

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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It is pointless, to enter into the egg/chair exercises, with a, pre-conceived idea? of what they are, and what they do? The two exercises, are for the development; enhancement and increment, of what is latent/dormant(?) within you, the reader – already!

The egg/chair exercises, are to, bring out/raise to, the surface of – your conscious-ness(?), what is already there!?! A person/individual = doesn't get/acquire – something/anything – that is not(?), already them!?! Nor is there some Demon?? going to suddenly = jump out and say – Boo! Those individuals, who think/feel that way, end up that way, because(?), even before they, begin/start/commence, their egg/chair exercises = THE/THEIR OTHER, (#1, malkuth earth/hades, psychic-tactile-feel-ing-body) is already there! This is why, understanding, is so important, because it, understanding, gives control, gives relief and delivers many, many, options, that others, who have no interest, no knowledge, no understanding, of what, is, in them!

Symbol (noun), from the Greek; symbolom = token; sign; watchword. Literally means; that which is cast/thrown 'together'. From; syn = together + bole = throw; cast; stroke (tactilely-feel). From; bol/ballein = to throw (stretch; reach; touch.) From the Proto-Indo-European Root word; gwele – to throw/reach. The sense evolution, in the Greek, is in the sense/idea, of 'throw/placing – things together?', in the sense/idea of; contrasting/comparing, as in; tokens 'used' to determine if something is a 'genuine outward sign', of/for something, that is not 'visible', in its 'self' (An 'expression of'). The idea/meaning of; an outer, outer physically physical something, which 'stands for' something 'else', is from the 1590's, in Spencer's 'Fairy Queen'.

Some simple examples of/for 'symbols' would be/can be;

Car – symbol/expression - of the 'desire', for mechanical mobility.

Ship - symbol/expression - of the 'desire', for aquatic mobility.

Aeroplane - symbol/expression - of the 'desire', for Aerial mobility.

Money - symbol/expression - of the 'desire', for valued exchanges.

Portraits - symbol/expression - of the 'desire', for capturing a moment in time.

Printing - symbol/expression - of the 'desire', for the transfer of knowledge/knowing.

You get the idea? So, basic cosmic egg exercise = symbol/expression – of the desire, to increase; enhance and develop, the/your latent/dormant/natural/inherent ability? to psychologically, **psychically** = **tactilely-feel**; define; three-dimensional-ise; symbol-ise = in/on the/your #1, **psychic** = sub-conscious-ness – dark-ness; black-ness; blind-ness = IN SUCH A WAY = that IT = your #1, body – believes(?), trusts(?) – what ‘IT’, #1, is **psychically-tactilely-feel**-ing = AND NOT! NOT! = WHAT #3, Ego Body, Present Incarnation, Personality Body = wants!?! (To ‘be’, #3, ego body dominated, is very, very demanding?)

The five basic cosmic egg symbols, are;

Egg = whole body.

Sphere = head.

Inverted Pyramid = torso.

Bowl = hips/pelvis/crotch.

Cube = thighs/legs/feet.

Each time, you, the practitioner, practice, you are involving/engaging each of the bodies, at the same/one time, which, is considered a virtuous cycle/circle, which creates/makes/generates and increases, its own power, as the practices proceeds, over time. Please keep the practice times short (four or five minutes), at the start/beginning of your learning/understanding period/practices. It is because? you – conscious-ness, have decided to test, try, use, the/these techniques, that the/your #3, ego body, which isn’t really? an actual, factual, literal ‘body’, but is a ‘construct’, which does not appear? in the infant, until about 15/18 months, where the individual is becomes, an object? in a world’ of objects? And this is where, the juvenile/adolescent/adult – finds themselves today! (Their ‘day?’)

This/these things, in the infant, are called/termed the/a; Mirror Stage, in psychology, and this is the ‘bio-feedback-loop’, that never ‘switches off?’. So, it – the mirror state/stage – has to be, sub-limated/limited. This is what the egg/chair exercises ‘do’? They ‘change?’, or ‘re-train?’, or ‘re-instruct/re-inform?’, the/this/your = ‘Ego Construct’ = of self? Through the basic exercises, of egg and/or chair. This reads/sounds, very complicated(?), but, in truth, is very simple, very easy and is a ‘learned’ skill/ability/art form/expression.

Many persons are able to walk = learned/acquired skill!

Many persons are able to run = learned/acquired skill!

Many persons are able to talk = learned/acquired skill!

Many persons are able to read/write = learned/acquired skill!

Many persons are able to ride a bicycle = learned/acquired skill!

Many persons are able to swim = learned/acquired skill!

Many persons are able to drive a vehicle = learned/acquired skill!

Many persons are able to type/text = learned/acquired skill!

Many persons are able to do the basic cosmic egg exercise = learned/acquired skill!

Many persons are able to do the basic chair exercise = learned/acquired skill!

Also, because the individual – conscious-ness, not ‘only?’, #1, psychologically/**psychically-tactilely-feels**, these five basic elemental symbols, within them, about them and surrounding them, but, they – conscious-ness, also – bio-logically = **psychically-tactilely-feels** -them!?! Thus, bridging the ‘gap?’, ‘space?’, ‘void?’ between what you = #0 &+ #3 – want, need, desire, brood on, and what you = #1, **psychically-tactilely-feel** = BELIEVE – TRUST!?! Please remember/recall, that the/your #3, ego-body = **PIGGY-BACKS!** = in/on – conscious-ness!

The Egg = is the ‘symbol’ of/for = change.

The Sphere = is the ‘symbol’ of/for = foundation.

The Inverted Pyramid = is the ‘symbol’ of/for = direction/projection.

The Bowl = is the ‘symbol’ of/for = reflection/visualisation.

The Cube = is the ‘symbol’ of/for = tactile-feel-ing; define-ing; three-dimensional-ism; symbol-ism

The Physical body = is the ‘symbol’ of/for = use; use-ing; used!

You – conscious-ness; cannot/do not – change/alter – the/your #0, outer, outer physically physical plane – so please don’t waste your precious time, trying to, do so!!

Your #0, outer, outer physically physical plane = is the result(?) = is the consequences(?) = of the/your #1, psychological, psychic = tactile-feel-ing body!

The word, **psychic**, is from the Greek word; psychikos = of the mind (conscious-ness), and it is this part (**psychic**), of the/your – conscious as a, ness, which, **tactilely-feels**. The word ‘**psychic**’ literally means; breath; As in, inhale = take in; exhale = put out; This is what you do - with the/your **psychic-tactile-feeling**. (Camille Flammarion, French Astronomer, was supposedly, the first to use, the word ‘**psychic**’ in relation to a psychological discourse. Later, in the 1870’s, the term was introduced into the wider speaking English language, by Edward Cox.)

It is important, that the practitioner of the basic cosmic egg exercise, understands/acknowledges, to them/their selves, that as soon as, the egg exercise begins = **THEY – THE PRACTITIONER – ARE NOW/ALREADY STANDING INSIDE!?! – THE/THEIR OWN AURA!?! They – the practitioner – ARE NOW INSIDE!?! = THE/THEIR OWN = PSYCHOLOGICAL DARK-NESS; BLACK-NESS; BLIND-NESS!?! AND! AND! THAT THEY ARE ALONE, THAT THEY ARE NOW! = SELF!?!**

The more times, that this shift, in conscious, as a ‘ness,’ is practiced, then the actual, factual, literal sensation **psychic-tactile-feeling**, that the/their #0, outer, outer physically physical body = **IS A PROJECTION? OF! = The/their #1, malkuth earth/hades, psychological psychic – tactile-feel**-ing body – is – to say the least(!), very real? very palpable. But... **not! Not!** In the slightest, in any way = dangerous; harmful; hurtful; to the individual.

As you, stand, inside your egg, you – conscious-ness, are now in a **defined closed space!** And... it is = **ALL YOURS!?! Inside, this dark-ness; black-ness; blind-ness = YOU! – CONSCIOUS-NESS!! = ARE GOING TO DEVELOP; ENHANCE; INCREASE; IMPROVE AND STRENGTHEN!! = THE/YOUR CONSCIOUS ABILITY = TO SEE/OBSERVE!?! So, whilst inside your basic cosmic egg; you consciously/knowingly and deliberately = psychically-tactilely-feel = THE INSIDE OF YOUR EGG = wide at the top, narrow at the bottom, and you – SENSE/FEEL THE SPACE, GAP = from your #1, Malkuth Earth/Hades, **psychic** body, to the; INSIDE SURFACE OF = THE **YOUR EGG (Aura!).** You, the operator, are now **psychically-tactilely-feel**-ing, knowingly; consciously; deliberately and on purpose = **THE/YOUR INDIVIDUAL, PERSONAL = SPACE! Please make an effort, to recognise this, within your-self.****

There is nothing to, see? in the bio-logical sense, so don’t even waste your practice time, considering this! You have read the previous monologues, so you, the reader knows, that you – conscious-ness, have transferred = projected/extended your – conscious-ness – to/onto –

a/an/other, different level and you – conscious-ness, are learning, studying, absorbing, the difference, in behaviour; laws; rules and governance of/for, this first = inner = plane/level, of/for your conscious-ness. As you practice daily, your basic cosmic egg exercise, you – conscious-ness, come to understand, that as the/your #0, outer, outer physically physical world, fades, from conscious-ness view, you – conscious-ness, with(!), the/your #3, ego body piggy-backing, are now in/on a/an/other different level!?! **Again! Deliberately ‘make’ a conscious effort, to realise, this fact!**

Now, you = the operator/practitioner = HAVEN’T GONE? ANYWHERE!?! You = the operator/practitioner = have only/simplely = RAISED YOUR LEVEL OF CONSCIOUS-NESS!?! It is, important, to understand the above, there is nothing in, the human being, that goes out/off, somewhere, anywhere? It is simply a different level, of conscious-ness! (See/read Ophiel for this, his Little System in his book; Astral Projection.)

It is also, important to understand, that each level/layer of/for – conscious-ness – can and does = effects/affects the level/layer, above and below it! But, in the case of the/your #1, malkuth earth/hades, psychic, dark-ness; black-ness; blind-ness there is only the one level below, as this #1, level/layer, is the last/lowest inner one, on down/out, into/onto #0, outer, outer physically physical manifestation, as = use; use-ing; used! The worthy ancients, described this #1, malkuth earth/hades plane/level, as being = heavy; solid; inert and hard; easy to understand, when you consider the laws; rules; governances of/for this plane/level = psychic-tactile-feel-ing; define-ing; three-dimensional-ising; symbol-ising, and its (#1), projected results = #0, outer, outer physically physical plane!?!

The/these worthy ancients, also discovered certain things, which they used, to/of/for the/their own advancement/gain. They discovered/found, that certain materials, would/could, have a psychological effect/affect, in/on the/this = #1, malkuth earth/hades, psychic-tactile-feel-ing body = colour; shape; form; texture; size; density and intensity and they found discovered, that even amongst these things, there were/are superconductors? and so their, worth/value, crept up. But... the ‘real?’ breakthrough(?), came in the discovery of shape/form determines the aura = of the thing, in its self! Thus, you could have = MANY DIFFERENT/VARIOUS FORMS = BUT...! ALL OF THEM (Forms), COULD NOW BE, CLASSIFIED, INTO THEIR RESPECTIVE ROOT SOURCES!?! As per, this simple example:

Egg = Ether - causality.

Sphere = Air – movement.

Inverted Pyramid = Fire – expansion.

Bowl = Water – contraction.

Cube = Earth – inert.

Physical = Earth – use; use-ing; used.

What was ‘lost?’, was the ‘inner’ secret/knowledge/knowing(?), that these five basic ‘descriptions’, of the secret/hidden side of life, were/are ‘expressions’, for the sub-consciousness mind = to grapple with; get to grips with; **psychically-tactilely-feel** with – sub-consciously! Today, the world is simply full of ‘scepticism’ as regards these things, but... what, in truth, is ‘missing’ = is the correct application of techniques = which enhances the individual’s personal ability/individuality = to progress?

Egg = causality – change?

Sphere = movement – supporting/developing the change?

Inverted Pyramid = expansion – supporting/developing the change?

Bowl = contraction – reflecting/representing the change?

Cube = solidity/inert – tactilely-feel-ing; define-ing; three-dimensional-ising; symbol-ising the change?

Physical = use; use-ing; used – the change.

These basic symbols, are in/on the/your, psychological/bio-logical bodies helping you = #0 &+ #3, bodies = in achieving/sustaining, whatever your goals/aims are – which ‘changes’ the/your life/living, for the better? In ancient times, when these things were being learned/taught, the message/medium was lost, along with, the actual, factual, literal, understanding of, the technique. And when the association of things was put out, there, many lost the plot/plan? due to the fact that many couldn’t read or write at that time, any understanding had to come through the word of mouth (personal/individual experience), or by/with writing ‘if?’ you could read; But...! The writing had to be about techniques, on how to achieve/develop and progress as a/an, individual! But...! All they achieved, was ignorance, stupidity and superstition, or worse = fanaticism!

As an example, in ancient days, priests would sacrifice a sheep; remove its liver, and then ‘divine’, whatever question, was being answered at the time? All livers are associated with the Sun? but... the inner meaning, was in the **time**? the Physically Physical Sun, shines, every day, so the day? = is real-time? So, the person/individual or organisation, asking/inquiring, of the oracle priest/priestess; would get their answer, so much for that! But... then,

someone/somewhere? Found/discovered, that a, clay model of? the sheep's liver = WORKED(?) = JUST AS GOOD(?) = AS THE REAL SHEEP'S LIVER!?! (Good news for the sheep?) (See/read Ophiel's book: Clairvoyance, his chapter; 'Sticky,' Lines of Astral Matter.) Here is what psychology says;

The human **mind**, **cannot!** = tell the difference(?) = between what 'is' real(?) = and what it = **believes(?)** = is real! And one of the main reasons, of/for this, is that of the/your, #1, **psychic-tactile-feel-ing!?!**

There is 'no difference?', between an 'imagined' new car, and a new car!

There is 'no difference?', between an 'imagined' new home, and a new home!

There is 'no difference?', between an 'imagined' new job, and a new job!

There is 'no difference?', between an 'imagined' new experience, and new experience!

If the/your mind, at the/your #1, malkuth earth/hades, **psychic-tactile-feel-ing**, define-ing; three-dimensional-ising; symbol-ising level = **believes?** = then, whatever your 'it' = is? Then 'it' happens!?! Consciously/Un-Consciously = won't/don't make any 'difference?'

Remember this, from the 'monologue': 3 of 17, in the; KJB, Mark 14:24.

"Therefore, I say unto you; what things so ever, ye desire; when ye pray, believe that ye have received them, and ye shall have them."

What...? Could you, the reader(?), possibly do? with a technique? like that? Where is the, art/skill/talent, in you(?), the reader/practitioner? That is/which is = Going to Deliver = for you – conscious-ness??

I – conscious, as a 'ness = projection; protrusion; promontory; jutting-forth; standing out.'

You - #0, Outer, outer physically physical body.

Ye - #1, Malkuth Earth/Hades.

Ye – pray = to ask earnestly, as if, in a court room of Law.

Believe = to trust.

Ye - #1, Malkuth Earth/Hades.

Ye – have received = psychically-tactilely-feel-them.

Ye - #1, Malkuth Earth/Hades = shall have them.

You = Conscious, as a, #0, 'ness,' = can only, use; use-ing; uses; used!?!

Thank you.