

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**

Written by max.height
<https://ophiel.art>

**Originally posted on Google Groups:
<https://groups.google.com/g/ophiel-magic9-20/>
(Previous works also posted as “Sender” on the “Ophiel Magick” group, from the
defunct YahooGroups)**

1 of 2 two of everything. 2020

You ask about the previous post/monologue; 1 of 1 there is no way (to know?). sent 17/07/2020.

Q. Where do you get your ideas from, as regards the information you post?

The present writer would have thought, simply because of the ‘extensive/excessive’ amount of Ophiel quotes, from his books/materials, that the answer to your question was/is ‘self-evident?’. In 2003, it became obvious, from the large amounts of e-mails, that many of Ophiel’s readers, were unable to translate/transfer Ophiel’s presentations into actions, for themselves, simply because of where they were ‘at’ (#1 &+ #0), many of his (Ophiel’s), readers, not yet aware, conversant to/of the/their ‘Other’, in the ‘guise’ of the/their #1, malkuth earth/hades psychological **tactile-feeling** = **believing self!** Or, nor the ‘fact!’, that each of the ‘bodies/consciousness’, were/are, subject to the/their own, planes; Laws, Rules and Governances, even though Ophiel is ‘explicit’ in his writings/descriptions of them = the laws, rules, governances!?! Here is a perfect example, of what is meant.

This is from Ophiel’s second book: Creative Visualisation, his first 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 non-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.” End quote.

So! Simply for ‘context and explanation’, we slightly adjust/amend, the above Ophiel quote, so that it reads thusly.

In Creative Visualization work all the planes involved in our cosmic existence are used, the Physical; **the Malkuth**; the Etheric; the Astral; the Mental, and the Causal, **AND ALL THESE PLANES HAVE DEFINITE RULES AND LAWS FROM WHICH THEY WILL NOT DEVIATE ONE IOTA.**” End quote.

Is there!?!?! Such a thing/place/plane??? As the #1, malkuth earth/hades plane??? And ‘IF?’, the answer is ‘Yes!’, then does this #1, malkuth earth/hades plane = **HAVE DEFINITE RULES AND LAWS FROM WHICH THEY WILL NOT DEVIATE ONE IOTA!**!?!

If you care to read Ophiel, you will/shall read where he, explains, that he was desperate to learn how to ‘project’, and, as the present writer has already pointed out/indicated, that it was Blavatsky, Olcott and Judge, who put out there; The Subtle Body = #2, Etheric; and ignored, everything/anything to ‘do with’, the 1, malkuth earth/hades body, in a ‘positive’ light?? The Gnostics, were (Under Valentinus) more than sympathetic, to/with the Demiurge, in as much that this branch of Gnosticism, saw the ‘Demiurge’ as ‘misguided?’, ‘ignorant?’, ‘un-informed?’, ‘un-aware?’, of its (The Demiurge), true nature?? (The ‘Original/Single/One’ Light! The/its ‘Source?’)

It was/is, as its ‘base level’ = as/still!! = the Astral Light = Black-Astral-Light = Psychological Tactile-Feeling, Defining-Three-Dimensional-Symbol-ising level = that its ‘epithets’ of; Yaldabaoth – Childish; Saklas – Foolish, and SamaEL = BLIND! Were, are given, to explain the, Random-ness, Erratic-ness and the Illogical-ness, of its actions, doings = LAWS, RULES AND GOVERNANCES!?! The/these actions/doings = random, erratic, irrational, were eventually/finally = made evil!?! = by those less ‘experienced’, and not fully ‘initiated?’, into the understanding of? The/their #1, Malkuth Earth/Hades Plane!

So, the Theosophical Society of the ‘day?’, simply put out, that the individual ‘consciousness?’, went from the/their #0, outer, outer physically physical plane = TO!?! = the/their #2, Etheric Plane?? And it was/is this ‘standard model?’, which is out there and is so

perniciously prevalent, as to stifle/strangle any/all ‘other views’!?!

So, in answer to your question (and you can’t ‘be?’, the only one?)’ Where do you get your ideas from, as regards the information you post?’ It is easy to answer. The present writer, was introduced into the ‘Occult’ from Ophiel’s first book: Astral Projection. But... they had ‘already met?’ The Great God ‘Pan’ (as explained several times, in several posts.) From the age of ten to the present day, ‘it’ the ‘other?’, has always been with, the present writer??

This is simply an ‘individual?’, thing?? Pertaining to the present writer and when they found out/discovered!?! That ‘not!’, everyone else/other (including parents, siblings, teachers and other adults and now, apparently you!!), wasn’t/isn’t like that? Then things began to level out/smooth out? This was brought about by/with the present writer, withdrawing into themselves, and seeing ‘others’ (#0), as not understanding!?! Ophiel warns about this, in his writings; that if a person/individual tries to; awaken the other persons ‘sleeper?’, then they might be, would be, could be, aggressively/violently/literately ‘set upon/attacked’. (As the woman shouted at Ophiel and told him to ‘shut-up!’) Well, here is an ‘occult truth’.

It was the Gnostics, who put out there, that we were ‘held captive’ through ‘ignorance?’, and that we = consciousness – must ‘escape?’. It was through/by/with, this notion/idea of being ‘held captive??’, that the dark-ness, black-ness, blind-ness, was made evil!?! Was/is = adversarial, oppositional, detrimental (Greek; slandering.). Even now, there is/are individuals, in/on this particular Ophiel Magic Group, who are sensing/feeling, this/their ‘other’, pressing on them #0, with their #3, Ego Body observing!! But, as they go ‘through’ the practice/doing of egg/chair exercising, unbeknown to them, they are developing, enhancing, increasing and locating, the/their #3, Ego Body, into its proper/rightful place? Which is?? = secondary to the #0, outer, outer physically physical body and #1, malkuth earth/hades body!?!

Ophiel establishes this, for us through his Little System and Dream Method, wherein his makes his students = PAY ATTENTION TO ‘DETAIL!’ = OBSERVE!!! This is the task/job, of the/your #3, Ego Body, present incarnation, personality body!! So, as you – consciousness – use! – each of the/these bodies #0, #1, #2, #4, #5, #6!! IT IS THE TASK/JOB!! OF THE/YOUR #3, EGO BODY = TO OBSERVE!! Remember/recall = that the/your #3, ego body – piggy-backs!?! On/with ‘consciousness’, as it ‘transfers/projects’, into/onto each of the/your planes/levels. There is also, another ‘sensation’ that comes with, the/this type/kind of exercise and that is sensation/feeling of the/your #0, outer, outer physically physical body = as a projection? Many explain this as a ‘Duality?’, which it is not!

Duality is ‘going across’ a plane/level (being ‘conscious of’ the/a/single plane and everything else/other in/on it!!) With the feeling/sensation of being a ‘projection!?!’, comes the understanding of ‘Counterparts/Duplicates’, as was in the previous post/monologue; 1 of 1 there is no way (to know?). sent 17/07/2020. A ‘visualisation’ object, is nothing like a ‘**tactile-feeling**’ object, which is nothing like a ‘physically physical’ using object! Try this:

#2, etheric you = does not! = have to believe?

#1, malkuth earth/hades you = does! = have to believe?

#0, outer physically physical you = does not! = have to believe?

The word ‘believe’ means = to trust! Does this ‘help/assist?’, you, the reader/occultist?

#2, etheric you = does not! = have to convince/persuade?

#1, malkuth earth/hades you = does not! = have to convince/persuade?

#0, outer physically physical you = does! = have to convince/persuade?

Convince (verb). Con – from 10th century French; ‘conduire = to lead/guid’, from the Latin ‘conducere = to lead/bring together; to contribute/serve. From the Proto-Indo-European Root word: deuk = to lead. Word forming element from the Latin ‘com’ which is the Classical Latin form of ‘cum’, from the PIE Root word; kom = beside; near; with; by.

To convince = con – lead/guide + vincere = to conquer/to fight, from the Proto-Indo-European Root word; weik = fight/conquer.

The above was ‘confused’ over time with the 12th century; cunnen = to study; get to know; peruse carefully (cunning!), and the English; cunnian = to know.

Is there any ‘way?’, that you, the reader, could take the above, and apply it? To the/your ‘now understanding’ of the two earths/two planes?? Now try this:

Persuasion (noun), from the late 14th century; act/action of inducing someone to ‘believe?’,

something, by appealing to, the/their reason (Tactile-Feeling = not! = by authority; force; fear!). From Old French; persuasion, directly from the Latin; persuasiomem/persuasion = to convince. From the 'noun' action/doing from the past-participle stem of; persuadere = persuade/convince. From; per = thoroughly/strongly + suadere = to urge? From the Proto-Indo-European Root word; swad = sweet/pleasant!!

Is there any 'way?', that you, the reader, could take the above, and apply that? To the/your 'now understanding' of the two earths/two planes/two you??

So, from understanding? You could/should, be able to make/created, both egg and chair exercises, so that they are; sweet/pleasant!! To/for, your #1, malkuth earth/hades tactile-feeling-body!! Now! Would you like to read it, from Ophiel, himself? Of course, you would! Who wouldn't? So, here it is, from his book: Contacting the Demiurge, his chapter: Section Nine;

“Here comes now, some quite important points for your repeat attention and learning about. THE DEMIURGE DOES NOT UNDERSTAND LANGUAGE WORDS NOR DOES IT RESPOND TO THEM!!!! The Demiurge understands EMOTIONS ONLY FEELINGS ONLY-EMOTIONAL PICTURES ONLY AS THE PICTURES ARE ACCOMPANIED BY EMOTIONS!” End quote.

For 'context', we read: Here comes now, some quite important points for your repeat attention and learning about. THE DEMIURGE AT THE/YOUR #1, MALKUTH EARTH/HADES LEVEL; DOES NOT UNDERSTAND VERBAL LANGUAGE WORDS, NOR DOES IT RESPOND TO THEM!!!!

The Demiurge understands; AT THE/YOUR #1, MALKUTH EARTH/HADES LEVEL TACTILE-FEELINGS-ONLY! EMOTIONAL VISUALISATIONS ONLY, AS THE EMOTIONAL REFLECTIONS, VISUALISATIONS ARE ACCOMPANIED BY/WITH TACTILE-FEELINGS!” End quote.

Now this:

“There is still another part of the programming technique that has to be explained. Even though you can 'talk' to the Demiurge through your own sub-mind, as said before; the

Demiurge (for some strange reason not fully understood as yet) will not respond to commands, or forceful orders, or even to ordinary orders, given by you. But the Demiurge will respond to indirect suggestions especially if they are given in a ‘sweet’ way, or a nice way. To illustrate – Instead of ‘ordering’ the Demiurge to get you a house, say to it this way – (gush is good and so is hyperbole – anything so it sounds ‘sweetish’) Oh wouldn’t it be wonderful if YOU would get a wonderful house/home???? Or – wouldn’t it be nice if you would bring me the things that I read in the newspapers that you give to other persons!!!????!!! Or wouldn’t I look good in a pearl necklace!!! Oh, how I would love to be-what-ever it is you want. Or. Wouldn’t it be wonderful if I had a steady income so I could live in the manner to which I’d like to become accustomed?!! It is to emotional statements like this to which the Demiurge will be most likely to respond, not, as I said before, to commands or willed commands. So, you will have to learn to give the kinds of ‘orders’ that it will act on. The Demiurge, even though it is a kind of a God, is not a very bright God. The Demiurge is rather simple, in fact, and is easily programmed, but not by human willed forceful commands. The Demiurge is even easily flattered and easily led along with honeyed words about your desires and, as already said, the more your words and desires are loaded with EMOTIONS the more that gets ‘through’.” End quote.

For ‘context’, we read: There is still another part of the programming technique that has to be explained. Even though you can ‘talk’ to the Demiurge through your own sub-mind, as said before; **the Demiurge (for some strange reason not fully understood as yet) will not respond to commands, or forceful orders, or even to ordinary orders, given by you. But the Demiurge will respond to indirect suggestions especially if they are given in a TACTILE-FEELING ‘sweet’ way, or a nice DEFINED way.** To illustrate – Instead of ‘ordering’ the Demiurge to get you a house, say to it this way – (gush is good and so is hyperbole – anything so it sounds ‘sweetish’) **Oh wouldn’t it be wonderful if YOU would get a wonderful house/home???? Or – wouldn’t it be nice if you would bring me the things that I read in the newspapers that you give to other persons!!!????!!!**

Or wouldn’t I look good in a pearl necklace!!! Oh, how I would love to be-what-ever it is you want. Or. Wouldn’t it be wonderful if I had a steady income so I could live in the manner to which I’d like to become accustomed?!! It is to TACTILE-FEELING statements like this to which the Demiurge will be most likely to respond, not, as I said before, to commands or willed commands. So, you will have to learn to give the kinds of TACTILE-FEELING ‘orders’ that it will act on.

The Demiurge, even though it is a kind of a God, is not a very bright God. The Demiurge is rather simple, in fact, and is easily programmed, **but not by human willed forceful commands. The Demiurge is even easily flattered and easily led along with honeyed words about your desires and, as already said, the more your words and desires are loaded with TACTILE-**

FEELINGS the more that gets ‘through’.”

The Demiurge (for some strange reason not fully understood as yet) will not respond to commands, or forceful orders, or even to ordinary orders, given by you. But the Demiurge will respond to indirect suggestions especially if they are given in a ‘sweet’ way, or a nice way. If you give out a ‘command/forceful order’, at the/your #1, malkuth earth/hades plane/level, then you will/shall = automatically/reflexively = invoke/evoke!?! The/its/your = adversarial/oppositional force!?!

To illustrate – Instead of ‘ordering’ the Demiurge at the/your #1, Malkuth Earth/Hades Plane/Level, to get you a house, say to it this TACTILE-FEELING way – (gush is good and so is hyperbole – anything so it sounds ‘sweetish’) = persuadere = persuade/convince. From; per = thoroughly/strongly + suadere = to urge? From the Proto-Indo-European Root word; swad = sweet/pleasant!

So, as you can/see read, for yourself, each person/individual, would be, should be, able/capable of taking the above ‘information’, adapting it, rearranging it, modifying it, so that it ‘suits’, their ‘nature’, and work/make their ‘own’, approach, to the/their #1, malkuth earth/hades plane ‘body’ conscious-ness, psychological tactile-feeling, defining, three-dimensional-ising/symbol-ising ‘body/consciousness?’, and get objects, circumstances, things and/or its = done for them(?) = #0, outer, outer physically physical body!! There is absolutely no ‘point?’, in ‘mimicking?’, ‘aping?’, ‘copying?’, of Ophiel, or anyone else/other!

The moment/instant, that the individual is ‘confronted?’, with the/their #1, malkuth earth/hades tactile-feeling-self-body-consciousness!?! Then, ‘things-happen’!?! Now, it might be/may be(?), at the start/beginning, things are not so ‘nice?’, but... as time/practice, goes on/develops, then so to, does the situation/circumstances, surrounding the individual? (As Ophiel points out/indicates, in his own examples). But... the ‘point is??’, that Ophiel readers, do not ‘necessarily?’, have to wait until they ‘do?’, #2, etheric project, in order to ‘get on?’, as it were! And, even if/though there is/are many who would disagree/dispute, the idea/notion ‘of’ an adversary/opposer #1, malkuth earth/hades plane, just because ‘they!’, can/do #2, etheric project(?), isn’t going to make any ‘difference?’, at all, to either the #1, plane or body!?!

In the above examples, it is, to be hoped, that you can see/read, the two different ‘inner’ planes, that are being described; #2, etheric examples, from Ophiel, and #1, malkuth

earth/hades plane, from the present writer. There is/are many, many, individuals/persons who ‘reject’ outright, the idea/notion, of; Black-Astral-Light! (But... apparently/seemingly(??), not so, in the Old Crazy Book (Bible), in 2nd 3rd and 4th verses of Genesis!?!). The Dark-ness, Black-ness, Blind-ness, was/is, the ‘original’, starting place/point, in both the microcosm and then later, projected, into/onto the macrocosm(?).

Ophiel writes, in his third book; The Occult, that it is advisable for his readers to study the etymology of words. This, the present writer has done/does do, and been doing so, long before he read Ophiel, and, as pointed out in other monologues, the present writer was/is an avid reader of mythology, long before they ever read Ophiel. This probably accounts, for the present writer continually ‘seeing past/through’ words, to their ‘meanings’, figuratively and literally. Here is what Ophiel writes, in his book: The Occult, his chapter: The Four Winds;

“Job chapter 37 verse 22 – TELLS US THAT GOLD COMETH FROM THE NORTH!!!! Now, here is a perfect example of Occult trickery that has been used do much before. Job says Bold comes from the North – and as this statement stands now that way the statement is absolutely meaningless to the ordinary average person and is maddingly meaningless to the beginning sincere student of the Occult.

Well this statement will always be meaningless to the average person and also to the Occult student **UNTIL HE PICKS UP MORE OCCULT KNOWLEDGE THROUGH MEDITATION, CONTEMPLATION AND INTUITIVE INSPIRATION (Inspiration breath-in-breathing-air-movement and son on)**. When, through the passage of time and study, the sincerer Occult student becomes more knowledgeable he will ‘pick up’ the missing Occult ‘shorthand’ necessary to ‘fill out’ Job’s statement and Job’s statement will then become; ‘Gold’ (value), comes from the Elemental Quarter of the Elemental North!!!! (There is also a note that his Gold in Job is translated ‘fair weather’, the nutty translators.)” End quote.

All intuition is recognition; Daniel Khaneman, Nobel Laurette; Thinking; fast and slow.

So, there you have it? As soon as you, the reader either understand or accept, the ‘way?’, in which there is/are ‘two’ of you, and/or that there is/are ‘two’ earths(?), then, things start to become ‘better?’, for both parties?? (See/read Ophiel’s vignettes: Why do you let he Devil ‘USE’ you; The ‘OTHER’ you; Your ‘OTHER’ you; Your Loyal opposition; The God that is in my Mouth.) Only on the plane above, do you have both sides of the ‘force’ as a ‘single’

force. (See/read Ophiel's vignette: The Power of Speaking Things and Conditions into Existence).

As soon as a person/individual understands psychological tactile-feeling, defining, three-dimensional-ism, symbol-ism, in the/their dark-ness, black-ness, blind-ness and that the worthy ancients described the Demiurge, at the #1, malkuth earth/hades level, as Yaldabaoth – Childish; Saklas – Foolish; SamaEL – BLIND-GOD and Ophiel's description from his: Contacting the Demiurge, as the/a/an 'Idiot God' (Believes everything that it tactilely-feels!?! Has no 'discretion!?!' Hence Ophiel's Idiot-God! Automatic-God! Etc, etc.)

As soon as the individual starts/begins the/their egg/chair exercises, without any need to visualise or be intently, intensely emotional, then the 'simplicity' of the/their occult, art, skill, technique, method, procedure, is greatly enhanced, and the/their #3, ego body, present incarnation, personality body = can play to its 'strength?' = and simply 'observe?'. As indicated/pointed out, the first two systems from Ophiel, does this 'same thing' = attention to details, recording, observing. Your 'conscious-ness' is the 'one who senses', the/your 'ego body' piggy-backs, is carried/conveyed, by/with 'consciousness?'. Please put this to the test, try it, use it, and be/become 'conscious' to/of this, and 'observe' it!?!

Do Ophiel's Little System, with your stations, physically physical, as explained in his book: Astral Projection, do everything that Ophiel recommends/instructs; then, when you know what you are doing and what is expected of you. Add, to your exercise, the skills, that you have developed/enhanced, with the/your basic cosmic egg, and do the same 'route/stations', with your #1, malkuth earth/hades tactile-feeling-body!! #0, physically physical body, in/on the bed/couch/chair whatever; enter the/your dark-ness, black-ness, blind-ness and 'do' the whole of your 'route/stations' there and back; tactilely-feeling your way there and back. You must 'do' the whole 'route' as if, as though, you were/are 'blind' = hence – tactilely-feeling – your 'way', along your 'route' and back.

When you have done/practiced this a few times, and you are 'comfortable' with it and ready; simply switch to the/your #2, etheric visualisation 'route'!!! And 'include!!!', your tactile-feeling to/on = the/your #2, etheric images/route/stations!! And notice the 'difference?'. This is you, the operator/magician = using!?! = the/your Earth-of-Water!?! = tactile-feeling, defining, three-dimensional-ising, symbol-ising = IN/ON THE/YOUR #2, ETHERIC PLANE!?! Please apply, the same 'principle', technique (tactile-feeling), to the/your Talismans; Treasure Maps/Charts; Rituals; Prayers; Chants, Rants and Whatever it is, that

you are ‘into!?!’.

Leaving the above information aside, the question is (and always is!), do you understand(?). Understanding means that you can ‘do it?’, for yourself, in a manner/way, that suits you!! Is ‘relevant’, to your ‘psyche’, and therefore = to your!! = #1, malkuth earth/hades tactile-feeling-believing-body-consciousness!?! Let us finish this off now, with Ophiel’s instructions, from his book: Clairvoyance, his chapter: The Two Minds; wherein we read this part:

“The training of the sub-mind is a very subtle matter. There is no danger involved, the worst that can happen is just no good results in a hurry, and some confusion of ideas. The training of your sub-mind is like your training of your physical self to go under water for periods of increasing time. You are inducing your “hidden” mind to come “out” and function in the Physical Plane World; whereas its true plane existence is in the Inner Plane World.

There are many benefits to be gained from the functioning of your sub-mind in the outer plane world, if and when it can be trained properly. The sub-mind, possessing as it does, unlimited access to Inner Plane play of Forces can predict and calculate instantly the sum total effect of these Force’s interplay upon each other, and upon your Being. And this outer plane function can be, as I said, of great benefit to you. I might say here that any difficulties that might arise come, not from the impact of the information upon you, but from the difficult job of getting the information “through” to your outer plane in a form that you can understand and use “work on.” End quote.

Then, same book, same chapter, farther on, we read this part;

“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.

And there is an additional added bonus due to this sub-mind entry into your objective world. You know I just told you that when the sub-mind starts to take over in your objective world,

the objective mind “wakes up” and starts to come to life and starts to work.

Well this “waking up” of your objective mind is also to your advantage as now you have two systems working for you, and the new added alertness of the aroused objective mind should be to your advantage and may be all you really need to do a good life job.” End quote.

Egg and Chair, are not(!), #2, etheric plane exercises!

Egg and Chair, are not(!), #0, outer physical plane exercises!

Egg and Chair are(!), #1, malkuth earth/hades exercises!

Once you, the reader/occultist, master (understand), this/these ‘facts’, then ‘progress’, is/should be, very fast? But... until and unless = you! = #3, Ego Body, Present Incarnation, Personality Body! Learn ‘where?’, ‘what?’, your #3, place/part = IS!?! = in all this, then the ‘chances??’, of the/your #1, malkuth earth/hades body, being, becoming, engaged/involved = believing!! Will/shall take ‘longer?’, time wise, to manifest/show/reveal = ITS SELF(?) = to you – consciousness – in/on any plane/level?? = You have to release all conscious-mind control and practice allowing the sub-mind to take over!?!

There is no ‘I’ in ‘team?’ BUT... THERE ‘IS!?!’ A ‘ME!!!!?!’ And it is this ‘#3 = me?’, that might just be ‘holding you’ = consciousness – back!?! So, therefore, in order to train, enhance, develop, increase, the/your ‘latent/dormant’ Psychic abilities, as described by Ophiel above; the/your #3, Ego Body, Present Incarnation, Personality Body, is made to ‘play?’, to its ‘strengths’, and must ‘observe’, the/you ‘consciousness’, actions/doings, during your practice times, of the/your egg/chair.

As you = consciousness – observe? – tactilely-feel, define, three-dimensional-ise, symbol-ise, the ‘edge’, of each of the/your five basic elemental forces symbols, within you, about you and surrounding you = #1 = in/on its(!) = own plane!!! During your basic cosmic egg practice.

As you = consciousness – observe? – tactilely-feel, the ‘movement of’, ‘resistance of’, ‘reverse-ness of’, the/your #1, malkuth earth/hades body = in/on its(!) = own plane!!! During your basic chair exercise.

So, from the knowing/understanding, of/for the above, comes the ‘ideas’, that are posted, that you asked about.

Q. Where do you get your ideas from, as regards the information you post?

On Friday, 24th July, the present writer shall begin; 1 to 17, where to start; for you to peruse at your leisure and discretion.

Hope this helps a little.

Thank you.