

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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The Basic Chair Exercise teaches/instructs you in the ‘way’ of Ophiel’s vignettes: The Power of Speaking Things and Conditions into Existence and The Power of the Lost Word; even just thinking about ‘standing up = pushing down’ and ‘sitting down = pushing up’ has a ‘beneficial effect’. You can read this type/kind of thing for yourself, in Ophiel’s third book, The Occult, wherein he asks you to think, meditate. Wherein he (Ophiel), says; the information (experience) must come from ‘inside you!?!’ (As an ‘expression’ of you = #1!?!) Here is some of it, from his third book, The Occult, his chapter, Return to the Ritual:

“It occurs to me at this point to digress a little before going on with the next addition to the Ritual. I wish to repeat/say again, call to your attention the basic fact that the previous instructions, and all Occult instructions, are based upon one solid true fact and this fact is that all existence, physical and otherwise, consists of PLANES, and PLANES ARE ALL THERE IS TO EXISTENCE. Actually, all actions, physical, mental, and/or Magical should be made with the PLANES-EXISTENCE knowledge always in the background of your mind. Everything we do, or think, should be done with the knowledge that we do not do an action on one plane alone, the physical, but simultaneously on all planes at once. Please do some meditation on this idea of **simultaneous action on all planes at once**. The average man makes no conscious connection between planes and thus loses out on this vast treasure house of Occult Nature that ordinarily would be available to him.” End quote.

Read the whole of this chapter: Return to the Ritual, and read what Ophiel writes about Emotions. Please read this part of the above quote again: The average man makes no conscious connection between planes and thus loses out on this vast treasure house of Occult Nature that ordinarily would be available to him = THIS IS WHAT THE BASIC COSMIC EGG EXERCISE AND BASIC CHAIR EXERCISE ‘DO’!?! THEY ‘FORCE!?!’, #0 OUTER PHYSICAL YOU &+ #3 EGO BODY YOU, ‘TO CONSCIOUSLY MAKE/CREATE CONNECTIONS’ SIMULTANEOUSLY ON ALL THREE PLANES AT ONCE!?! VIA YOUR #2 ETHERIC BODY!?! USING YOUR #1 MALKUTH EARTH BODY AS ITS (#2) ‘COUNTERPART!?!’ **ALL ‘COUNTERPARTS’ ARE LOWER/BELOW/UNDER/BENEATH/AFTER AND BEHIND!?! FROM THOSE THAT ARE HIGHER/ABOVE/OVER/BEFORE AND IN FRONT!?!** **THUS, THE SENSING/TACTILELY-FEELING/TOUCHING OF THE ‘MOVEMENT’ (Standing/Sitting) BEFORE THE OUTER PHYSICALLY PHYSICAL ‘ACTION/DOING’ MUST BE IN/ON A ‘HIGHER PLANE!?!’** (In this case/exercise, the #1 Malkuth Earth Plane) SOME PEOPLE ‘FEEL IT’, SOME PEOPLE ‘UNDERSTAND IT’ AND MANY PEOPLE ‘NEVER GET IT!?!’ That’s Life!?! There are others who just have to ‘read it’ and

they get their ‘AHA!’ moment!?! IF YOU WOULD LIKE TO READ THE ‘BASIC CHAIR EXERCISE’ FROM OPHIEL, HERE IT IS, FROM HIS BOOK, CREATIVE VISUALISATION, his Chapter, Occult law number six, Law of Binding:

“In magical operations of all kinds there are always two kinds of forces involved. ACTUALLY, ANY KIND OF AN OPERATION – ANY ACTION OF ANY KIND – PHYSICAL OR INNER PLANE MAGICAL – INVOLVES TWO KINDS OF FORCES. Or to say it another way to make it as clear as possible, **ANY AND EVERY FORCE IN OUR PHYSICAL COSMOS IS REALLY A DOUBLE ACTING FORCE – EVERY FORCE IS DUAL IN NATURE – ALWAYS HAS BEEN DUAL – AND COULD EXIST IN NO OTHER FORM THAN DUAL**. There is not a thing in the Physical Universe that does not have two sides to it. Even God has two sides to him.” End quote. (See/read Ophiel’s vignette: The Power of Speaking Things and Conditions into Existence.) In the above quote is #0 outer, outer physically physical body &+ #1 malkuth earth etheric counterpart body!?! (Do you ‘understand’ now? Do you have your, ‘AHA!’, moment now?) The #3 Ego Body ‘Can only Observe!?!’ IT = #3 - ‘HAS NO DUALITY!?!’ ONLY #0 &+ #1 ARE DUAL = BECAUSE ‘CONSCIOUS’, GOES ACROSS THESE PLANES! (Get it now?) Then Ophiel writes:

“However, in our physical life, we use both sides of things, so naturally, that we have completely lost sight of the other side of the things we use. Do you ever stop to think that every time you cover yourself with bed clothes you are using one side only and that there is another side to the bed clothes? Could the sheet exist without the other side, the side you do not use? (Not too good an illustration but it will do to enable you to think about it, and to keep the concept as simple as possible.) Here, is a different illustration. Do you realize that every time you drive your automobile forward you are exerting an equal force backward? If you will study some physics about the Laws of Motion, you will find this is true.” End quote.

Please read this part again, from the above quote: **However, in our physical life, we use both sides of things, so naturally, that we have completely lost sight of the other side of the things we use!**

YOU #0 &+ #3 HAVE LOST SIGHT OF YOUR #1, MALKUTH EARTH, #2, ETHERIC ‘COUNTERPART BODY!?! **This is what the Basic Cosmic Egg Exercise and Basic Chair Exercise is/are ‘all about’!?! Regaining your ‘Inner Malkuth Earth Sight = Tactile-Feeling’** so that you are ‘NOT BLIND!!?!’, ‘NOT IN THE DARK-NESS!?!’, ‘NOT STUMBLING!?!’ (Stumbling Block = Adversary/Opposer = Devil!?!) ‘NOT IN THE BLACK-NESS’!?!

Ophiel continues with this:

“So again, I say – When we use a physical-plane force we do not use only one side of the Force, or only one aspect of the Force, but we USE both sides of the Force AT ONCE. As in the simple illustration of the bed sheet and the more complex operation of the automobile, we MUST USE both aspects of a force or we can’t use it at all. In fact, a force could not exist, even on the Inner Planes, if it did not have two sides to it.

However, in the use of Inner Plane Forces to accomplish something on the physical plane WE WANT TO USE ONLY ONE ASPECT OF THE FORCE AND NOT BOTH ASPECTS. And the reason for this is – One aspect of a Force will bring a thing to use and the other aspect of a Force will take it away! Or to say it in another way – A Force can bring something to us and the same Force can take it away! It follows naturally then that if we want a certain thing then the aspect of the Force, we want, is the aspect that will, BRING THE THING TO US!!” End quote.

In the Basic Chair Exercise, we want to ‘stand-up’ so we ‘push-down’, then we want to ‘sit-down’ so we ‘push-up’?! BUT IT IS THE ‘SAME ‘FORCE’ FOR BOTH ACTIONS/DOINGS!?! THE ONLY DIFFERENCE!?! IS ‘DIRECTION/APPLICATION’ !?!

Here how Ophiel writes it:

“THEREFORE, IT IS IMPERATIVE IN ALL MAGIC WORKS, AND IN ALL KINDS OF OTHER WORKS, THAT YOU MUST RECOGNIZE THE EXISTENCE OF THE OTHER SIDE OF THE FORCE THAT YOU ARE INVOKING. REMEMBER WHEN YOU CONTACT A FORCE YOU CONTACT BOTH SIDES OF IT AT ONCE, AND AT THE SAME TIME, AND BOTH SIDES HAVE EQUAL POWER. It is the lack of knowledge about this “secret” fact, that causes so much trouble in the magical workings of would-be magicians. Either your magical operation works like mad (I mean literally) or does not work at all.” End quote.

Do you? can you? are you? able to use your, clairvoyance/psychic, to realise that you ‘contact’ both ‘sitting & standing’ at the ‘same time’ and that, as you ‘do’ one or the ‘other’ of these ‘actions/doings’, with your #0 physical body, your #3 ego body can ‘observe!?!’ your #1 malkuth earth body ‘do the opposite’, ‘do the adverse’, for you #0 in order that you ‘can succeed!?!’ (Stand, or Sit!). Ophiel continues, with this:

“Therefore, when you want to use a Force to accomplish a certain kind of work you must use

the “side” of the Force that you need to accomplish the work that you want to do, be it constructive or destructive, **AND BIND THE OTHER SIDE OF THE FORCE THAT YOU ARE USING SO IT WILL NOT FUNCTION IN THE OPERATION YOU ARE PERFORMING!**” End quote.

ONE OF THE, ‘MAJOR WAYS OF BINDING’, IS THAT OF ‘THREE-DIMENSIONALITY’ AS IT/THIS ACTION/DOING/APPLICATION **TAKES AWAY/REMOVES ‘TIME’**!?! (See/read previous posts about ‘time’ from Franz Bardon, also Ophiel’s vignettes: Why do you let the Devil ‘USE’ You? Your Other You, The Other You.) The Basic Cosmic Egg Exercise ‘takes care’ of all of this. As you ‘apply’ the Rules, Laws and Governances of Three Dimensionality, (sense/feel/touch, **AS IF, AS THOUGH**, you were a ‘physically blind person’) DEFINING THREE DIMENSIONALLY, your object, circumstance, thing and/or it, will/shall ‘BIND’ the Opposite/Adverse ‘Other Side’ very, very ‘NATURALLY’ without ‘effort’ on your #3 Ego Body! Ophiel continues with this: **“If you do not bind up the one side of the Force that you are using, the side that you do not want to operate, then in any particular operation you perform you will;**

INVOKE CONTACT BOTH SIDES OF THE FORCE AT ONCE AND THEY WILL NICELY CANCEL EACH OTHER OUT.

Or to enable you to understand it better I will put it in a little different way – When you start a Magical Operation without a binding you can, and often do, use the aspect of the Force that you want to use; but as time goes on the one-sided use will build up a strain, or pressure, and this pressure will, sooner or later, bring the opposing Force, now concentrated by the removed dilution of its balancing opposite, **BACK INTO OPERATION WITH THE RESULTS, HARMLESS ENOUGH WHEN SAID THIS WAY, OF COMPLETELY NEUTRALIZING ALL THE PREVIOUSLY DONE WORK AND BRINGING BACK ALL CONDITIONS, PHYSICAL AND OTHERWISE, TO THE SAME CONDITION PREVAILING BEFORE THE MAGICAL WORK STARTED OR, TO SAY IN ANOTHER WAY, MAKE A HASH OUT OF THE WHOLE THING.**

A way to see this quick reversal in action is to watch the people at race tracks. A man will win a large sum of money which was done by successfully invoking pressure on Inner Plane Forces. Even if it was done ignorantly the power of the Will, even of an ignorant man, is very great (at times) and then a few minutes later the man will lose all that he won. The Force gave and the Force took away.” End quote.

When/if, you are able to realise, that the Three-Dimensionality and the ‘**Defining of the Edge**’ (Psychologically/Psychically **tactilely-feeling**) of your Basic Elemental ‘Forces’ Symbols,

within you, about you and surrounding you, ARE A 'BINDING ACTION' IN/ON THE ELEMENTAL PLANE, OF THE ELEMENT OF EARTH, then you, #0 &+ #3 are/will be, in a position/place of, KNOWING = GNOSIS = ONE WHO KNOWS BY/WITH PERSONAL/INDIVIDUAL, TASTE/EXPERIENCE!?! And that this 'Taste/Experience' COMES FROM, SENSING, **TACTILELY-FEELING**, TOUCHING THREE DIMENSIONALLY, **AS IF**, **AS THOUGH**, YOU #0 WERE A '**BLIND PERSON**' THIS ACTION/DOING **FORCES BINDS** #0 &+ #1 **TOGETHER AS PARTNERS**!?! This you will/shall need, must have, if you #0 &+ #3 are to 'avoid' as Ophiel writes in the above quote: "then in any particular operation you perform you will **INVOKE CONTACT BOTH SIDES OF THE FORCE AT ONCE AND THEY WILL NICELY CANCEL EACH OTHER OUT**." Ophiel then writes:

"If you will look carefully, you will see this cycle repeated time and time again in the history of Nations in the world as far back as you care to go. You can see it operating in our daily lives every day in all our little disappointments and breakdowns in daily living. So now that you know about the Occult Law of Binding what must you do to make your magical operations come out right? The operation of the Mental Magic work you will be doing by using the Art of Creative Visualization, as given in this book, to set up a Limit on the extent of each operation you perform, will have the same effect as a binding of the opposite force in this case." End quote.

Do you not 'realise' that every time you 'do' your Basic Cosmic Egg Exercise, that you are 'doing' the above 'limiting/binding' by/with your, defining three dimensionally, the 'edge' of your five basic-elemental 'forces' symbols!?! and! and! that when it comes time for you to 'do the same' to the/your objects, circumstances, things and/or, its; that you, #0 &+ #1 are/will be, in a better position/place to do this!?!

Do you not 'realise' that every time you 'do' your Basic Chair Exercise, that you are 'doing' the above 'limiting/binding' by/with your, BINDING, the Opposite/Adverse 'FORCE' with your learned/mastered ability to 'sense/feel/touch' ITS 'TACTILE-MOVEMENT' IN THE 'OPPOSITE DIRECTION' FROM YOU #0, AND SO YOU = CONSCIOUS &+ #0 = ARE ABLE TO 'WORK OFF OF' IT!?! (IT = Adversity/Opposition = Stumbling Block) = standing – push-down, sitting-push-up!?! (Why is this so 'difficult?' to grasp/understand???) Ophiel continues;

"If the work you are attempting to do, **does not involve too great a dislocation of your surroundings**;; if your Sphere of Availability is ready to supply you with what you are

working for, setting a sensible limit on the size of the operations you are conducting will be sufficient for all normal purposes. If you are Creatively Visualizing for something really big, or if you are attempting real Magical work of a, big kind, it will be absolutely necessary for you to bind the opposing Dual Force.” End quote. The/your, Basic Cosmic Egg, IS YOUR SPHERE OF AVAILABILITY!?!)

Here is simple ‘way’ to ‘work’ these things, as you should be in a position/place to ‘understand’ (at least on paper!) what it is that you are trying to ‘achieve’.

1. Basic Cosmic Egg Exercise.
2. Basic Chair Exercise.
3. #1 Malkuth Earth Body.
4. Rules, Laws, Governances of, the Malkuth Earth Plane.
5. #1 &+ #0, Bodies = Conscious-ness.
6. #3 Ego Body = Observation/Piggy-Backing.
7. #2 Etheric Body &+ #3 Ego Body ‘Observe’ #1 Malkuth Earth Body.

The ‘sensible limit’ that Ophiel writes about in the above quote, will be/shall be, DOWN TO YOUR #3 EGO BODY PERSONAL POWERS TO ‘**OBSERVE**’ THE #1 MALKUTH EARTH BODY AND ITS ‘THREE-DIMENSIONALITY’ WITHIN YOU, ABOUT YOU AND SURROUNDING YOU, #0 &+ #1, WHO ARE THE ‘PARTNERS’ WHO MUST ‘WORK TOGETHER’ TO ‘ACHIEVE’ YOUR #0 &+ #3 GOALS, AIMS, OBJECTS, CIRCUMSTANCES, THINGS AND/OR ITS!?! (Not! Not! Your #3 Ego Body, who can ‘only’ Observe!?!) Ophiel finishes his chapter with this:

“I suggest that for a long time you confine yourself to the type of specialized operations that I have given you so far; going one step at a time and gaining slowly what you want. I can tell you truly that if you get too large a thing by these Creative Visualization methods, unless you protect yourself by a binding, you are apt to lose it all back again when the reaction takes place. Build up your life by the slower, careful, well-thought-out methods I have given you; one step at a time and you can expect to hold on to your gains and increase and use them in the right way. Gaining a thing through Creative Visualization (not too large a thing as to cause the dislocation as aforesaid) and starting to use the thing is another form of binding.” End quote.

The Basic Chair Exercise and Basic Cosmic Egg Exercise both ‘teach/inform and instruct’ in

the 'way' of the Elemental 'FORCE' of the Element of Earth, through personal 'experience' using you own #0 Outer, outer physically physical body, #1 Malkuth Earth Body and your now present, incarnated personality body, #3 Ego body. As you go through this/these series of files/posts and 'test/try/taste' the two above exercises, then many 'things' should be/become 'more apparent' to you, the reader/#3, and any 'concerns' you may have about them will be/shall be 'ground-less'.

Thank you.