

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 1 egg extension. 2021

Having done the basic cosmic egg exercise and/or the basic chair exercise, the practitioner would/should reach the point/place, wherein they can begin to extend/develop their psychic aware-ness; awake-ness; conscious-ness. With enhanced/developed, psychic-tactile-feeling so that it is now possible to extend the practices.

Begin with the basic chair exercise and three standing/sitting, to establish your inner feeling/sensation, of your #1, malkuth earth hades body, making sure that you have as much 'neither state condition' as you can muster. (For 'Neither State Condition' see/read Ophiel's first book; Astral Projection, his chapter; Dream Method and his book; Clairvoyance, his chapter: The Two Minds.)

When you have your #1, malkuth earth hades 'body', within you, about you and surrounding you – conscious, take a few seconds to establish your whole #1, 'body'. When you have done this, and your #1, malkuth earth/hades body is standing, try this.

Place your conscious at your 'chin' and sense/feel the whole of your head, from this 'point'. Once you have this, say 'sub' vocally; head forwards, tilt your 'chin' forwards, down onto your chest. Then say; head up.

Place your conscious at the 'back' of your head and sense/feel the whole of your head, from this 'point'. Once you have this, say 'sub' vocally; head backwards, tilt your 'head' backwards, away from your head.

The, 'chin and back', of your/head, are the centres(?) of 'action', for the/your, #1, Malkuth Earth/Hades 'force – resistance/adverse/opposed, location(?), points/places(?) to/of/for, your 'conscious'. If you have done enough, basic chair exercise, and have a 'good feel/sensation' of the/your #1, malkuth earth/hades body, moving – concentrating(?), at your 'feet = to stand-up' and/or, at your 'head to sit-down'.

The, centre of action = #1, malkuth earth/hades elemental earth 'force' = adverse/opposed/resistance, for your arm, is 'at' your #1, shoulder. Locate your elemental earth 'force' there, and say 'sub' vocally; arm raised, and raise each arm in turn. Then, reverse the process = arm down, with your 'conscious' ness, located 'at' your shoulder.

Next, the, centre of action = #1, malkuth earth/hades elemental earth 'force' = adverse/opposed/resistance, for your leg, is 'at' your #1, hip. Locate your elemental earth 'force' there, and say 'sub' vocally; leg raised, and bring you knee up, so that you are balanced on one foot (this is easy to do, since it is in/on the/your #1, malkuth earth/hades plane, that it/this, is being done.) Then, reverse the process = leg down, with your 'conscious' ness, located 'at' your hip.

In order to 'move' head, arm, leg, you – conscious, should be able to detect/sense/feel, the 'same' qualitative psychic-tactile-feel-ing, as in the/your basic chair exercise = rushing to the 'opposite', to the 'fixed' in order that you – conscious, can 'move?'.

Also, the 'reality?', of/for these 'movements', even though 'inner plane' it will/shall 'still!', have a beneficial 'impact' in/on the/your #0, outer, outer physically physical body, in the 'sense/feel' of = recognition!?! This/these 'exercises' are simply 'extensions' of Ophiel's 'Body of Light', only in this 'case' the 'Light' is the/your #1, malkuth earth/hades = BLACK-on-

BLACK – BLACK-ASTRAL-LIGHT!?!

When finished with head, arms and legs, re-establish the basic cosmic egg about you, surrounding you, within you, reabsorb it back into you, #0, and then open your eyes and go about your normal business, until the next practice session. With the basic chair, standing/sitting exercise and your shoulders/hips exercise, you, the operator, have ‘covered’ the ‘whole body’.

It is to be hoped, that for some at least, this/these things, will/shall enhance, develop and increase, your latent individual ‘psychic’ powers, and from there to any ‘clairvoyant’ powers, that may be waiting. The ‘key’ to the exercise, is in the ‘location’ of the #1, malkuth earth/hades elemental earth ‘force’ – binding(?) – inertia, inert, adverse to the desired action, opposed to the desired action; objecting to the desired action = head arm, leg movements.

Thank you.