separated?’, and the object, goal, aim, of the worthy ancients, was to ‘unite?’, the ‘two = darkness/light’, back into the ‘whole’? And be/become ‘one?’ again? But with the ‘caveat’, conscious-ness? As a ‘Gnosis?’. Farther on, Ophiel writes this:

“When, and ever, mankind, in bulk, will emerge from the mind’s “dark ages” of thinking, and perceive that duality IS existence, and, in fact, is necessary; that there is no such thing as black and white, **then he will control, and then will an understanding of this physical world come about; and what has been called Evil, for thousands of years will become the salvation of people – especially those who are in advance, put themselves in advance of the race, in their Thinking. So again, to repeat, for emphasis, while there are dual Forces, these dual Forces are not evil, or bad, or good, or pure, or holy, but are supremely natural There are people in this world, different kinds of people, who respond to either of these two dual Forces – something in their nature, to use the old cliché word, “vibrates” to either one of these two dual Forces.**” End quote.

The above, is the basic chair exercise; Here, in another chapter, of Ophiel's same Demiurge book; The Art of Contacting the Demiurge; we read this:

“To put it another way – **you cannot advance** into “higher things” until you conquer (?) master (?) attain (?) control (?) over the Elemental Forces each in turn; **and much more especially the Elemental Force of Earth which is, of course, the “first one” where we/you are now and the first place from which we must “escape from”**. This “escape from” stuff will be handled later, either in this book or another book. **The “escape” syndrome seems to be a basic tenet of Gnostic thinking**, and probably should have a full book treatment, but will be referred to in this book as best I can.

Please study this, carefully, very, very, carefully.

THE MALKUTH EARTH/HADES IS NOT! NOT! NOT! = THE/YOUR #0, OUTER, OUTER PHYSICALLY PHYSICAL EARTH!! WHERE THE LAWS, RULES AND GOVERNANCES = ARE NOT! NOT! NOT! = THE SAME!?! (So! Stop thinking/feeling, tactilely-feeling, egotistically-observing = as if/as though = they are??)

The basic chair exercise, is just the ‘same as’ the basic cosmic egg exercise, because they are both, in/on the same/one plane = #1, malkuth earth/hades **tactile-feeling-plane**!! So, the ‘common denominator’ between these two exercises, is/are!! Psychological **Tactile-Feeling**, defining, three-dimensional-ism and symbol-ism. This/these, are the things that you, the practitioner, should be aware, awake and conscious of/too!

In the basic chair exercise, we are going to/shall, include and incorporate, the/your #3, ego body, present incarnation, personality body, so that, as you go through your exercise, during your day, you = consciousness, are, become more, awake, aware, of what it ‘is’, that you = consciousness, are trying to ‘achieve?’. The ‘difference?’, between your standing and sitting in a normal, everyday action/doing and your standing and sitting in your basic chair exercise, is/has to be, different? Otherwise, there is nothing to be ‘gained’, for your ‘efforts?’.

The ‘dream method/little system’ exercises, are the ‘entrance keys?’, to the/your #2, etheric plane!

The 'egg/chair' exercises, are the 'entrance keys?', to the/your #1, malkuth earth/hades plane!

The 'use, used, using' is/are the 'entrance keys', to the/your #0, outer, outer physically physical plane!

The present writer, hopes you are able to see the difference/distinction, between the/these planes! As it is 'this' recognition, that Ophiel, writes about in his above quote, and has been adjusted/amended to suit the 'context' of these monologues:

After a due passage of time, as I said, you will note these things - mostly, these changes come to you as 'tactile-feelings' – precognition – intuition – clairvoyance and many other and varied forms of psychic cognition. This is of the Psychic past. And there is also another way, you will come to notice the 'changing happenings' and that is an actual pressure effect on your body and in your body AND also notice the effects on the bodies and natures of OTHERS!

Important!! The 'due passage of time', Ophiel describes above = IS 'DIFFERENT!?!' = FOR EVERY SINGLE ONE OF US!?! But... a large measure of that 'time?'; IS 'MITIGATED' BY/WITH = UNDERSTANDING!?! = RECOGNISING!?! So, you, the beginner/novice, must allow yourself, leeway (Leeway = Nautical expression; the 'way/direction' in which the 'wind is blowing', and the 'opposite-side' of the ship, which is the 'sheltered' side, is the 'leeway'. Scandinavian origin; circa 1400's.) So, you, the student must 'allow' yourself some 'shelter?', during your learning/mastering of this, art, skill, technique?

The chair/seat in which you are going to be 'exercising', should, of course, be one in which the physical action of standing or sitting is of ease and comfort. Feet should be flat; thighs parallel to the floor. The 'object/aim' of the exercise is sense/feel the 'inner-movement?', of the/your #1, malkuth earth/hades tactile-feeling-body, as it 'moves' in the opposite direction(?), to you = #0, outer, outer physically physical you = with you = #3, ego body = OBSERVING??!

Please study carefully:

And there is also another way, you will come to notice the 'changing happenings' and that is an actual pressure effect on your body and in your body AND also notice the effects on the

bodies and natures of OTHERS!

The above two lines, from Ophiel, are/is, the/your = Adversary/Opposer!?!

The ‘answers?’, to your ‘questions?’, come to you = consciousness! = in the form of; an actual pressure effect on your body and in your body!?! = as RESISTANCE??? As OPPOSING!!!

AND! AND! YOU, THE READER/OPERATOR/OCCULTIST(?), ARE ABOUT TO PROVE IT/THIS = TO YOURSELF! FOR YOURSELF! TO USE FOR YOURSELF!!

So, when ready, you simply say out loud or sub-vocally; body standing, and then you ‘do’, the actual physical standing. When ready, you simply say out loud or sub-vocally; body sitting, and then you ‘do’, the actual physical sitting. As you ‘do’ either one, of the/these physical body actions, you, consciousness, with the/your #3, body = observing, need only ‘do the actions’, and that is all. Four or Five times, is plenty! And, you can finish the exercise in either position, standing or sitting which ever you prefer.

Twice a day is the minimum, and three times in a day is plenty. Each time you come up to the exercise time, you, the operator should be ‘fresh’, start from the beginning, and follow the rules = consciously aware, awake to the, objectives, goals, aims and intentions of what it is, that you are trying to ‘achieve’?

Now the objective, is for you = consciousness = to recognise(?) = within you #0 = the ‘OPPOSITE’, ‘ADVERSE’, ACTION/RE-ACTION!?! OF/TO!! THE/YOUR #0, OUTER, OUTER PHYSICALLY PHYSICAL BODY ‘MOVEMENTS!?!’.

So, as you progress, in your chair exercise, you should come to the place/point, wherein, the very ‘fraction’, of your action/movement, say; to stand up, there will ‘be’ = inside you = #0, a/an, action/movement, in the; opposite direction, a ‘base?’, from which, you = #0, can use??? An ‘equal and opposite’, re-action = THAT ALLOWS YOU! = #0 = TO STAND OR SIT!?!

So, the ‘exercise’, is ‘secondary’, to the/your personal/individual ability to ‘recognise?’, to

‘intuit?’, the/this = equal and opposite = force!?! = adversary/opposer! = resistance/pressure!

ALL INTUITION IS BASED ON RECOGNITION!?! (Daniel Khaneman; Nobel Laureate)
Remember?

Intuition (noun), from Late Latin; intuitionem/intuitio = a looking/staring at/consideration; the noun action, from past participle stem of the Latin, intueri = look at/consider. From; in = at/on + tueri = to look at/watch over.

This is what you, the operator/occultist/magician are doing now! But... in/on the/your #1, malkuth earth/hades plane! You would/could, do the ‘exact same thing’, when doing/practicing, Ophiel’s: Little System and/or Dream Method, for #2, etheric projection/transfer!! The ‘recognition?’ of, the/this resistance/adverse, opposed/pressure, is what makes the difference!?! Ophiel’s, watermelon, milk-pouring and gas-pedal = were/are, all #1, malkuth earth/hades tactile-feeling-exercises!! Ophiel = NEVER VISUALISED? The ripe watermelon! The correct amount of milk! How hard to press on the gas-pedal! Ophiel waited, until he tactilely-felt! The resistance/pressure, adverse/opposed; This one! This much! This hard!! Having ‘RECOGNISED?’ = Ophiel AGREED-WITH! ‘HIS!?!’ = Adversary/Opposer = Resistance/Pressure = AND STOPPED!?! = ALL ‘DONE!?!’ (It is Finished! It is Over!) IN/ON ‘HIS!?!’ = #1, Malkuth Earth/Hades, tactile-feeling-plane!

As an ‘average’ person (of which, there is no such thing?), you should be able to detect/recognise, a marked-difference = in/on the/your = consciousness!?! After two weeks of correct practice/training. After two weeks, work/practice/training, there should be a ‘marked difference’, in your aware-ness, awake-ness, conscious-ness = AT THE/YOUR #1, Malkuth Earth/Hades Level/Plane!

Once you, the operator/magician, get/have, the knowledge/understanding; Gnosis = personal/individual, ‘experience-of’, ‘recognition-of’, this psychological ‘tactile-feeling’, defining, three-dimensional-ism, symbol-ism, then you, the operator/magician, can apply it = to the/your #2, etheric plane ‘visualisations?’, thus, giving you, consciousness, depth, perspective and belief! Once you, the operator/magician, know/understand that there is = no etheric light!! = in/on the/your #1, malkuth earth/hades tactile-feeling-plane then there is more time to ‘relax’ mentally/emotionally, and no need to demand, anything beyond your expectations and/or abilities. Projecting/transferring into/onto the/your #1, malkuth earth/hades plane, should be relatively simple/easy, but... first you have to be able to

‘recognise it’!?! Here is what Ophiel writes, in his first book: Astral Projection, his chapter; Little 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. However, for all practical purposes you can consider the action as a projection, and it is a kind of a projection - a projection of consciousness however instead of a “body”. We will, therefore, continue to refer to our work as projection and speak as if we project a body etc. End quote.

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 = the present writer wishes to transfer their consciousness, to the/their #1, malkuth earth/hades plane?

Ophiel, writes this, in his vignette: An Exercise in Preliminary Projection:

“I am going to ask and wonder if there is not some kind of ‘sub-plane,’ a ‘sub-Etheric Plane,’ which is very close to the physical, but which is neither physical nor Etheric. It has been suggested that the planes between the “Real” Earth and the “Real” Etheric could be the Elemental Planes of the Elements. And it is possible to project to these planes, a fact which I had never seriously considered before this time.

I suppose it could be considered one of my failings that I don’t cognise a thing until I fit it in somewhere, somewhere into my workings, and when once a working place appears, then I recognise/re-re-recognise the whole and reorganise the set-up all over again. Such is what

happened here, when I held up the 'non-orientation' of myself long enough to discover/rediscover, that this was taking place on another kind of plane than formerly I had functioned on.

Try it for yourself, take it easy, study your 'Effects' and note the 'Results' please read and study the book, 'The Art and Practice of Caballa Magic.' In this book combinations of Tattva Symbols are given for the 'Sub-Planes' spoken of, 'above.' Please study these symbols and call them 'DOORS' into the 'Inner Planes' or – as I like the name, "GATES." – Work and 'study' like hell, as I can't do that for you. - Also, there is more knowledge available in 'Ophiel's' other writings. Check." End quote.

This = I am going to ask and wonder if there is not some kind of 'sub-plane,' a 'sub-Etheric Plane,' which is very close to the physical, but which is neither physical nor Etheric. It has been suggested that the planes between the "Real" Earth and the "Real" Etheric could be the Elemental Planes of the Elements. And it is possible to project to these planes, a fact which I had never seriously considered before this time = is what you are 'doing' with your egg/chair work/exercises!

You are 'transferring' your consciousness, to the/your #1, malkuth earth/hades plane, and you are now aware, awake and conscious, to the 'fact', that it is not! The/your #3, ego body, who is going to be 'making?', the/this 'transfer?'. So, so many persons/individuals try to 'Ego Project', is it any 'wonder?', that they fail?? Once the Ego body has been 'trained?', to observe, then, when consciousness, has 'transferred?', to another plane, it is the Ego Body, who makes the 'distinction' of each plane 'visible?', to consciousness? (See/read Ophiel's chapter: Dream Method and Oliver Fox's book: Astral Projection, and the 'bricks' outside his house gate.)

After a week of training, your #0, outer, outer physically physical body to stand/sit, with the/your #3, ego body 'observing'; you begin your session, with two or three standing/sitting movements; the 'emphasis' being placed of 'observing' the; inner-opposite/reverse movement, as you do so. Now, you 'transfer' you consciousness and #3, ego body observation, to inside, your darkness, blackness, blindness, and you 'say'; Body standing, and as you #1, malkuth earth/hades stand-up, you must tactilely-feel, your #1, malkuth earth/hades body 'push-down', as you, #1, stand-up!

You the operator/magician, will/shall sense/tactilely-feel, your 'power?', flow towards your 'feet', and your #1, malkuth earth/hades body, will stand-up! When you are 'standing' count

to four, sense/feel the ‘shape/outline’ of your ‘body’, and then say, sub-vocally; Body sitting, re-merge your #1, body, with your #0, body, who has been sitting throughout your exercise movements. As you #1, sit-down, sense/tactilely-feel, your ‘power?’, flow towards your ‘head’, as you do the sitting-down movements.

In the basic chair exercise, the sensation/feeling of being ‘two’ is very, very, tangible! And, it doesn’t take much, take long, for consciousness, to ‘know?’, sense/feel, that things have/has ‘changed?’. When #0, physical you, are sitting and #1, malkuth earth/hades, you, are ‘practicing’, there should ‘be’, an ‘implicit’ understanding, between #0 &+ #1 &+ Consciousness you, that you have/are = NOW TWO!

Knowing this, understanding this, means, that a very large portion/portions, of folklore, mythology, ritual and cultism, are now easily ‘recognisable?’.

As your #1, malkuth earth/hades ‘body’, stands and sits, you = consciousness, must sense/feel, the ‘concentration’, of force = pressure(?), resistance(?), at your #1, feet – for standing and head – for sitting, prior to the ‘action’ of ‘doing’, the/these #1, motions. Also, the ‘sensation/feeling’ of your #1, malkuth earth/hades body as it ‘moves’ leaves(?), enters(?), the/your #0, outer, outer sitting, physically physical body!

Also, simply because of your #0, physically sitting, you are/will be, observing the back, of your #1, malkuth earth/hades body, which is a ‘natural/normal’ position, as the start/beginning of your ‘transfer/projection’ work.

All you can ‘do’, is what you can ‘do’? And in many of you, this will be/shall be ‘much’? The ‘difficulty’ is, that you, #0 &+ #1, have never ‘tried?’, before, because you, #3, ego body, were/are = THE DOMINANT BODY!?! And the/your #0, consciousness body, just had to ‘take’ whatever you = #3, dished out, served up, presented!?! But... the moment you = consciousness - ‘changed?’, ‘altered?’, ‘rearranged?’, ‘reorganised?’, the ‘view-point?’, then everything ‘fell into place?’. Here it is, from Ophiel, from his book: The Occult, his chapter: General Considerations:

“now I say again, and please note carefully, there is no other way you can realise-feel-cognise your physical existence other than through your five physical senses. As soon as you begin to practice ‘Magic’ however, of any kind – including the work you have done on the ritual up to

now – and including the future work to be given – which you will do; **YOU THEN BEGAN TO USE OTHER KINDS OF SENSES, NOT PHYSICAL, TO COGNISE ANOTHER KIND OF A ‘WORLD’, ‘PLANE’, AN INNER PLANE.**” End quote.

Well, the ‘first!’, inner plane, is, of course, the/your #1, malkuth earth/hades psychological **tactile-feeling-plane!!**

And, the ‘last!’, inner plane, is, of course, the/your #1, malkuth earth/hades psychological **tactile-feeling-plane!!!**

And, the great ‘difficulty’ of/for the/this first/last ‘inner plane’, is that it is, invisible, secret, hidden, unseen, dark, black, blind! Black-on-Black, Black-Astral-Light! The lowest point, in/on the ‘inner-planes!?!’, before it becomes ‘visible’ as, #0, outer, outer physically physical actions/doings!?!

As soon as you begin to practice ‘Magic’ however, of any kind: YOU THEN BEGAN TO USE OTHER KINDS OF SENSES, NOT PHYSICAL, TO COGNISE ANOTHER KIND OF A ‘WORLD’, ‘PLANE’, AN INNER PLANE!?!

As, soon as you = consciousness, decide, for yourself, that the/your #3, ego body, does not, cannot, project, transfer, from one plane, to another plane, and that, your #3, ego body, can only ‘observe?’ as it, #3, **piggy-backs**, ‘on’ consciousness. Then, things ‘change’, and then, consciousness, can do/practice, Ophiel’s; Little System and Dream Method, with a little more confidence.

Thank you.