

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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(Previous works also posted as “Sender” on the “Ophiel Magick” group, from the
defunct YahooGroups)**

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The Basic Cosmic Egg Exercise, was first posted to the; Yahoo Group: Ophiel Magic, it was/is, now, 9 years ago. (August 8th 2012.)

Stand where you know you will not/shall not be disturbed for the length of time that you will be practicing. Half-close your eyes if you can, if not then close them all the way. Sense/Feel your outer, outer physically physical body all about you, and then, when you are ready, switch to your Aura/Egg as it is within you, about you and surrounding you! Here is what Ophiel writes in his book, the Art & Practice of Caballa Magic, chapter 5, page 97, in the e-book version by Stephen Walford, presented in the file section of that group:

“Therefore, then, the Physical Plane World must be established so that it *appears* hard and solid, acts as if it is hard and solid, and deceives all human beings into thinking that it is hard and solid. How can such a Universal illusion/delusion be brought about? Well, it is no great secret. **The Physical Plane solid illusion creation is accomplished through the deployment of the senses, plus the employment of the Five Elemental Forces; reacting with and on each other, and thus creating a solid appearing world.**

In more detail: You “arrive here,” on this earth plane, equipped with five senses in embryo. You grow up, and the physical plane world expands through/to your senses. In the diagram you are the five-pointed star, and each point is a sense, a physical sense. Our senses form a sphere around you (somewhat analogous to the sphere of availability as given in the book, “The Art and Practice of Getting Material Things Through Creative Visualization.”)

This sphere has been overlooked in magic Knowledge; an occult secret left out in the open freely, and thus “hidden” as, indeed, most all occult secrets are likewise so in the open and hidden by this obviousness!!!

Outside the egg-shaped (I didn't make it too well egg-shaped) magical mirror are “raw” undefined, un-delineated, vibration type, layer type, thought form types and shapes, and just plain FORCES, which FORCES, shapes, thought form types, layer types, vibration types, un-delineated, undefined “raw” Force Pressures are CONVERTED into the objects and THINGS of the Physical Plane; YOUR physical plane, which makes up your physical world by you. In other words, you make the non-solid (?) SOLID, the non-material MATERIAL – YOU DO IT – YOU ARE THE MAGICIAN IN THE ONE TAROT CARD!!! And, I repeat, you do it by means of the magical Power in your five senses.” End quote. (Capitols and Italics are ‘O’s.) (Underline, is the present writers.)

Please read this part again, from the above quote: “This sphere has been overlooked in magic Knowledge; an occult secret left out in the open freely, and thus “hidden” as, indeed, most all occult secrets are likewise so in the open and hidden by this obviousness!!!” End quote. (Underlines are the present writers.)

So, stand where you know you will not/shall not be disturbed for the length of time that you will be practicing. Half-close your eyes if you can, if not then close them all the way. Sense/Feel your outer, outer physically physical body all about you, and then, when you are ready, switch to your Aura/Egg as it is within you, about you and surrounding you! The ‘Cosmic Egg Exercise’ addresses this, lack/problem!?! And brings to your ‘attention’, the ‘Secret Language’ of the Elemental Plane of the Element of Earth!! The ‘Secret Language’ IS!! TACTILE-FEELING AS SYMBOL-ISM!?! This ‘IS’ the LANGUAGE, of the Elemental Plane of the Element of Earth!! Sense/Feel yourself, ‘INSIDE’ your ‘Cosmic Egg’, as it is now, within you, about you and surrounding you!?!

1. Within you, as your ‘BEING’!
2. About you, as The Five Basic Elemental Forces Symbols!
3. Surrounding you, as your OBJECTS, CIRCUMSTANCES, THINGS and/or ITS!

See yourself standing, facing away from you; see the back of your head, (for me, [sender] it is slightly behind and above, looking down from the left side, just above the left shoulder.) See/sense/feel your ‘Cosmic Egg’ all about you, and then, when you are ‘ready’; Sense/Feel a ‘Sphere’ begin to ‘form’ about your head. Its ‘centre’ is about half an inch, above the ‘crown’ of your head, its base touching the top of your shoulders/base of your neck. STUDY/LOOK/SENSE/FEEL THIS ‘THREE-DIMENSIONAL SPHERE’ ABOUT YOUR HEAD AND ‘KNOW’ THAT IT (The ‘Sphere’) HAS ‘COME OUT’ OF THE/YOUR ‘COSMIC EGG’!

Then, when you are ‘ready’, Sense/Feel, the Tip/Point/Apex, of an ‘Inverted Pyramid’ emerge, from the base of the ‘Sphere’ and begin to ‘Project’ DOWNWARDS/OUTWARDS, to/towards your navel/bellybutton, see, sense/feel, that the ‘point’ is, ‘pushing/expanding/reaching’ to/towards/about, two inches below your naval/bellybutton! Feel the ‘base’ of the Inverted Pyramid, ‘touching’ the ‘base’ of the ‘Sphere’. STUDY/LOOK/SENSE/FEEL THIS ‘THREE-DIMENSIONAL INVERTED PYRAMID’ ABOUT YOUR TORSO AND ‘KNOW’ THAT IT (The ‘Inverted Pyramid’) HAS ‘COME OUT’ OF THE/YOUR ‘SPHERE’!

Then, when you 'ready', Sense/Feel, the Withdrawing/Accepting/Receiving, of a 'Bowl' emerge, from the 'Tip/Point/Apex' as it 'pushes/expands' INTO THE BASE OF A/THE 'BOWL' at your hips/pelvis/crotch. Sense/Feel the 'BOWL' with its 'sides' on the 'outside' of your hips, with its inner 'base' about half an inch from the Inverted Pyramid 'tip', and its outer 'base' about three inches below your crotch. Sense/Feel that the 'more' the 'Point/Tip/Apex' of the Inverted Pyramid 'extends', 'pushes', 'reaches', then the 'deeper' the Bowl becomes and the 'higher' its 'sides' becomes! STUDY/LOOK/SENSE/FEEL THIS 'THREE-DIMENSIONAL BOWL' ABOUT YOUR HIPS/PELVIS/CROTCH AND 'KNOW' THAT IT (The Bowl) HAS 'COME OUT' OF THE/YOUR 'INVERTED PYRAMID'!

Then, when you are 'ready', Sense/Feel, the 'base' of the Bowl, RESTING SOLIDLY on the TOP of a 'CUBE' and Sense/Feel that this 'Cube' is the 'RESULT' of the 'Bowl'! Sense/Feel that the 'CUBE' has 'Come out' of the 'Bowl' and is now 'SOLID'! Sense/Feel the, Steadiness, Solidness, Inertness, of the/this 'Cube' as it extends from the top of your thighs, to about half an inch below the soles of your feet! STUDY/LOOK/SENSE/FEEL THIS 'THREE-DIMENSIONAL CUBE' ABOUT YOUR THIGHS/LEGS/FEET AND 'KNOW' THAT IT (The Cube) HAS 'COME OUT' OF THE/YOUR 'BOWL'!

When you are ready, return to your 'place/position' just above/over and behind your Counterpart Image/Body and See/Observe/Sense/Feel, ALL FIVE BASIC ELEMENTAL FORCE SYMBOLS, WITHIN YOU, ABOUT YOU AND SURROUNDING YOU!?! AND 'KNOW' THAT THIS IS THE 'SECRET YOU!?!' THE 'HIDDEN YOU!?!' THE 'OCCULT YOU!?!'

THIS IS 'YOU' AS A 'LIVING TALISMAN!?!' YOU ARE THE 'TALISMAN' TO THE/THESE BASIC ELEMENTAL FORCES BOTH IN 'PRINCIPLE' AND IN 'COMBINATION'!?!

When you are 'ready', Sense/Feel that you are 'Absorbing' the Five Basic Elemental Forces Symbols, back into your outer, outer physically physical body, sense/feel them 'entering' your outer, outer physically physical body, and when this is 'done' (should take less than a minute to 'do' this absorbing!) and when this is 'done', open your eyes and just 'go about' your normal daily business, until the next practice session!

The 'Cosmic Egg Exercise' and its **TACTILELY-FEELING** of the 'THREE-

DIMENSIONALITY' of the Five Basic Elemental Forces Symbols, is/are the 'quickest', 'fastest', 'surest', 'safest' WAY, to 'develop', 'enhance', 'expand', 'use' and 'understand' your Clairvoyant and Psychic abilities. You can 'do' all of Ophiel's Ritual, in the 'Cosmic Egg' (see/read earlier posts/messages/monologues) you can 'Move' any Symbol 'INTO/ONTO' any 'other' Symbol, and 'sense/feel' the 'SENSATION' IN/ON YOUR OUTER, OUTER PHYSICALLY PHYSICAL BODY, THROUGH YOUR ETHERIC CHAKRA'S!?!'

You can 'put/place' one of your Symbols, in a 'place' and 'go there' to 'collect it'? (See/Read Ophiel's Correspondence Course in Astral Projection)

You can 'do' your Cosmic Egg Exercise as a 'REFRESHER', 'FILTER' of the 'OTHER' (Combined) FORCES!?! And when you are 'finished' with the Basic Cosmic Egg Exercise, you can 'return' to your 'COMBINATION SYMBOL' WHICH BEST 'EXPRESSES' THE 'THING' YOU ARE 'INTERESTED' IN!?! (See/Read Ophiel's book, The Art & Practice of Clairvoyance, his chapter, The Categories of Physical Existence) [See/Read Talismans 2012, in file section of group] You can 'fill' your Cosmic Egg with the 'Colour/Colours' of your 'Choice' which best 'expresses' the 'thing' in which you are 'interested' in. (See/read previous posts/messages/monologues)

When you have practiced enough with your 'own' Cosmic Egg, you can try 'using' your Clairvoyance/Psychic sense/feeling (Sense = Clairvoyance; **Tactile-Feel-ing** = **Psychic**) on other people/persons 'Cosmic Egg'!?! (Some will/shall 'sense/feel' this, and their 'reaction' may not 'be' what you would 'expect!?!') You will/shall over time, 'define', your 'personal space', as you touch/sense/tactilely-feel, the Five Basic Elemental Forces Symbols, within you, about you and surrounding you, IN THE 'THREE-DIMENSIONAL SYMBOLS LANGUAGE' of the Elemental Plane, of the Elemental Force, of the Element of Earth!

Eventually, as you 'walk about' all day, wearing/with your, Five Basic Cosmic Egg Symbols, within you, about you and surrounding you, many 'things' become 'easier' and more 'fluid' and as you 'filter out' [define] each Plane/Symbol, there comes a 'sense/feeling' of 'relaxed-ness', 'easy-ness', 'contentment', 'knowing-ness' that is 'intangible' but very 'real!?!'

Intangible = From 1630 = Incapable of being 'touched' (**Held in one place!** A/An 'Overall' Feeling!) from the French word, 'Intangible' 1500's, from Middle Latin, 'Intangibilis; from, in = not + Late Latin Tangibilis = That may be touched (Held). The figurative idea/sense that was 'used' in the late 1800's, is/was, 'Intangible = something that cannot be 'grasped/held'

by/with the 'Mind (Ego)', **only a/an 'overall sense/feeling'**.

Well, this is what 'happens', if/when you 'do/practice' the Basic Cosmic Egg Exercise and 'use' the Combinations as given in Ophiel's writings. This 'Intangible' something/feeling, becomes a/an 'Overall Feeling'!?! Basically what 'happens' is that, as you 'define' your Five Basic Elemental Forces Symbols within you, about you and surrounding you, IN A **TACTILE-FEELING**, 'THREE-DIMENSIONAL WAY', YOU ACTUALLY, FACTUALLY, AND LITERALLY, 'CHANGE SHAPE!?!'

But! That/this, is, of course, 'provided', you 'do', the work/practice!?!

Also! Do not be 'nervous' or 'apprehensive' or 'afraid' to 'MOVE' your 'Symbols' about/within your Cosmic Egg as you 'practice/use' them!?! For instance, in my (sender) case! If I wished to 'use', say; Fire of Water (Hermes), I would 'start' with the 'basic exercise' and when I 'have' my Five Basic Elemental Force Symbols, within me, about me and surrounding me (Counterpart me!) I, me (sender) would simply 'take' the Inverted Pyramid at my 'Torso' and 'MOVE IT'!! INTO/ONTO MY 'Bowl', at my Hips/Pelvis/Crotch!?! Thus I, me (sender) HAVE A THREE-DIMENSIONAL SYMBOL, OF THE 'FIRE of WATER' THAT I, ME, (SENDER) CAN 'FEEL!!!?' QUITE LITERALLY, WITH MY COUNTERPART BODY!?! Then, as is 'usual' with me, (sender) I WOULD 'FILL' MY COSMIC EGG, WITH THE 'APPROPRIATE COLOUR/COLOURS!?!' (Positive colour Yellow and Negative colour Orange, for Fire of Water) do what I, me (sender), have to 'do', and then when 'finished' RE-ESTABLISH THE INVERTED PYRAMID BACK INTO/ONTO MY TORSO, SENSE/FEEL MY 'BASIC' COSMIC EGG, AND JUST RE-ABSORB THEM BACK INTO MY OUTER, OUTER PHYSICALLY PHYSICAL BODY, OPEN MY EYES AND JUST GO ABOUT MY DAILY BUSINESS, UNTIL THE NEXT PRACTICE TIME!?! Too simple? Too Easy? Well, Too Bad! Because that is just the 'way' that I, me, (sender) go about it!! (My 'artistic licence', if you will)!?! (See/Read Isreal Regarddie's book, The Art of True Healing, for the Positive/Negative 'colours') (See/Read Ophiel's book, The Art & Practice of Talismanic Magic, his chapter, The Elemental Forces, page 32, in the e-book version by Stephen Walford in the file section of the group, for Ophiel's 'complementary colours' table.)

Study Ophiel's third book, The Art & Practice of the Occult and his, Correspondence Course in the Foundations of the Occult, both available for you in the file section of the group.

Wishing you all well as ever, and every success,

Thank you.