

# **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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## 2 of 17 test, try, use. 2021

Here is how Ophiel, finishes his; lesson 8, of his; Correspondence Course in Astral Projection:

“In the matter of a Familiar: As I said before, the Roman Catholic Church made a great hullabaloo about witches and witchcraft in the middle ages some of which, of course, was true and along the lines you have been studying so far, part of which I warned you against. Part of the equipment of any authentic witch was a familiar. If you don’t know by now you should have reliably guessed that the witches’ familiar was the same as a Body of Light extension of herself. Now I will go a little deeper into the Occult and tell you, again, that almost any kind of sincere, devout work of any kind creates a sort of automatic Body of Light, but not as clear and distinct as the Body of Light you make consciously.” End quote.

Each plane/level, has, for descriptive/technique/narrative = a ‘body’ (mass) = which is ‘described/explained’ = as a ‘body/organisation’ = AT! AT! = ‘A DIFFERENT’!?! = PLANE/LEVEL = WHICH HAS ITS = OWN! OWN! = LAWS; RULES & GOVERNANCES = WHICH ARE! ARE! = CONNECTED?? Please put this/these things to the test! = ‘test them?’, ‘try them?’, ‘use them?’ = learn them???

#0, Outer, outer physically physical plane YOU, CANNOT BE CHANGED/ALTERED BY - #0!?!

#0 YOU CAN ONLY BE = USE; USING; USED!?!

Following this; law, rule, governance = THE ‘PRESSURE?’ = IS ‘OFF OF!?!’ = THE/YOUR #0, Outer, outer physically physical body!?! AND/PLUS = YOU!! = #3, EGO BODY, PRESENT INCARNATION, PERSONALITY BODY!?! WHEW!?! = WHAT A ‘LIFE SAVER’ THAT ‘IS!?!’

Rule #1 = #0, Outer, outer physically physical you = cannot be changed/alterd by you = #0!?!

#1, Malkuth Earth/Hades = YOU!?! = REFUSES NOTHING!?! = HAS NO DISCRETION!?! HAS NO BIAS!?! HAS NO UNDERSTANDING!?! = IS?? = CHILDISH? FOOLISH? BLIND!?!

Rule #2 = #1, Malkuth earth/hades plane = AUTOMATICALLY REFLEXES!?! = BELIEVES EVERY ‘THING!?!’, IT (#1), PSYCHICALLY-TACTILELY-FEELS!?!

#2, Etheric Plane = YOU - REFLECTS, ATTRACTS, REJECTS = YOU = CONSCIOUS-NESS = WATER-of-WATER = AUTOMATICALLY/REFLEXIVELY!?!

Rule #3 = So instead of - the object being ‘influenced’ by your feel, you, are being influenced, by the objects feel - the object is REFLECTING, how you feel – have not; not me; not mine! Just the ‘opposite/adverse’ from what you = conscious-ness = want/desire ‘in real/your’ life!! = i.e. - the object being ‘influenced’ by your feel!!!!

When an object; circumstance; thing and/or it? = Is being ‘influenced?’, by you = conscious-ness = in/on the/your #2, Etheric Plane – i.e., = you ‘influencing’ = IT!?! = you ‘conscious-ness’ = ARE ‘USING?’ = THE ELEMENTAL FORCE, OF THE ELEMENT OF, THE ELEMENT, ELEMENTAL WATER = AS IF! AS THOUGH!?! = THE ELEMENTAL WATER = WAS/IS!?! = ELEMENTAL EARTH!?! - i.e., = EARTH-of-WATER!?! (Please read this for yourselves, in Ophiel’s vignette; How to Control and Dominate Others).

Please put this to the; ‘test!’, ‘try it!’, ‘use it!’ = visualise something/anything you ‘like’, and then, once ‘visualised’ = PSYCHICALLY-TACTILELY-FEEL-IT = SO THAT ‘IT’ = Object; Circumstance; Thing = FEELS-YOU = FEELING ‘IT’ = IN/ON THE/YOUR = #2, ETHERIC PLANE!?! = THUS!?! = EARTH-of-WATER!?! Thus; ‘IT’ = IS ‘INFLUENCED!?!’ = BY/WITH YOUR ‘FEEL!?!’ (BY/WITH = HOW? YOU (PSYCHICALLY -FEEL!?!) HOW = OBJECTIVE; PROCEDURE; METHOD!?!

Objective = develop; enhance; increase = #1, psychic-tactile-feeling!

Procedure = basic cosmic egg/chair exercises!

Method = daily practice, keeping it short, repeating it often!

**Psychic-Tactile-Feeling** = Define-ing; Three-Dimensional-ising; Symbol-ising!

Remember Ophiel; “The actual development of your critical dream facility comes in an old-fashioned enough way, just wanting to develop it. **I found that thinking repeatedly during the daytime for several successive days in succession could bring on a dream session during the night that would be satisfactory in all ways** - one in which you would have a good dream in which you would arouse enough to say, Hey! I’m dreaming, so let’s go!’ And then follow the textbook’s instructions - I cannot give them better here.” End quote.

The present writer would ‘enter’ the/their dark-ness; black-ness; blind-ness and ‘go’ all over a ‘chair’ (the one they ‘used’ for practicing.) making ‘sure’ the whole/complete ‘chair’ was there; was ‘real’; was ‘**believed**’!?! They (the present writer), did the same for ‘curtains’ in the room being ‘used’. The same thing would ‘done’ for; ‘clothing’, ‘bedding’, ‘stairs’, ‘shoes’, ‘cutlery’ and ‘books’, etc, etc. The present writer, very much liked doing it/this, with people/persons, of the ‘opposite’ gender. (See/read Ophiel’s vignette; How to Control and Dominate Others; How to become a Power, in you Town; Job; Club.) Pretty ‘soon’ the present writer started to ‘use’ it/this ‘technique’, in/on the/their egg/chair exercises; talismans; treasure maps/charts, and, as Ophiel writes; there is ‘no end?’, to which the/these ‘techniques’ may be ‘applied?’, but... always; always!?! Following the, laws; rules and governances of = both planes; #1 &+ #0!?! Trying; Testing and Using = **COMMON SENSE**!?! = **INVESTMENT EQUALS RETURNS**!?!

Each person’s/individual’s ‘entry?’ into/onto, the/their #2, Etheric Plane = is! = as ‘unique?’ = as they are!?! Similarities? = YES! = But... the ‘same?’ = NO!?! WE CAN/DO(?) = ALL!?! = USE!?! = THE SAME/ONE ‘MIRROR’ = YES!?! BUT... WE DO NOT! NOT! = ALL ‘HAVE?’ = THE SAME/ONE = REFLECTION!?! = STARING ‘BACK!’! AT US!?! (If we ‘did?’, we would all be ‘like’ Narcissus!?! And ‘God?’ (If there was/is one?) ‘Knows?’, what that would be like!?! Ophiel continues, in his lesson 8, Astral Projection Course:

“So now return to the Body of Light Method. This method is again, very well covered and described in the textbook. So, I will not repeat here the exact directions; but I shall try here, in these lessons to fill in more additional advanced ideas and directions. Also, I introduced in the textbook, the Occult operation known as the Ritual of the Cabalistic Cross (for want of a better name). I introduced several expanded versions of this Ritual. You will find the latest expanded version in my books called THE ART AND PRACTICE OF THE OCCULT, which you should by all means read and absorb, as it contains some real occult dynamite.

Dion Fortune and Israel Regardie gave some few words about this Ritual in their books but not as elaborate or expanded as I give. Whether they know of this expanded version but could not give it out because they received it under oaths of secrecy, I’m not sure. But anyhow you have it in all its power and as I receive more, so shall you. I put the Ritual in the Body of Light Method section so you could use it as a vehicle for the working of this method for which it is perfectly suited.

Most of the work on the Body of Light Method consists of labour - **not hard but time consuming and necessary persistence.** **You must create your Inner Plane body yourself; no one can do it for you.** But when you get it created, you’ll have a powerful instrument to help you through this life. You will recall I said, in another previous lesson that everything on the Physical Plane had a counterpart on the Inner Planes; and I said that the Outer Plane objects could be moved or influenced from the Inner Planes. **Remember I said that those who knew could go behind the scenes and ‘tweak’ the cords that influence this plane? Well, the Inner Planes and the cords are of the same material as your own Body of Light will be made of, and this is the reason you can do this work. Do you understand this?”** End quote.

So, simply for ‘context’ of the, #1, Malkuth Earth/Hades, we slightly amend/adjust the above Ophiel quote, for ‘relevancy and explanation’. **So now, in the/your #1, Malkuth Earth/Hades, Black-Astral-Light Body, Method. This method of psychically-tactilely-feel-ing, is very well covered and described in many places, in many books. So, there is no need to repeat here the exact directions of/for the basic cosmic egg/chair exercises; but, in these monologues, are more additional advanced ideas and directions. Ophiel introduced in his Astral Projection book; the Occult operation known as the Ritual of the Cabalistic Cross (for want of a better name). He then, introduced, several expanded versions, of this Ritual. You will find the expanded version of it, in his book called THE ART AND PRACTICE OF THE OCCULT, which you should by all means read and absorb, as it contains some real occult dynamite.**

This/his book; The Occult, with its; Five Basic Elemental Forces Symbols, should be read, alongside, any psychic inclinations/feelings, that rise ‘spontaneously’ into/onto conscious-ness, from the practice/doing ‘of’, the/your basic cosmic

egg/chair exercise. Remember/Recall that you must not/cannot/should not ‘compare?’, one plane, to with a/an, ‘other’ plane, as each ‘Plane’ = HAS! = its ‘own?’ = Laws; Rules; Governances!?! FROM WHICH IT (The ‘plane’), WILL NOT DEVIATE ONE IOTA!?! Ophiel writes:

“You must create your Inner Plane body yourself; no one can do it for you. But when you get it created, you’ll have a powerful instrument to help you through this life. You will recall I said, in another previous lesson that everything on the Physical Plane had a counterpart on the Inner Planes; and I said that the Outer Plane objects could be moved or influenced from the Inner Planes. Remember I said that those who knew could go behind the scenes and ‘tweak’ the cords that influence this plane? Well, the Inner Planes and the cords are of the same material as your own Body of Light will be made of, and this is the reason you can do this work. Do you understand this?” End quote.

So, for ‘context’! =

You must create your ‘OWN!?!’ = #1, Malkuth Earth/Hades – Psychic-Tactile-Feel-ing - Inner Plane body yourself; no one can do it for you. But when you get it created, you’ll have a powerful instrument to help you through this life.

Ophiel wrote, in another previous lesson, that everything on the Physical Plane had a ‘counterpart’ on the Inner Planes; and he (Ophiel), said that the Outer Plane objects could be moved or influenced from the Inner Planes. Remember Ophiel said, that those who knew, could go behind the scenes and ‘tweak’ the cords that influence this plane?

Well, the/these #1, Malkuth Earth/Hades Inner Planes and the ‘CORDS’ = ARE!?! = THE/YOUR = ‘PSYCHIC-TACTILE-FEELING’!?! And ‘ARE’!?! of the same/one ‘material’ as your own #1, Malkuth Earth/Hades = BLACK-ASTRAL-LIGHT!?! And ‘this’ = is the reason (!?! ) = you = CONSCIOUS-NESS = can do this work in/on the/your #0, Outer, outer physically physical plane!?! Do you understand this?

Please note carefully!?! = THIS TYPE/KIND OF ‘OCCULT WORK/OPERATION!?!’ = IS SO VERY, VERY ‘EASY!?!’, SO VERY, VERY ‘SIMPLE!?!’, THAT THE WORTHY ANCIENTS = KNEW!?! = THAT EVERYONE!?! = ANYONE!?! = COULD DO IT!?! = TEST IT! TRY IT! USE IT!?! = IN WHICH ‘CASE!?!’ = ONLY THE ‘INITIATED!?!’ WOULD HAVE ‘ACCESS!?!’ = TO THE ‘TECHNIQUES’ = SO THAT THEY (The ‘techniques??’) = WOULD NOT!! = COULD NOT!?! BE ‘USED!?!’ = AGAINST THEM!?! Here is how Ophiel, writes it, continuing, in his/this same vignette:

“In addition to helping yourself along in this hard life, I found, much to my dismay, that it was possible to do many other things, which it could be said, were not so nice. Perhaps I should not even mention this side of the Occult at all, except it crops up all the time. I will certainly answer no questions of Adverse Occult matters, but I’m afraid, that after you reach a certain point, certain things become clear to you; and then I advise you not to proceed!!! Do not attempt to injure anyone.

Be very careful about how you act and react towards people. If you are injured, try not to strike back. I assure you as you develop in the knowledge and understanding of the Occult, you assume an aura of natural powers which automatically protect you, and automatically defend you in some mysterious manner; but I mean you should try and make yourself quite loveable so no one will react against you or want to.

To illustrate what I mean more clearly, I have a friend who runs a bookstore in Hollywood and is, herself, quite reasonably advanced in the Occult, and in ordinary knowledge wisdom. She said to me one day; ‘You know I never worry about how people treat me, everyone who pulls something underhanded on me gets it in the neck! (Automatically).

Another very important matter that you must learn to take care of is to protect yourself in ordinary ways. The world is full of less advanced people who think it is something wonderful if they can drive hard bargains and cheat others. And then you will find out about the cheating, and if you are an advanced person, the automatic reaction takes place, as stated above, and things happen. I assure you the above is much more common than you think, but you should try to be above it, as who knows what is on the other side of life?”. End quote.

I will certainly answer no questions of Adverse Occult matters, but I’m afraid, that after you reach a certain point, certain things become clear to you; and then, I advise you not to proceed!!! Do not attempt to injure anyone. Be very careful about how you act and react towards people. If you are injured, try not to strike back = if you, the reader/occultist(?), have learned ‘anything?’, then please remember/recall; THE ‘PATH’ OF AN ‘ECHO!?!’ = YOU ‘GET BACK!?!’ = WHAT ‘YOU!?!’ = SEND OUT!?! If it ‘works?’, for talismans; treasure maps/charts = THEN IT WILL/SHALL ‘WORK/OPERATE!?!’ = FOR ‘ANYTHING’ ELSE/OTHER THAT YOU CARE TO ‘SEND?’ OUT!?! (The ‘first person!’ to feel/taste(?) = hatred = is

you!?!)

I assure you as you develop in the knowledge and understanding of the Occult, you assume an aura of natural powers which automatically protect you, and automatically defend you in some mysterious manner; but I mean you should try and make yourself quite loveable so no one will react against you or want to. To illustrate what I mean more clearly, I have a friend who runs a bookstore in Hollywood and is, herself, quite reasonably advanced in the Occult, and in ordinary knowledge wisdom. She said to me one day; 'You know I never worry about how people treat me, everyone who pulls something underhanded on me gets it in the neck! (Automatically)' = If you, the reader/occultist(?), have learned anything(?), then please note carefully, once again!

As you/if you 'choose' to; test, try and use, the/your basic cosmic egg exercise, in the prescribed = recommended way/manner = to see if/find out if(?) = these types/kinds of 'exercises' is/are for you, the reader/occultist(?), at this 'time', in your life/living/occult; then, as normal/natural 'consequence' of your daily practice = YOU 'TACTILELY-FEEL'; DEFINE; REFINE; THREE-DIMENSIONAL-ISE; SYMBOL-ISE!?! = THE/YOUR = COSMIC EGG/AURA = PERSONAL SPACE!?! (Get it now??).

As the/this/your, 'personal space', becomes/is 'defined' to/by you = conscious-ness(?) = then the = objects, circumstances, things and/or 'its', in/on the/that 'personal space?' = also, too, as well? = becomes/is 'defined'! Please put this to the 'test!', try it! Use it!?! As you? If you? Progress(?), in the/your basic cosmic egg/chair exercises, the 'sense/feel' of 'being inside?', the/your 'egg/aura?', is, for some/many(?), disconcerting(?) and in some cases, for a little while(?), confusing(?), this is to 'do with' the/your #3, Ego Body, present incarnation, personality body!?!)

Another very important matter that you must learn to take care of is to protect yourself in ordinary ways. The world is full of less advanced people who think it is something wonderful if they can drive hard bargains and cheat others. And then you will find out about the cheating, and if you are an advanced person, the automatic reaction takes place, as stated above, and things happen. I assure you the above is much more common than you think, but you should try to be above it, as who knows what is on the other side of life?

A person would have to read the letter of Saint Augustine of Hippo, to get an idea of = AGREEING-WITH = thine 'adversary/opposer', in order to 'catch' a 'psychic glimpse', of what the above is about. Please note carefully; The present writer; does not 'believe?', anything whatsoever, that is 'in' the/this 'Crazy Book = Bible', in the 'way of' = explanation!?! From Genesis 1:1 to Revelations 22:21!?! (Called/named; The 'Crazy Book', because it 'drives everyone!?!' = Crazy!?!) The present writer only takes the 'information' in it, and applies that information, in 'context', to the/their, now present 'techniques', to refine/enhance them. (If it this, was 'good enough!?!', for Saint Augustine of Hippo = AGREE-WITH-THINE-ADVERSARY/OPPOSER!?! = then it is 'good enough', for the present writer!) (See/read Ophiel's vignette: Why do you let the Devil 'USE' you?) So now; Ophiel's admonition, is a little bit better, understood:

Do not attempt to injure anyone. Be very careful about how you act and react towards people. If you are injured, try not to strike back I assure you as you develop in the knowledge and understanding of the Occult, you assume an aura of natural powers which automatically protect you, and automatically defend you in some mysterious manner!?! If you read 'Gnostic' materials, it is 'all about' the dark-ness; black-ness; blind-ness = the/your #1, Malkuth Earth/Hades = and the/your Sub-Conscious-ness!?! But... somewhere along the 'line/way?', the 'secret was lost??', the 'secret' being that the dark-ness; black-ness; blind-ness; was not! Evil!?! Is not! Evil!?!)

But... the 'truth?', IS! = AT THE START/BEGINNING!! = IT CAN BE!! (And is!) = FRIGHTENING! (See/read Ophiel's book; Astral Projection and his second chapter; Dream Method.) But... once the 'entry' has been made, then, everything, settles down, and it is and does become EASIER! The 'key' to 'enter?', the/your #1, malkuth earth/hades plane; world/realm; is(!) = psychic-tactile-feeling-defining! Get this 'right', and the/your 'transfer' is relatively easy/quick based on understanding(!), and not! = superstition!?!)

Two, of the more/easier exercises, to develop; increase & enhance, the/your #1, Malkuth Earth/Hades Plane = psychic-tactile-feeling-defining! Is/are, the basic cosmic egg exercise and/or the basic chair exercises.

Ophiel's 'Little System', was developed by him, to 'ease' the individuals transition/transfer, to the/their 'inner-planes', and it wasn't made clear, to anyone, that with the introduction, of the New Age Movement, (Term of expression, used in the 1970's, but was heavily drawn on earlier recent so called 'New Age' = esoteric (inner spiritual) movements/traditions of older information/presentations; 1800's/1900's, onwards 'occult'; Spiritualism; Theosophy; New Thought; Swedenborg;

Mesmer; Golden Dawn; Blavatsky; Olcott; Masonic, etc, etc.) That the very, very, first plane – up/in – down/out!?! = was/is = the/their psychological dark-ness; black-ness; blind-ness = sub-conscious-ness, now referred to, in modern layman ‘terms’ = psychological?

The ‘ancient’ way/method of/for ‘inducing’ the/this basic ‘phenomenon = conscious transference’, was/is = sensory deprivation – cave; forest; desert; igloo; tepee; lodge; temple; monastery; cell; darkened room; hoodwink; blindfold; float tank (NASA), etc, etc. All of these/this, were/was/is, simply the ‘tools used’ to ‘achieve’ the, end result = decrease the #0, Outer, outer physically physical ‘sensory’ input/stimulus and increase aware-ness; awake-ness; conscious-ness = of = THE ‘OTHER?’

This, the above, is the technique, being tested, tried, used, by/with, the reader, practitioner, operator, occultist? The ‘processes’ of, the Egg/Chair exercises, is/are the/a ‘secret?’, to developing; enhancing and increasing, the individuals latent, dormant – PSYCHIC-TACTILE-FEEL-ING-POWERS!?!

Objective = to increase/enhance/develop – latent psychic-tactile-feel-ing powers.

Method = basic cosmic egg and/or basic chair exercises.

Procedure = practice twice daily, four minutes twice a day, minimum.

Thank you.