

# **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>

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## 8 of 17 where to start. 2020

There is the #0, outer, outer physically physical, using plane!

There is the #1, malkuth earth/hades, tactile plane!

There is the #2, etheric, reflecting plane!

Conscious-ness is 'trapped/held?' in/on the/your #1, malkuth earth/hades = tactile-feeling plane!

According to the 'gnostic' schools, we/you = must 'escape!?!' from = the/this #1, plane!

Conscious-ness must 'about face/about turn' and begin the 'journey' back up/in!

We start/begin with the/our #0, outer, outer physically physical plane!

We enter/project to, the/our #1, malkuth earth/hades tactile-feeling plane!

From #1, we 'about face/about turn' and = look-back-behind!

We use, used, using = the/our #0, outer, outer physically physical plane!

Stand where you know you will not be disturbed for the length of time, that you will be/shall be 'learning'!

Please note carefully; learning time, is not(!), the 'same as!', practice time.

Learning takes longer; Practice makes stronger! Do not! Confuse the two!!!

Ophiel 'emphasised' that the five basic tattva symbols, are the 'keys', to the basic elemental 'forces', that the symbols were the 'ambassadors of' the/these elemental 'forces', here it is, from his book: Contacting the Demiurge, his chapter: Section Eight and One Half:

"Now note! Important! The "TOOLS" the secondary God uses to make this dream pattern transformation are the Five Elemental Forces viz (again) Air, Fire, Water and Earth, and Akasha (note-repeat.) Akasha, IS, the above referred to, undifferentiated elemental substance." End quote.

Here is what Ophiel writes, in his lesson two, of his; Correspondence Course in the Foundations of Occult Knowledge:

"The symbol you make in this lesson is the symbol of the, Element of Earth (not physical earth). Physical Earth is the representative 'reality of', the 'Symbol of', the Element of Earth." End quote.

Element of Earth (not physical earth), is what we 'work-with', in the basic cosmic egg exercise and/or basic chair exercise, even though we 'use', the physical earth, to 'do' this. This, the 'technique', is a 'binding' technique, or, according to Saint Augustine of Hippo an = 'AGREEING' = 'technique' = between you = #1 = and you = #0!?! Here is what Ophiel writes, in his third lesson, of his Foundations of Occult Knowledge:

“Now, as each of the elements has a symbol, also, in a very definite sense, each elemental ‘FORCE’ has a ‘plane’, which plane it rules by governing’. (By governing we ‘Mean’ to make the, ‘Laws’ which ‘Govern’ the immediate lower plane.) Also, each Elemental Force rules its plane by virtue of the emanations of its own peculiar ‘FORCE’, which force is rampant-supreme of that plane. I can add here, and you will be given more of this later in Lesson No. 10, that each element also consists of ‘parts,’ in some degree, of each of the other elements, all combined in a natural manner according to certain rules. (Which is all I now know about the matter, except that it is so!?) I will also mention here that man is a four-fold creature - all four elements are therein combined in man, and equally. This is the reason that, ‘MAN IS THE REAL RULER OF THE PHYSICAL WORLD.’ When he learns how to grasp the powers of the Elemental Forces, and rules them instead of allowing the Forces to rule him.”

Now, as each of the elements has a symbol, also, in a very definite sense, each elemental ‘FORCE’ has a ‘plane’, which plane it rules by governing’, (BY GOVERNING WE ‘MEAN’ TO MAKE THE, ‘LAWS’ WHICH ‘GOVERN’ THE IMMEDIATE LOWER PLANE.) = Please say you understand the above from Ophiel!?! = Please say understand the above from Ophiel = as it applies = to the/your #1, Malkuth Earth/Hades and #0, Outer Physically Physical Plane!?! = **BY GOVERNING WE ‘MEAN’ TO MAKE THE, ‘LAWS’ WHICH ‘GOVERN’ THE IMMEDIATE LOWER PLANE!**!?! #0, Outer Physically Physical Plane = is the ‘immediate lower plane’ = to/of/for = the/your #1, Malkuth Earth/Hades Plane!?! = **SO! THE MORE YOU ‘LEARN/MASTER’ = AS REGARDS THE/YOUR = #1, Malkuth Earth/Hades Plane!?! = THE MORE YOU CONTROL!**!?! THE/YOUR = #0, Outer Physically Physical Plane!?! Yes? No?

Also, Ophiel, writes this, a little farther on, in this same paragraph:

“I can add here, and you will be given more of this later in Lesson No. 10, that each element also consists of ‘parts,’ in some degree, of each of the other elements, all combined in a natural manner according to certain rules. (Which is all I now know about the matter, except that it is so!?)” End quote.

Simply for ‘practice’, it is ‘better’, to ‘imagine/feel’, that each elemental ‘force’, in/on its ‘own plane’;

**Also, each Elemental Force rules its plane by virtue of the emanations of its own peculiar ‘FORCE’, which force is rampant-supreme of that plane!**

Only behaves-like, looks-like, acts-like, operates-like, works-like, **TACTILELY-FEELS-LIKE!**!?! The/these ‘other’ forces!?! **BUT...** it is ‘still’ all = the same/one ‘force’!?! What actually, factually, literally, happens, is that it is the ‘principle-of’, the ‘other’ elemental forces, but... not really(?), the ‘force’, in its ‘self!?!’. For example:

The ‘water-of-earth’ = Bowl ‘inside’ Cube = is all elemental earth! But... the ‘smaller part’ = ‘water’ = is the elemental earth, that is ‘principle-of’, is behaving-like, looking-like, acting-like, operating-like, working-like, **TACTILELY-FEELING-LIKE** = Elemental Water!?! = But... it is ‘still’ = all elemental earth!!?! So, in ‘any’ combined tattva, it is the ‘principle’ which is being ‘used’ and ‘expressed’ in the ‘smaller’ tattva symbol!?!

“To complete this Lesson, you will now make your personal symbol for the Etheric Plane, the symbol of the Element of Water. Note: Even though this drawing is a symbol of the Elemental Force known as the Element of Water, it is sometimes referred to a merely ‘Water’. Don’t be confused by this. **Remember always that it is the Element of Water, which is referred to, and not actual physical water itself.**” End quote.

As you 'stand' in your chosen practice area, simply relax your eyes and let your eyelids half-close, if you cannot do this (The 'sleeping buddha' pose (The dreaming buddha pose = dreaming of here!?!)) then simply close your eyes fully.

Note: it matters not one jot how 'bright' your learning space/area is, the/your psychological dark-ness, black-ness, blind-ness = TACTILE-FEELING!?! = IS ALWAYS 'THERE!?!'

With your #0, physically physical eyes, 'relaxed', you = conscious-ness, can now 'turn-inwards', and sense/feel your #0, outer, outer physically physical body 'standing'. After a few seconds, of defining, three-dimensional-ising, your #0, body.

You can 'take' the same black-ness/blind-ness 'feeling', and tactilely-feel = your 'cosmic egg/aura' = about you, within you and surrounding you = #0 &+ #1!?!'

YOU = CONSCIOUS-NESS = NOW-HAVE-TWO!?!-BODIES!?!

#0, Outer, outer physically physical you = relaxed, standing still!?!'

#1, Malkuth Earth/Hades you = actively-tactilely-feeling = your egg/aura!?!'

Here is how Ophiel describes this, from his third 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 'WORLD', 'PLANE', AN INNER PLANE." End quote.

YOU = CONSCIOUS-NESS = NOW-HAVE-TWO!?!-BODIES!?!

YOU = CONSCIOUS-NESS = DO NOT HAVE TO 'TRAVEL' A 'ROUTE'!?!

YOU = CONSCIOUS-NESS = DO NOT HAVE TO 'GO TO SLEEP' AND 'COME BACK'!?!

YOU = CONSCIOUS-NESS = DO NOT HAVE TO 'CREATE/MAKE' A/AN 'OTHER' BODY!?!

Hopefully, the/your conscious-ness = aware-ness, awake-ness = of/to this 'fact' = is now 'realised'!?!'

THE/THESE 'TWO BODIES = #0 &+ #1' = HAVE 'ALWAYS!?!' = BEEN THERE!?!

THE/THESE 'TWO BODIES = #0 &+ #1' = ARE 'ALWAYS!?!' = THERE!?!

PLEASE NOTE CAREFULLY! VERY, VERY CAREFULLY!! = THE/YOUR #1, MALKUTH EARTH/HADES TACTILE-FEELING-BODY = NEVER, EVER, SLEEPS!?!

Having closed your physical eyes, you = conscious-ness = are now in/inside = the/your #1, Malkuth Earth/Hades 'BODY = CONSCIOUS-NESS!'

You = #0, Outer, outer physically physical body = conscious-ness = ARE/HAVE BECOME = THE/A = SUB-PLANE!?!

You = #0, Outer, outer physically physical body = conscious-ness = ARE/HAVE BECOME = HAVE NOW 'ENTERED' = THE STATE/CONDITION = KNOWN AS/MUCH BANDED ABOUT = SENSORY-DEPRIVATION!?! It is 'important', that you = the practitioner = know/accept this = as this knowing/knowledge = assists/aids = in your 'learning efforts'.

Many persons who 'meditate?', don't know/aren't aware, awake, conscious to/of, the actual, literal, factual, fact! That when they 'enter into' the/their 'meditative state/condition' = THEY ARE 'ENGAGED' IN SENSORY DEPRIVATION!?! = NO OUTER STIMULUS!?! (The present writer, never 'used' = scents, sounds, symbols = they just simply 'closed' their eyes, and 'entered' their dark-ness, black-ness, blind-ness.) But... the vast majority, especially in the west, do not 'know' anything or very little, about the part 'played' by/with the/their #1, Malkuth Earth/Hades Body!?! Too 'busy' trying to #2, etheric visualise!?!

Here now, is an 'occult' that is 'beyond' most of you(?).

You cannot/do not 'visualise' = without the your #1, malkuth earth/hades 'permission!?!'. Just because you = conscious-ness = are 'un-conscious' to/of the/this 'fact' = MAKES NO DIFFERENCE!?! WHATSOEVER!?! TO THE/YOUR #1, MALKUTH EARTH/HADES TACTILE-FEELING-BODY-CONSCIOUS-NESS!?! = DO YOU UNDERSTAND THIS!?! (See/read Ophiel's vignettes: Why do you let the Devil 'USE' you; The 'OTHER' you; Your 'OTHER' you and Your 'LOYAL' opposition.) In Ophiel's method (#2, Etheric), you have to 'transfer' your 'powers' of #1, tactile-feeling = from!?! = the/your 1, malkuth earth/hades plane = to!! = the/your #2, etheric plane and make!?! = the #2, etheric plane, elemental water = behave-like, work-like, look-like, act-like, operate-like = the/your #1, malkuth earth/hades = Earth-of-Water – Cube 'inside' Bowl = otherwise you, the operator would recognise nothing!?!

Here it is, from Ophiel, from his book: Clairvoyance, his chapter: Semi-Physical types of Clairvoyance:

I find myself unable to convey clearly an idea to you as to how you 'see' on the Inner Planes. Naturally, you have no physical bi-focal eyes – or two eyes seeing an oval space in front of you. You have a 'single-eye' only, but now that I think of it, the Inner Plane scenes appear three dimensional, the same as here, which I am unable to account for, and which I will have to do further work on." End quote.

Conscious-ness = is the single-eye = conscious-ness = IS #1, MALKUTH EARTH/HADES!?! (For all this, is delivered unto me and to whomsoever I choose to give it.)

Conscious-ness = is use, using, used!?! = when 'projecting' in/on the/our/your #0, outer physical plane!

Conscious-ness = is tactile-feeling!?! = when 'projecting' in/on the/our/your #1, malkuth earth/hades plane!

Conscious-ness = is reflect, reflected, reflecting = when 'projecting' in/on the/our/your #2, etheric plane!

Having relaxed/closed your eyes, reduced all your outer stimuli, turned inwards, and entered your #1, malkuth earth/hades psychological tactile-feeling, defining, three-dimensional, symbol-ising plane. You 'establish' the 'edge' of, the/your 'cosmic egg', within you, about you and surrounding you = #1 &+ #0, with the/your #3, Ego Body, Present Incarnation, Personality body = OBSERVING!?!

Here it is from Ophiel, from his first book: Astral Projection, his; Little System:

“At first YOU WILL SEEM TO BE LOOKING AT YOURSELF DOING THE ACTION. When you have done this for while and you are familiar with yourself doing the actions AND FULLY REALISE THAT IT IS YOU WHO ARE DOING THE ACTIONS *IN DUAL* – THEN MAKE THE ATTEMPT TO TRANSFER YOUR CONSCIOUS-NESS, YOU, YOURSELF, TO THE IMAGE OF YOURSELF THAT YOU ARE WATCHING - Try to see through the eyes of the image, feel it about you, feel yourself into it. The image is your etheric body and you are watching it thru the 'eyes' of the ASTRAL BODY – when you WORK on or SEE any part of yourself you are working or seeing thru the body 'above' that body. So, in this case you are transferring down and not up.” End quote.

So, just for 'context', let us put it this way:

At first YOU, #3, EGO BODY, WILL SEEM TO BE LOOKING AT YOURSELF DOING THE ACTION. When you have 'practiced' this 'OBSERVING' over a few practice sessions, and you, #3, are familiar with yourself #1, doing the actions AND FULLY REALISE THAT IT IS YOU = CONSCIOUS-NESS = WHO ARE DOING THE ACTIONS *IN DUAL* – THEN MAKE THE ATTEMPT TO TRANSFER YOUR CONSCIOUS-NESS, YOU, YOURSELF, TO THE IMAGE OF YOURSELF THAT YOU ARE WATCHING – IN THIS 'CASE' – YOU #1, MALKUTH EARTH/HADES SELF! Try to TACTILELY-FEEL thru the image, feel it about you, feel yourself into it. The image is your #1, Malkuth Earth/Hades Body, and you are watching it, through the 'reflection' of the #2, Etheric Body – when you WORK on or SEE any part of yourself you are working on seeing thru the body 'above' that Body. So, in this case you are transferring down and not up.

Here is what Ophiel writes, in his lesson two, in his Astral Projection Course:

“I probably should explain first that the 'Little System' to be exact, is not an Astral Projection System, but is really an, Etheric Projection System.” End quote.

What you, the reader, are 'attempting?', 'trying?', 'doing?' with the/your basic cosmic egg exercise and/or basic chair exercise = is/are, a #1, Malkuth Earth/Hades Plane Projection!?! Do you/can you understand this!?! Ophiel next writes:

“You may have read the book THE ART AND PRACTICE OF ASTRAL PROJECTION and in this book: I have given some Knowledge of the different planes and how they differ from one another, and they do differ. I trust you read and assimilated all this basic Physical Plane Knowledge, as it is most vital that you completely understand the planes, and their differences, from each other. (They have some similarities too, but it is their differences that are important in projection work.) There is one simple word that can be said to differentiate - describe all the Planes from each other and that word is 'heaviness.' The Physical Plane is 'heavy' (est) in comparison with all the others. The 'others' are not only 'lighter' but also, 'Inner'.” End quote.

THE/YOUR #1, MALKUTH EARTH/HADES PLANE = IS!!! = AN INNER-PLANE!?! = THE FIRST = INNER PLANE = GOING UP/IN!?! THE LAST = INNER PLANE = COMING DOWN/OUT!?! = YOU CANNOT RECALL THIS INFORMATION TO 'MIND' OFTEN ENOUGH!?! Ophiel continues:

“We, ‘LIVING HERE’ AS WE DO ‘NOW’ HAVE GROWN ACCUSTOMED TO ‘LIVING,’ ‘MOVING,’ ‘ACTING,’ IN A CERTAIN DEFINITE CORPOREAL FASHION – MANNER. IF WE ACCIDENTALLY MAKE AN INNER PLANE PROJECTION, WE FIND OURSELVES IN A COMPLETELY STRANGE, AND EVEN APPARENTLY HOSTILE ENVIRONMENT - SITUATION BUT ACTUALLY THE ENVIRONMENT IS NOT HOSTILE, MERELY, ‘DIFFERENT.’ And one of the most immediate important things that your first necessary work should, and must be, is to become accustomed to the unusualness of the Inner Planes; and once this is done, progress on entering the Inner Planes should then be easy and fast.” End quote.

And one of the most immediate important things that your first necessary work should, and must be, is to become accustomed to the unusualness of the Inner Planes; AND ONCE THIS IS DONE, PROGRESS ON ENTERING THE INNER PLANES SHOULD THEN BE EASY AND FAST!!! The ‘easiest’ of planes, to ‘project to’ = IS! = the/our/your #1, Malkuth Earth/Hades = Tactile-Feeling-Plane!!!

Ophiel next writes:

“Therefore, it is only when you first re-enter the/an Inner Plane that you experience the intense feelings of ‘lost-ness’ due to the extreme strangeness of the lack of all ordinary responses to the surroundings environment. As I said before, and in other places, it was to overcome these feelings of extreme strangeness that the Little System was invented; as I early recognised these ‘wrenching’ experiences that followed my first work along these Inner Plane lines, when I was completely lost for many years before I could make any sense out of the whole business.” End quote.

Many, many = would be = occultists, have this ‘problem’ = lost!?! = where they ‘believe?’ in the ‘occult?’ = but... can’t get ‘it’ to ‘work?’, for them!!! One of the ‘basic ways’, to ‘overcome’ the ‘feelings/sensations’ of ‘strange-ness’, is to involve/engage and develop = the/your #1, malkuth earth/hades = tactile-feeling-body!!! = Hence, the basic cosmic egg, the basic chair and/or the letter of Saint Augustine of Hippo = ALL!!! = #1, Malkuth Earth/Hades Plane = EXERCISES!!! Ophiel continues in his lesson two, Astral Projection, with this:

“In many cases dreams are like projections and, really are projections and in many cases, they are not projections. Too much, is as yet, unknown about dreams, as such, for me to venture an exact opinion about them in connection with Astral Projection and neither can anyone else. But there are connections and you have to learn, by rule of thumb, to make a differentiation between them, between ordinary dreams and projections. The one difference seems to be that dreams are undirected and projections are directed. Please think this difference over in your mind until ‘YOU’ understand it.” End quote.

The one difference seems to be that dreams are undirected AND PROJECTIONS ARE DIRECTED. Please think this difference over in your mind until ‘YOU’ understand it = YOUR BASIC COSMIC EGG EXERCISE = IS!!!! = DIRECTED!?! = THROUGH/BY/WITH = YOUR DELIBERATE, CONSCIOUS-NESS = PSYCHOLOGICAL TACTILE-FEELING, DEFINING, THREE-DIMENSIONAL-ISM, SYMBOL-ISM!?! Do you understand(?) now?

Your = #0, Outer, outer physically physical body = IS STANDING STILL, EYES CLOSED!

Your = #1, Malkuth earth/hades body = IS TACTILELY-FEELING THIS!

Your = #3, Ego body, Present incarnation, Personality body = IS OBSERVING THIS!

The one difference seems to be that dreams are undirected AND PROJECTIONS ARE DIRECTED. Please think this difference over in your mind until 'YOU' understand it = TACTILE-FEELING = IS 'HOW!?!' = YOU!! = THE READER/OPERATOR = DIRECT/CONTROL = THE/YOUR #1 &+ #0 BODIES!?! = Egg, Chair, Agree!?! = ALL DIRECTED! = ALL CONTROLLED! Farther on, we read this from Ophiel;

“When the light reaches the Etheric Plane, it is just a sort of glow. But when you do project to the Inner Plane, that is, the Astral Plane, and you stop and examine this light closely you will see that it consists of tiny little points of colours, and they are gently moving and flowing, although, at first Inner Planes glance, the ‘matter’ of this plane seems to be solid, like physical. There is a mystery here, which I am not able to tell you the full meaning. I don’t know it myself, but then neither does anyone else that I know of in the world.” End quote.

At first Inner Planes glance, the ‘matter’ of this plane seems to be solid, like physical. There is a mystery here, which I am not able to tell you the full meaning. I don’t know it myself, but then neither does anyone else that I know of in the world = When/if(?), you get to ‘understand’(?) = the elemental force, of the element of, the elemental element, of the elemental earth, then, you will be/shall be/are(?), in a position/place to ‘understand’, so, try it here now, and see how you get on?

EVERYTHING FROM KETHER TO MALKUTH TO PHYSICAL = IS!! = ELEMENTAL EARTH!?! = EITHER IN ‘FACT’ AND/OR IN ‘PRINCIPLE’!?! Ophiel, writes describes this ‘fact’, in his writings, in his books: Occult and Caballa, here it is, from his book: The Occult, his chapter: The Four Winds:

“There is also an Earth of Air, and other Earths of Fires of Water, which we did not mention before, so please note the following – in each case when it is the turn of Earth to form a combination the combination follows the combination of Fire and occurs at an imaginary place where the section of a letter of Tetragrammaton passes into the next letter of the Tetragrammaton.

The next letter – IS THE EARTH OF THE PRECEDING COMBINATION. Thus, in the case of where we are now, the Fire letter space of Tetragrammaton IS THE EARTH OF AIR.” End quote.

Caballa Magic; chapter 4 workings:

“Look again at Fig. 2a Tree 2. What you see there is a Tree Universe (also small Tree you = Small Universe) in which (also like you) some of the Elemental Essence has already reached the “bottom” of the Tree and become the Elemental Force of Earth, whereas, obviously, at the “top” undifferentiated Elemental Force of Earth is entering the Universe Tree (and you) and becoming the Elemental Force of Air.” End quote.” End quote.

Then, farther on, this part:

“Don’t accept it blindly. Test it. Learn to Etheric project. Learn to Creatively Visualize. Develop some clairvoyance. So, that is the test. TEST. There was one factual point I overlooked in the previous presentation. Take a look at the Tree again: Fig. 1a. Note: Each of the three (3) Sephiroth triangles has Air, Fire, and Water in it,

but no apparent element of Earth, except you can see the word Earth repeated three times. Please note: in this case the Element Earth is represented by the next three, lower down Sephiroth!!! There is another clue for you available as to how God can use itself to react with itself. Look at Fig. 2a. Please note that in place of the round circles, Sephiroth, I substituted the Elemental Force’s symbols in combination with each other.” End quote.



Note: Each of the three (3) Sephiroth triangles has Air, Fire, and Water in it, but no apparent element of Earth, except you can see the word Earth repeated three times. Please note: in this case the Element Earth is represented by the next three, lower down Sephiroth!!! = This is the elemental earth force, in principle!!! = The/our/your = #0, outer, outer physically physical body = IS!! = The elemental earth force, to/of/for, the/your #1, malkuth earth/hades tactile-feeling-body!?!

HENCE ‘WHY!?!’ = WE/YOU = CAN ONLY! ONLY! = USE, USED, USING!?! The/your #0, outer, outer physically physical body!!!

HENCE ‘WHY!?!’ = WE/YOU = CANNOT, DO NOT = CHANGE/ALTER = THE/OUR/YOUR #0, Outer, outer physically physical plane!?!

HENCE ‘WHY!?!’ = WE/YOU = CAN ONLY! ONLY! = CHANGE/ALTER = THE/OUR/YOUR #1, Malkuth Earth/Hades Plane = FIRST!?! (For all this, is delivered unto me (#1), ‘and’, to whomsoever I (#1), choose to give IT!?!) So, we change/alter = our #1, Malkuth Earth/Hades Plane = by/with/through = TACTILE-FEELING, DEFINING, THREE-DIMENSIONAL-ISING, SYMBOL-ISING!?!

HENCE ‘WHY!?!’ = WE/YOU = DO NOT, CANNOT = #2, ETHERIC VISUALISE!?! In/on the/our/your #1, Malkuth Earth/Hades Plane!!!

Don’t accept it blindly. Test it. Learn to TACTILELY-PROJECT. Learn to Creatively Visualize. Develop some clairvoyance. So, that is the test. TEST!!!

And one of the most immediate important things that your first necessary work should, and must be, is to become accustomed to the unusualness of the Inner Planes; AND ONCE THIS IS DONE, PROGRESS ON ENTERING THE INNER PLANES SHOULD THEN BE EASY AND FAST!?! The ‘easiest’ of planes, to ‘project to’ = IS!! = the/our/your #1, Malkuth Earth/Hades = Tactile-Feeling-Plane!?!

So, having taken the/your first steps, in the learning/mastering of ‘projecting/transferring’ of your = conscious-ness = you, the reader, have decided to put the basic cosmic egg exercise = to the test!?! And you are now standing in your chosen practice ‘area’, where you are going to ‘learn how’, to tactilely-feel, the/your cosmic egg = within you, about you and surrounding you = #0 &+ #1!?!

Thank you.