

# **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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# 1 of 1 duality. 2021

The present writer has explained, what 'duality' is for them (the present writer) personally/individually. The term 'duality' is means 'Two'. From the Proto-Indo-European Root word; Dwo = Two, But...! There is no 'duality' in/on the 'vertical axis' only in/on the 'horizontal axis' and when/where, these two 'lines' intersect, you have a/an, '+'. The horizontal line is the 'duality', the vertical line is the, conscious.

Conscious can 'stop' at any point, in/on the vertical line and 'go across' the horizontal line, thus creating/making a 'ness = projection; protrusion; extension; jutting forth; sticking out; standing out?'

Here is what Ophiel, writes, in his book: Contacting the Demiurge, his chapter: Opening:

"It would seem to me that the time has come, in the course of the history of the world; to realize there is no such thing as active evil oppositions; and that what appears to be such is an illusion born of our ignorance and misunderstanding. There exists, on this Earth plane, a dual-ness, but it is more or less only a give and take, an ebb and flow, a rising and a falling, and a coming and a going. When all things are on the upswing then God is in his Heaven, and all is right with the world. When all things are on the downswing, then the devil reigns and all hell break's, loose. And yet all is the same one thing – not two things – just the way the One Thing is functioning. And that, is all there is to it. No matter how many devils' men create to fill the "evil" void, to explain the fallbacks, it is only the duality of the physical world which is to blame for life being what it is.

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." End quote. (Underlines are the present writers.)

As the individual enhances, develops and increases the/their 'individual' = aware-ness, awake-ness, conscious-ness in/on any/all planes, the objects, circumstances, things and/or 'its' of/for the/that plane – also increases, develops, enhances. The present writer 'noticed' this, during the practicing of their egg/chair exercises, and then, when they (the present writer) performed the whole of Ophiel's Little System technique, they did it (the 'route' there and 'back' again.) in complete/total #1, Malkuth Earth/Hades Plane Dark-ness; Black-ness; Blind-ness, psychological/psychical tactile-feel-ing = define-ing; three-dimensional-ising; symbol-ising!!!

In order to 'do/practice' this, the present writer had to 'assume' and then, be/become 'dual = all/everything' in/on the same/one plane = #1, Malkuth Earth/Hades Plane.

The/this 'technique' of assume; assuming; assumption & assumed; is what others do/practice, in Ophiel's #2, Etheric Plane Projection techniques. (Same 'thing' different plane!?! ) but, not everyone can/does, get to #2, Etheric Project and 'strangely' enough(?), there is/are many persons/individuals, who can't even get the egg/chair exercises to 'work/operate' for them either?? (Ego Body 'dominated'). Here is what Ophiel writes, in his book; Clairvoyance, his chapter: Semi-Physical Types of Clairvoyance:

“In these systems, there is a looking at, or gazing at, a reflection of some kind. The eyes become, let us say, ‘bored’, with the continuous gaze at the single shiny reflection, and they then become fixed, and SIGHT SHIFTS TO THE INNER AND LATCHES ON TO THE PROPER ASTRAL THREAD. Please note again that we are here talking about looking or gazing at something, and in all these cases, it is also necessary for you to add a little imagination while gazing, TO GET THE VISION STARTED – to ‘prime’ the pump, as it were.” End quote.

This = TO GET THE VISION STARTED – is = the/this technique, of assume; assuming; assumption & assumed! Many ‘occultists?’, do not know/understand, that many so called ‘occult?’ techniques, are based on the individual’s personal ability, to; assume = take back; take up; take in. The only thing which interferes or prohibits this from happening, is the ‘presence’ of the individual’s, #3, Ego Body.

In the, basic cosmic egg exercise, the individual is, introduced, to a very ‘potent/powerful’ method of ‘occult’, that is ‘wasted’ on many would be/so called ‘occultists?’ This basic exercise, has many, many ‘subtle powers’ in it, which can only be ‘experienced?’, through working with it. Here it is, from Ophiel, same book; Clairvoyance, his chapter; The Body of Light and the God Images:

“There is another method you can use if all you are looking for is a type of Spirituality. Probably it won’t hurt you to practice the following methods anyhow, now that I think of it – practice this method as a sort of preliminary to your work to come – the kind of work outlined previously. In the first book I wrote; THE ART AND PRACTICE OF ASTRAL PROJECTION, I gave you four system of projection. One of the systems given was called; The Body of Light Method. In this method, a person creates, on an inner plane, a body composed of the material of that inner plane, a body composed of the material of that plane, which, in all cases of the Inner Planes, consists of Light, hence the name; Body of Light.” End quote.

The particular ‘Light’, which you are ‘using’, in the/your basic cosmic egg exercise, is, the/your #1, Malkuth Earth/Hades Plane – dark-ness; black-ness; blind-ness psychological/psychic = tactilely-feel (define; three-dimensional; symbol-ise.) Black-on-Black = ASTRAL LIGHT! Ophiel continues;

“When you have mastered both of the techniques - The Body of Light and the recall of the visualised images – then do the following. Select the God or Goddess you want to contact – create your body of Light – create your God image – AND MERGE THE TWO INTO ONE. You will find this a startling and rewarding experience.” End quote.

Ophiel’s = ‘AND MERGE THE TWO INTO ONE’ – THIS ‘MERGING’ = IS PRECISELY WHAT = YOU – CONSCIOUS = THE OCCULTIST(?), IS/ARE DOING(!) WITH THE FIVE BASIC ELEMENTAL FORCES SYMBOLS = IN/ON THE/YOUR #1, MALKUTH EARTH/HADES BLACK-ON-BLACK – BLACK-ASTRAL-LIGHT!?! (See/read Ophiel’s vignette; An Exercise in Preliminary Projection, and his ‘which is neither Etheric or Physical, but ‘in-between!!’)

Whatever ‘plane/level’ you – conscious – are in/on, then there is/are = ONLY THREE DIRECTIONS!?! = for you = CONSCIOUS!?!

Each of the/these = THREE-DIRECTIONS – IS/ARE A = ‘NESS – protrusion; projection; jutting out; standing forth, etc, etc.

Conscious as a ‘Duality’ = ALL, IN/ON THE SAME, ONE PLANE = NESS = Going across the plane!

Conscious as an 'Assume' = LOWER TO HIGHER = NESS = Coming up/in to the plane!

Conscious as a 'Polarity' = HIGHER TO LOWER = NESS = Coming down/out of the plane!

ABOVE! ACROSS! BELOW!

The 'only?' two planes/levels where the above three-directions – do not apply – is/are = kether/physical!?!

Kether = Always above to below!

Physical = Always below to above!

Kether = Always – GOING ACROSS THE PLANE! = Then – Only – Polarity!

Physical = Always – GOING ACROSS THE PLANE! = Then – Only – Assume!

Thus, from the 'point/place' of = CONSCIOUS = in order to 'move/project' there is/are = ONLY TWO DIRECTIONS!?!

Thus, from the 'point/place' of = CONSCIOUS = as a - 'NESS – protrusion; projection; jutting out; standing forth, etc, etc. There is – only – going 'across' the plane = Duality!?! Duality – only happens/takes place – in/on the plane/level which you – Conscious are Conscious = of!?!

When the present writer does/practices the/their basic cosmic egg exercise, their #0, outer, outer physically physical plane – fades/sinks – from 'Conscious-ness' view!

When the present writer does/practices the/their #2, etheric projection exercises, their #0, outer, outer physically physical body/plane &+ #1, malkuth earth/hades body/plane – fades/sinks – from 'Conscious-ness' view!

Ophiel writes, that persons are 'in and out' of these planes, every day/time that they – Conscious, are awake, aware and 'in' duality to/with, the/their #0, outer, outer physically physical plane – Duality!?! And as 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.

For 'context', we read thusly:

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.

YOU ARE GOING TO LEARN TO PROJECT YOUR CONSCIOUS AS A 'NESS' TO THE BODY YOU HAVE, THAT CORRESPONDS TO THE BODY OF THE PLANE, YOU WANT TO GO TO.

The present writer wishes to 'GO TO/TRANSFER TO' the/their #1, Malkuth Earth/Hades Plane!

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. YOU ARE GOING TO LEARN TO PROJECT YOUR CONSCIOUS AS A 'NESS' TO THE BODY YOU HAVE, THAT CORRESPONDS TO THE BODY OF THE PLANE, YOU WANT TO GO TO.

The present writer wishes to 'GO TO' the/their #1, Malkuth Earth/Hades Plane!

The present writer has read of many, many persons who wished to 'GO TO/TRANSFER TO' the/their #2, Etheric Plane = FIRST! (As did Ophiel, as he knew no different at that time.) And 'succeeded' in doing so.

But... like Ophiel (Vignette; An Exercise in Preliminary Projection), found/discovered, that they had to 'come back?', to the/their #1, Malkuth Earth/Hades Plane. (The 'plane' between #2 &+ #0!?!)

The 'duality of' = the #0, outer, outer physically physical plane is = use; use-ing; used.

The 'duality of' = the #1, malkuth earth/hades plane is = psychic tactile-feel-ing.

The 'duality of' = the #2, etheric plane is = reflect; reflection; repeat; repeating.

The 'duality of' = the #4, astral plane is = emoting; projecting; directing.

Where the planes/levels 'meet/merge/change' is where the 'akashic principle' = AS THE ELEMENTAL FORCE 'PRINCIPLE OF', THE ELEMENTAL ELEMENT, OF THE ELEMENT OF THE ELEMENTAL EARTH(?), TAKES PLACE/HAPPENS!?!

THE ELEMENTAL FORCE 'PRINCIPLE OF', THE ELEMENTAL ELEMENT, OF THE ELEMENT OF THE ELEMENTAL EARTH(?), IS BETWEEN!?! THE 'DIFFERENT-DENSITY-INTENSITY-OF!?!' THE PLANES!?!

BUT!!! = IT IS 'BETWEEN' THE #2, ETHERIC PLANE AND THE #0, OUTER, OUTER PHYSICALLY PHYSICAL PLANE = THAT THE ACTUAL, FACTUAL, LITERAL = FORCE OF = THE ELEMENTAL 'PRINCIPLE OF', THE ELEMENT, OF ELEMENTAL 'EARTH?' = IS/BECOMES A/AN ACTUAL, FACTUAL, LITERAL = PLANE!?! = IN

ITS 'OWN' RIGHT!?!

IT IS THIS #1, MALKUTH EARTH/HADES EARTH PLANE 'PRINCIPLE' = THAT YOU(?) = THE READER/OCCULTIST(?) ARE TRYING TO LEARN; DEVELOP; INCREASE; ENHANCE AND UNDERSTAND!?! – IF? – you choose, to test, try, use, the basic egg/chair exercises, to see 'if?', find out 'if?', the/these exercises are for you or not, at this particular time, in your occult life/living!?!

The 'one thing' which is 'prohibitive' to the 'occult principle' is the individuals = OWN EGO!?! = which makes a = JUDGEMENT/JUDGING = ON ALL THIS PSYCHIC/INNER PLANE!?! (See/read Ophiel for this, his book; Clairvoyance, and his 'milk pouring exercise'.) One of the most, outstanding of things(?), about the/your #3, Ego Body, Present Incarnation, Personality Body is that it (#3) = PIGGY-BACKS!?! = in/on Conscious!?! When it – Conscious – is a 'NESS'!?! AND! AND! = IT - #3, JUDGES = NOT ME! NOT THIS! NOT THAT! NOT MINE! NOT HERE! OVER THERE! ELSE! OTHER! SEPARATE!

The word 'Faith' means; to Persuade: to Convince? (By/with = use; use-ing; used!)

The word 'Belief' means; to Trust (By/with = psychic – tactile-feeling!)

When the present writer tried to explain(?), that the #3, ego body 'piggy-backs?' in/on conscious, most persons scoffed at the/this, idea/notion, and yet(?), even in/on the/their #0, outer, outer physically physical body 'conscious?' = THERE IT IS!?! – THE #3, EGO BODY, PRESENT INCARNATION, PERSONALITY BODY!! = PIGGY-BACKING AND JUDGING! AND MAKING JUDGEMENTS! IN/ON #0, Outer, outer physically physical body you – Conscious???

Also, beyond the understanding of the present writer(?), is the 'idea/notion?', that if you are able to #2, Etheric Project, that you will/shall 'automatically???' , 'reflexively???' be/become a 'better??' #3, ego body, present incarnation, personality body!?! (The present writer wasn't/isn't!?!), and there now is, in social media, enough evidence to show, that this 'better person' thing, just doesn't apply/happen!?! Here is how Ophiel finishes of his chapter; The Body of Light and the God Images:

"Select the God or Goddess you want to contact – create your Bod of Light – create your God Image AND MERGE THE TWO INTO ONE. You will find this a startling and rewarding experience. This type of action should bring you into a very close and personal relationship with the 'Gods.' Now, do remember these 'Gods' are only combinations of Forces and you are not to make the mistake of worshipping them.

I repeat - they have no power by themselves – they are only combinations of Forces – only tools that you use when you learn how to use them properly. But, in your learning how to use them – how to learn to use these tools – you are progressing spiritually and don't forget it." End quote.

When/if, you are successful(?), in the practice/doing, of the/your basic cosmic egg exercise, you will be, psychologically/psychically = tactilely-feel-ing; define-ing; three-dimensional-ising and symbol-ising the/these Forces/Gods – in the TATTVA-STYLE = Egg; Sphere; Inverted Pyramid; Bowl & Cube – IN/ON THE/YOUR 'OWN' #1 &+ #0 = CONSCIOUS BODIES – AS A 'NESS'!?! THUS = YOU! – THE OPERATOR(?), OCCULTIST(?), HAVE MADE/CREATED A 'MERGING OF' = THE/YOUR #1 &+ #0 – WITH!! = THE 'GOD-FORCE' = OF YOUR CHOICE/CHOOSING = AND 'MERGED!?!' = WITH IT!?!

This is the 'secret??', of/for the/your basic cosmic egg exercise!?!'

I repeat - they have no power by themselves – they are only combinations of Forces – only tools that you use when you learn how to use them properly. But, in your learning how to use them – how to learn to use these tools – you are progressing spiritually and don't forget it!

The 'fact?', that you are doing/practicing/progressing, in/on the/your #1, malkuth earth/hades plane, should make absolutely 'no difference whatsoever!?!' (For all this is delivered unto me, and to, whomsoever I (#1), choose to give it! IT – Object; Circumstance; Thing!)

When/if(?), you, the reader/occultist, choose to do/practice your egg/chair exercises, you – conscious – are 'entering into' = A 'DUALITY'!?! = to/with the/this plane = #1 Malkuth Earth/Hades!?! = as a 'NESS'!?!'

SO! EVERYTHING/ALL ELSE/OTHER!?! = IS/WILL BE/SHALL BE = #1, Malkuth Earth/Hades!?! = A DUALITY!?! BUT...! (Ah yes!! The great 'but!' of magic??) BUT...! IF!! #3, EGO BODY YOU, PRESENT INCARNATION, PERSONALITY BODY YOU!?! = JUDGES! MAKES A JUDGEMENT = ME – THEE!?! = Else; Other; Separate; Over There!?! = Then there can be/will be = NO 'DUALITY'!?!

IF!! There is no #1, duality = there is/will be = NO BELIEF! NO BELIEVE! NO BELIEVING! NO BELIEVED!?!

The 'merging of?', the/your #0 to/with, the/your #1, with(?), the/your #3, ego body – simply 'observing?' (Word means 'watch over!?!') is the 'optimum' to aimed for. The practicing/doing of the/your basic cosmic egg and/or basic chair exercises is/are, for, the/your #1, #0 &+ #3, bodies, to 'realise' the/their 'harmony/balance' in working/co-operating; sharing together, and when done successfully, it will be down to 'merging with', whatever plane/level that, conscious, happens to be 'using', at the/that time, thus reinforcing, enhancing, increasing, defining = the 'duality of/for' = the/that plane/level.

Perhaps(?), you are doing your basic egg/chair exercise from a #3, ego body, point of view?

Perhaps(?), you – conscious – are un-aware; un-awake and/or un-conscious(?), to/of this fact?

Many persons, find/discover this 'letting go', during the meditation/contemplation techniques, many 'skilled' persons/artists = craftsmen; sports persons (athletes; gymnasts; ball players, etc) writers; painters; singers; trades persons – woodworkers; metal workers, etc, etc; find/discover this 'letting go', over the course of their practice/development, and it is those who are able to = #3, ego body – stand-aside – and observe, who let/allow, the/their #1, malkuth earth/hades body – come through the/their #0, outer, outer physically physical body, and then the 'work' is 'done for them!?!'.

Ophiel, discovered/found this 'letting go', when he realised his 'milk-pouring' exercise! (See/read Ophiel's book; Clairvoyance, his chapter: The Two Minds.) Creating/Making a 'duality' is 'relatively easy' (See/read Ophiel's first book: Astral Projection, his chapter: Little System, and read what he (Ophiel), writes about 'transferring' rather than 'projecting'. This 'transferring' = is!! = Duality – all, in/on the same/one plane!

For 'all' read again, about 'conscious' and if(?), the/your #3, ego body – pigggy-backs(!), in/on your 'conscious' then simply get it = #3, ego body – NOT TO JUDGE!?! (Saint Augustine of Hippo writes; AGREE-WITH! Franz Bardon writes;

REMOVE-TIME! = Believe?? = YOU – CONSCIOUS = HAVE YOUR ‘IT’ NOW!!) See/read Ophiel’s book; Creative Visualisation, his chapter; Law of Emotion.

“The purported Jesus is supposed to have said – “Whatever things you want believe that you have them already and you will have them.” (Therefore, I say unto you what things so ever ye desire, when ye pray, believe ye have received them and ye shall have them MARK 11:23 ERV.)” End quote.

Everything in this ‘monologue’ is ‘in’ the above quote from the; Ole Crazy Book (Bible). First ‘ye’ is #0; second ‘ye’ is #0, use; use-ing; used. Third ‘ye’ is #1, believe = trust; removing time! Fourth ‘ye’ is #0. NO #3!

Thank you.