

# **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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## 6 of 17 psychic exercises. 2022

The present writer is in/on the/their – real-time plane = #0, outer physical plane!

The present writer transfers/transitions/projects to the/their = now-time #1, malkuth earth/hades plane!

Stand where you know you will not be disturbed, for the length of time, that you are going to practice/do, the/your basic cosmic egg/exercise; remembering to keep the/your practice times, short, but repeat them as often as possible. Relax your #0, outer physical eyes, and if you can, let your eyelids ‘droop’ so that your #0, eyes, go into a ‘soft’ focus. As you stand in position, let your conscious-ness; aware-ness; awake-ness – swich/turn – to the dark-ness; black-ness; **blind**-ness, that is now within you, conscious-ness.

As you – conscious, as a ‘ness’, begin to sense/feel the actual; factual; literal dark-ness, black-ness, **blind**-ness; within you; about you and surrounding you – conscious; try not to think/feel, this **blind**-ness = AS A ‘COLOUR!?!’ – which it is not!?! = YOU! – CONSCIOUS? – AS A ‘NESS!?!’ = HAVE NOW! ARE NOW!?! = PROJECTING!?! (Too much? Too difficult? Too hard? Well, too bad!?! Because – THIS IS!?! – THE ACTUAL; FACTUAL; LITERAL!?! = WAY!?! = THAT ‘IT’ IS!?!) Mentally; Emotionally; **Psychically** & Physically = ACCEPT! RECEIVE! ABSORB! THIS ‘TRUTH’!?! -THIS ‘IS!?!’ – THE/YOUR #1, MALKUTH EARTH/HADES PLANE!?!

As soon ‘as?’, you – conscious-ness – ‘enter?’ – the/this/any = ‘plane/level’ = YOU – CONSCIOUS, AS A ‘NESS’ = ARE ‘IN?’, ‘ON?’ – A ‘DUALITY!?!’ – TO/WITH = IT! = THE PLANE!?! AND! AND! – TO/WITH = ITS!?! = LAWS; RULES & GOVERNANCES!?! (See/read Ophiel’s book; Astral Projection.)

Ophiel writes, that as you become(?), more familiar, to/with the/this planes ‘reverse-ness = reflections?’ you ‘accept them’ as being ‘right-side’ up?

Left side on the right; Right side on the left!

Up being down; Down being up!

Back being forwards; Forwards being back!

Resistance being flow; Flow being resistance!

So, you ‘take’ the above, and start with/begin with – the/your basic cosmic egg exercise.

So, you ‘take’ the above, and start with/begin with - the/your basic chair exercise.

So, you ‘take’ the above, and start as Ophiel instructs – about face/turn and look back-behind!

In the/your basic cosmic egg symbols, within you, about you and surrounding you #1 &+ #0, there is/are ‘no directions/reflections??’ to/of/for(?) – a symbol! A ‘Symbol’ – IS A PSYCHIC-TACTILE-FEEL-ING!?!

An #2, Etheric Plane ‘Reflection?’ (Visualisation!?!), IS A ‘REVERSED!?!’ – MIRROR IMAGE!?! = there is/are ‘no directions/reflections??’ to/of/for(?) – a symbol! A ‘Symbol’ – IS A PSYCHIC-TACTILE-FEEL-ING!?!

#0, outer, outer physically physical earth = action/doing = use; use-ing; used = real-time.

#1, malkuth earth/hades = psychic-tactile-feel-ing = three-dimensional; symbol-ical = now-time.

#2, etheric plane = clairvoyant = reflect; repeat; reverse = future-time.

What is commonly called/named = opposite; reverse; adverse – is what should be called; other half; other side; other direction.

The/your #0, Outer, outer physically physical body = WORKS OFF OF/WORKS FROM = The/your #1, Malkuth Earth/Hades inner plane body!?!

Whatever the/your #1, Malkuth Earth/Hades Plane Body psychically-tactilely-feels-believes-symbol-ises = the/your #0, outer, outer physically physical body use; use-ing; uses/used!?!

There is ‘no’ #2, Etheric Light, in/on the/your #1, Malkuth Earth/Hades Plane!?! Therefore, you – Conscious, as a ‘ness’ – cannot/do not – visualise = future-time!?!

There is ‘only’ #1, Malkuth Earth/Hades Plane = Dark-ness; Black-ness; Blind-ness; Black-on-Black; Black-Astral-Light = Psychic-Tactile-Feel-ing – define; three-dimensional; symbol-ical-believed!?!

Only? In/on the plane above; over; higher; before and in-front – do you get/have ‘both’ halves/sides of a Force, as a ‘single/one/whole/complete’ = Force!?!

In/on the/your #1, Malkuth Earth/Hades Plane, do you get/have – Standing/Sitting; Forward/Backward; Up/Down; Here/There; This/That; Now/Then; Yes/No; Believe/Not Believe;

Only? In/on the plane below; under; lower; after and behind – do you get/have ‘one’ half/side of a Force, as a ‘dual/two/side/un-complete’ = Force!?!

For all this = both sides – are delivered unto me = #1, malkuth earth/hades, and to whomsoever (anybody/everybody) I (#1) choose (believe) = gets/receives = #0! = one side ‘or’ the ‘other’ side!?!

The/your #0, Outer, outer physically physical body = WORKS OFF OF/WORKS FROM = The/your #1, Malkuth Earth/Hades inner plane body!?!

The Dancing PSYCHE, in her ‘Garland/Oval/Egg?’, Dances(?), with ‘BOTH RODS’, in her hands = One Black (left hand), One White (right hand.) = AS YOU LOOK AT HER!?! BUT!?! = You – Conscious-ness? – ARE HERE = #0, Outer, outer physically physical plane = HERE!?! - USE; USE-ING; USES; USED!?!

Here now, is what Ophiel writes, in his vignette; The ‘OTHER’ you?

“What I am discussing in this ‘Vignette’ is the not so obvious fact that you create these ‘Double Thought Forms,’ every time you do something/anything on the ‘Physical Plane.’ Naturally, - Or should I say, unnaturally - For some ungodly reason, the inner double seems to ‘OPPOSE’ the outer double and it is/seems that a lot of the trouble of this world, can be traced to this strange fact?

Dear students, I am not prepared to argue/prove this material to be true. Please make some tests of your own. There is one thing you can do; first, you can become aware of this ‘Double-ness.’ You can even become able to see ‘Thought Forms,’ and then you can become aware of your ability to ‘Bind’ the inner ‘Ethereic Double’ so that it becomes unable to harm the outer ‘Physical Double.’ The actual inner ‘Binding’ is as automatic as the original inner creating.” End quote.

The basic cosmic egg and/or basic chair exercises, are #1, Malkuth Earth/Hades Plane = Psychic exercises = seems to 'OPPOSE' the outer double!?! #0, Outer, Outer Physically Physical 'You?' = works off of/from!?! #1, Malkuth Earth/Hades – You? Farther on, in this, Ophiel's same vignette; we read this part:

"I had been aware for some time that the 'Etherec Plane' had some reversals to this plane but not to the extent I have outlined above. It 'Seems' once you get 'Over there' and get into their/its influence, you accept the 'Etherec Plane's Reversals' as 'Right Side Up, As Natural.' The strongest/strangest effect that this 'Possible?' (See, I don't want you to accept my word/work without your own 'TEST') reversal, 'has', is in personal character." End quote. (Underlines are the present writers.)

In the above two Ophiel quotes, is the/your #1/#0, basic chair exercise! Ophiel writes this, in his vignette; Your 'OTHER' you:

"Especially do I refer to the Egyptian KA or Double idea, which they depict in their tombs, to get on with it and to bring it down to today? I, being seventy years old, have come to a form of realisation, - not self-realisation - in the usual meaning of the word; But another form of self-realisation, that in dealing with many people/persons, I cognise that there seems to be TWO people there? (I am slightly familiar with the psychological concept of the split personality. I do not mean that. I mean something much deeper. I am also familiar with the concept of the Etheric double, and I do not mean that, either.) I seem to find/think/conceive that a person seems to have built up a second, 'Person' who more or less functions through the, 'Visible' person. Let us call them P1 and P2. P1 being the actual person and P2 being the opposite person, or shall we call them 'Personalities?'" End quote. (Underlines are Ophiel's.)

P1 = #0, outer, outer physically physical you!

P2 = #1, malkuth earth/hades you!

Then, Ophiel continues with this part;

"Let us digress for a moment. In the Gospels (Good spells) there are the stories about how after the dipping in the river, Jesus goes off into the desert (Although he was already in the desert?) and the 'Devil' appears. Now, this Devil is named in Greek 'The Adversary' or 'Accuser' Dictionary: Slanderer. The name translated into 'Devil' has no-thing to do with all that Lucifer, Satan Fallen Angle crud. "IT" is just called 'The Adversary' or the 'Opposer.'

This ‘Adversary,’ claims that ‘HE’ is the ruler of the world (physical world.) Hence, the implication is that ‘IT’ is the ‘CREATOR’ of this physical world.” End quote (Underlines are Ophiel’s.)

The yellow-highlight above, in our Ophiel quote, should tell/instruct/inform & educate = you!?! – the reader; operator; practitioner; occultist(?), in a very, very ‘visceral = lower intestine’ – Psychic way!?! Try this;

This ‘Adversary/Opposer,’ claims that ‘HE = #1!’ is the ruler of the world (physical world.) Hence, the implication is that ‘IT = #1!’ is the ‘MAKER’ of this = #0, Outer, outer physical world?

Then, farther on, we read this part;

The point we have come to in one vignette, is the question of ‘Who?’ or ‘What?’ created the ‘Physical World’ and what is man’s connection with this world’s creation. Now, in this vignette, we are faced with the rather possible fact that ‘WE ACT LIKE A DOUBLE?’ that we have a ‘DUPLICATE?’ of ourselves, which is/acts contrary to what we seem really to want to be

“An, ‘OPPOSER’ an, ‘ACCUSER’ an, ‘ADVERSARY’ a ‘SLANDERER’ all of these words carry the connotation of something, a ‘BEING,’ that is the opposite of ourselves in every way but which is not present to our ‘PHYSICAL VIEW?’ It lets itself ‘BE FELT?’ in its opposing everything we want to be or to do.

To make matters worse, any persons with whom you attempt to deal with in life, ‘THEY TOO ARE TWO.’ When you go to them, say, with a plan for something new, your opposer will contact his double/opposer and stimulate that opposing double to reject or slander or belittle your P1’s ideas or plans, to both your and their loss and detriment.” End quote. (Underlines are Ophiel’s.)

The word ‘slander’ in the above, is Greek, and was/is used, by them, in the ‘context/expression’ of a/an = Obstacle (Resistance/Stopping/Halting/Deprecation/Deprecating, etc, etc.) IN THE ABOVE OPHIEL QUOTE = IS! IS! = THE/YOUR #1, MALKUTH EARTH/HADES BASIC CHAIR

EXERCISE!?! = Push down to Stand up; Push up to Sit down! Ophiel continues, with this part;

“You are P1 (personality one) and your opposer/devil is called P2 (personality 2). Your human contact, is, say P3 (personality three) and P4 (personality four is their opposite/double.) so while your P1 is talking to them, P3. Your P2 is mentally ‘Talking’ to their P4 and doing the ‘NEGATIVE WORK, ALL UNBEKNOWNST TO P1 AND P2.’ Hence, using some factors/functions unknown to me now, these ‘OPPOSING’ personalities - in this case your P2 and P4 (the other persons P2) - in some way seem to ‘RULE? This physical world! Look about you now; it is only a most unusual type person who can forge ahead in this world seemingly without effort. Evidently such a person has firm control over their P2. Or they have converted their P2 to assist with the aims of their P1. Also, such P1’s, seem to dominate the P2’s of others, so that the ‘Devils’ don’t function malefic-ally in his presence.” End quote.

In this ‘Psychic’ exercise, you – the ‘occultist?’, must have/show ‘patience’; must have/show ‘non-judge-meant = #3, Ego Body!?!’; Must #3, Ego Body ‘Observe – without! – Judgement/Critique!?!’. As you, the reader, over these next paragraphs, it is ‘important’ that you ‘do not loose sight?’, of what ‘it’ is, that you are attempting to ‘experience?’, in your efforts to understand, and then apply!?!

As you go through the paragraphs, don’t just read the words/letters, but bring to the ‘fore’, the/your ‘silent?’, partner, and let your ‘self’ just ‘experience’ in a ‘natural/normal way’, what it is, that you are attempting.

You are #0 &+ #3 (personality one,) and your opposer/devil is called #1 (personality two). Your human contact, is, their #0 &+ #3 (personality one) and the/their #1 (personality two, and is their opposite/double.) so while your #0 &+ #3, is talking to them, #0 &+ #3 - Your #1 is **PSYCHICALLY-TACTILE-FEEL-INGLY!**?! ‘Talking’ to their #1 and doing ANY/ALL = NEGATIVE WORK!?! = ALL UNBEKNOWNST TO YOU #0 &+ #3 AND THEIR #0 &+ #3.’

Hence, using some factors/functions unknown to me now, these ‘**OPPOSING**’ personalities - in this case your #1 and their #1 (the other persons = **PSYCHICALLY-TACTILE-FEEL-ING**) - **in some way seem to ‘RULE? This physical world!** Look about you now; it is only a most unusual type person who can forge ahead in this world seemingly without effort. Evidently such a #0 &+ #3 person, has firm control over their #1 - **psychically-tactile-feel!** Or they have converted their #1 - **psychically-tactile-feel**-ing - to assist with the aims of their #0

&+ #3. Also, such #0 &+ #3's, seem to dominate the #1's = psychically-tactile-feel-ing - of others, so that both!?! 'Devils' don't function malefic-ally in their #0 &+ #3, presence.

Ophiel next writes;

"I know that these ideas seem darned far-fetched and they certainly are different from the usually accepted concepts of how this physical world, 'AND WE THEREIN' operate and live. I do not claim that these theories/ideas are really exact or precise but after 70 years of living and 40 years of 'Occult Research.' I am however certain some such damn personality/psychological contraption is functioning, 'WITHIN US,' as seems evident when we look at the results of our every-day living." End quote.

Take your tarot card; XXI THE WORLD, and 'accept', that the 'female/receptive' DANCING/ANIMATED = figure IS! – a 'symbol' – of/for = the/your = #1, Malkuth Earth/Hades Plane – PSYCHIC SELF!?! – AS A 'WHOLE?', 'COMPLETE', 'ONE?', 'SINGLE!?!' = FORCE!?! = WITH! THE TWO 'SIDES/HALVES?' (The two rods/batons = left black; right white – in each hand) AS A WHOLE!?!

The 'garland' of leaves, about the 'female figure' = IS! = the/your basic cosmic egg!?!

The 'garland' of leaves, about the 'female figure' = IS! = the/their, basic cosmic egg!?!

As you = conscious, as a 'ness' – psychically-tactilely-observe – them – as the/their = Dancing-Psychic-Figure!?! = Mentally about face/turn – AND BACK INTO THEM!?! = SO THAT THE/THEIR 'BATONS?', 'RODS?' = Symbolic(!) Symbol(?) = of/for(?) = THE!?! THEIR!?! = POWER & GLORY!?! = NOW!?! = REVERSED!?! = TO YOU!?! = THE OBSERVER!?! = IS NOW/BECOME!?! – THE SAME AS!?! = YOU!?! = #1 &+ #0 &+ #3!

Ophiel next writes;

"Now, don't be suggestible and imagine 'ANYTHING' and 'EVERYTHING' all fouled up in our lives. Whatever is, 'IS,' - has been here/there for a long time up to now - and it's not going to come into 'MORE' existence overnight. As to remedies, what can be 'DONE' to release us of this 'Body of Death?' (As one of the 'New Testament' writers, puts it.) And a fairly good name for this, 'OPPOSING FORCE as it were, as it is certainly 'DEATH' to any 'PROGRESSIVE IDEAS' and 'ACTIONS' we desire to perform." End quote.



Context, reads thusly;

As to remedies, what can be ‘DONE’ to release us of/from this = #1, Opposing/Adverse - Body of Death? (As one of the ‘New Testament’ writers, puts it.) And it is a fairly good name for this = REFLEX/AUTOMATIC = OPPOSING/ADVERSE = FORCE as it were (Basic Chair Exercise!), as it is certainly ‘DEATH’ to any = #0 &+ #3, bodies = PROGRESSIVE IDEAS and ACTIONS = we desire to perform!?! = AGAIN!?! – BASIC CHAIR EXERCISE!?!

Remember this, from Ophiel? = A ‘BEING,’ that is the OPPOSITE of ourselves = #0 &+ #3 - in ‘every way?’ but... which is ‘not’ present, to our ‘PHYSICAL VIEW #3, Ego Body View!?!’ It lets itself ‘BE FELT?’ in its = OPPOSING EVERYTHING we #0 &+ #3 - want to ‘be’ or want ‘to do’.

The present writer does not ‘know?’ (Nor wishes to!?!), as that/this – is not the point!?!)

If you, the reader; operator; practitioner; occultist(?), is/are ‘able’ to ‘follow?’ the above suggestions, recommendations, information or not? But... the present writer ‘does!’ know/understand! – that if you are able to do/practice the/your basic chair exercise, in the prescribed manner/method/way, then the above, will/shall, not only(!), be/become ‘self-evident?’, through application/adaptation, to your now present needs, but it – the basic chair exercise – WILL/SHALL/DOES – OPEN UP!?! – THE ‘WHOLE’ OF THE/YOUR = #1, Malkuth Earth/Hades Plane!?!

How can this be anything else/other?? = WHEN YOU - #0 &+ #3 = KNOW/UNDERSTAND!?! = HOW!?! – IN WHAT ‘WAY?’ = THAT THE/YOUR #1, MALKUTH EARTH/HADES PLANE/BODY – MOVES?

How can this be anything else/other?? = WHEN YOU - #0 &+ #3 = KNOW/UNDERSTAND!?! = HOW!?! – IN WHAT ‘WAY?’ = THAT THE/YOUR #1, MALKUTH EARTH/HADES PLANE/BODY – FEELS? = AS IT (#1), MOVES!?! = IN/ON ITS OWN PLANE!?! = Stop! Stop! Trying to #3, Ego Body – pre-judge!?! = just try to = OBSERVE!?!)

Thank you.