

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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In the basic chair exercise, as you go to stand up, there is movement, **inside you**, that moves – in the **opposite**? direction to the one, you = #0, outer, outer physically physical you, wish to move?

In the basic chair exercise, as you go to sit down, there is movement? **inside you**, that moves – in the **opposite**? direction to the one, you = #0, outer, outer physically physical you, wish to move?

To sense/feel this inner-movement? one has to practice, in such a way, that the/your – conscious-ness, doesn't think? about it? This is like all learned/mastered skills/art forms. It is like trying to learn how to cycle. The balance? isn't there, but... after much perseverance, and constant – conscious, deliberate practice, repeating, one day(?), you get to pedal, as hard and as far, as you can/want to. This is the same, for all acquired, skills/art forms, of expression.

So, keep your practice session short and repeat them often. This is, the way. This is, the technique. The actual; factual; literal; subject matter, matters little. The/your, #1, malkuth earth/hades, **psychic-tactile-feel**-ing, does the actual; factual; literal = work! It is just that you = #3, Ego body, Present Incarnation, Personality Body, take all the credit!?!

There is no way to write about the basic chair exercise, the sensation/feeling of movement, of the/your #1, **psychic-tactile-feel**-ing body, is the same as learning to cycle; to drive; to type; to draw; to paint; to play a musical instrument = you stay at it, until such times, as you no longer, fall off the bike! The/your #1, **psychic-tactile-feel**-ing body, works out all the wrinkles, until such times as you, get your balance = skill! Then, you can 'cycle', all you want!

This is the method; this is the way; this is the technique = repeat; repeat; repeat; repeat – etc, etc, etc! Until, mastery/skill/art – is expressed in your = physically physical – actions/doings. THE LEARNING IS DONE – CONSCIOUSLY; KNOWINGLY; DELIBERATELY – UNTIL YOU CROSS THE LINE? = then, the actions/doings are/become = REFLEXIVE; AUTOMATIC; UN-CONSCIOUS!?! = your #1, malkuth earth/hades psychological, psychic self/body = DOES THE WORK!?! (For all this, is delivered unto me - #1!)

The worthy ancients = knew – and – understood – this!

The worthy ancients = knew – and – used – this!

IN THEIR TRAINING/LEARNING PROCESSES/TECHNIQUES!

But...! The individual themselves = also! = have/has, the desire to succeed!

There is/are, many teachers in education, who have an academic qualification to teach? but... because their skill? is in absorbing and recalling – information = then that! = is what they teach? = memorising. There is a place, for individuals like this. But... when a teacher/instructor is able to teach, in such a way, that the student – understands(?), then there is – nothing more to teach? = Only adaptation, variation in application, of the/their – own = understanding?

This, the understanding way/part, is what the basic cosmic egg exercise and/or basic chair exercise, are all about! They (the egg/chair exercises) are not(!), information, nor, are they, exercises in memory! they are living actions/doings, which, when mastered, allow the individual, to approach their way of living, to be/become increased and/or enhanced, in such a way, as to give them – pleasure/enjoyment in, their own, life/living.

The internal movement, of the/your #1, malkuth earth/hades, psychic-tactile-feel-ing – conscious-ness = ALWAYS! ALWAYS? = MOVES(?) = IN THE OPPOSITE-DIRECTION!?! = TO/OF = THE/YOUR #0, OUTER, OUTER PHYSICALLY PHYSICAL BODY – ACTIONS/MOVEMENTS! The worthy ancients knew this; knew of this!?! = RESISTANCE; INERTIA; OPPOSING; ADVERSE; OBSTACLE; OBSTINATE-NESS!?!

Ness = to protrude; to project; promontory; to jut out; to stand out. So, now, your understanding, is put to the test. When you, the reader/operator, go to ‘do’ something/anything = there is resistance? Now, do you understand, the/your basic chair exercise?

There was a time in the, Ancient World, when the dark-ness; black-ness; blind-ness = was fully recognised and fully accepted, as a natural, normal and essential, part of life/living, and that it = the dark-ness; black-ness; blind-ness (Blind-ness = psychic-tactile-feel-ing!?! Basic Cosmic Egg Exercise.) Was not seen or viewed or taught = AS BEING EVIL = AS BEING ACTIVELY/INDIVIDUALLY/PERSONALLY – EVIL!

This idea/notion came later, through ignorance and a lack of = understanding – by the un-initiated, who had, NO ACCESS, to the proper, educational techniques – which had been learned first-hand, through individual/personal experience of. So much so, that today, the idea/notion of an ingrained; Dark-ness; Black-ness; **Blind**-ness = Evil-ness; has permeated the group ‘**psyche**’ of western society, so much, that it is/has, now become, a standard psychological ‘reflex-action’, that any notion of anything else/other, is simply a/an, other aspect, of the very same = EVIL – DARK-NESS!!

If a person/individual is afraid? of the/their; dark-ness; black-ness; **blind**-ness = AT! = the/their own, **psychic-tactile-feel**-ing – conscious-ness level, then doing/practicing of the egg/chair exercises – is/are, going to be scary??! Very scary, much like going to a horror movie? = you – conscious-ness, know(?), it’s only a movie!! = you – conscious-ness, know(?), that it is not(!), going to, hurt/harm you = #0 &+ #3!?! But... your #1, **psychic-tactile-feel**-ing-self – is scared? – just the same!! Like a rollercoaster ride!!

As you (if you?), progress, in your basic chair exercise, this, inner movement, in the opposite direction, is the natural/normal – functioning/working – of the/your #1, malkuth earth/hades **psychic-tactile-feel**-ing body – in/on = ITS! = own, plane/level! And! It = the movement opposite to be/become INERT = IS WHAT THE/YOUR = #0, Outer, outer physically physical body = USES!?! = Otherwise!!! = you, the reader/operator = WOULDN’T/COULDN’T = STAND-UP OR SIT-DOWN!?! (You ‘exert,’ the same amount of force, backwards(?), as you drive your car, forwards(?) See/read Ophiel for this; Creative Visualisation book.)

There is/are, no easy ways, to explain this/these things? because, if there were, the worthy ancients would have, not only done so, but... done so, in a, way/method, that we all would use, to-day! The only way that the worthy ancients explained, the/this phenomenon of resistance/inertia, was in the presentation of, adversity and opposition. In the Greek, it was described/explained as a/an, obstacle, in the form, of = one who speaks against! One who slanders, the individual. These descriptions, are for the/your **psychic-tactile-feel**-ing, to work off of!

INERT = without inherent force; having no power to act or respond, on its own. From the Latin words; inertem/iners = unskilled; incompetent; inactive; helpless; weak; sluggish; worthless.

INERT, is a compound of the words; in = without; not; opposite off + ars = artis; skill.

(Art/Artist = from the Proto-Indo-European Root word; ar = to fit together.)

Can you, are you? = the reader/operator able to, use, your now present, #1, malkuth earth/hades **psychic-tactile-feel**-ing abilities(?), in the above paragraph; INERT = without inherent force, and apply it (the/this descriptive paragraph), to the/your basic chair exercise?

Conscious-ness you = #0 – asks a question = How much; How far; How hard; How fast; How slow; How soft;

Conscious-ness you = #0 – asks above question = WITH YOUR BI-FOCAL PHYSICALLY PHYSICAL EYES!

Sub-Conscious-ness = #1 – ANSWERS WITH = STOP! HALT!

Conscious-ness you = #0 – **TACTILELY-FEELS** THIS SUB-CONSCIOUS-NESS ANSWER AS!?!

STOP/HALT = ADVERSE; OPPOSED; OBSTACLE;

Obstacle; in the Greek, idiom; was a slander/slur/liable; in the ‘form’, of = one who speaks against! In this/our case = sub-conscious-ness Vs conscious-ness!?!

SO, YOUR BI-FOCAL ‘EYE’ = CONSCIOUS-NESS = IS THE ‘ONE’ WHO ASKS THE QUESTION?

SO, YOUR **BLIND-PSYCHIC-TACTILE-FEEL**-ING = SUB-CONSCIOUS-NESS = IS THE ‘ONE’ WHO ANSWERS THE QUESTION!

AND THE ‘ANSWER?’, IS ALWAYS THE ‘SAME’ = STOP! HALT!

With this; stop/halt = answer – #1, malkuth earth/hades, **psychic-tactile-feel**-ing = You – conscious-ness; #0, outer, outer physically physical you = can now? = move = forwards/backwards; upwards/downwards; left/right. With this; stop/halt = answer – #1, malkuth earth/hades, psychological, **psychic-tactile-feel**-ing = You – conscious-ness; now have?

SOMETHING TO WORK OFF OF!?! SOMETHING TO WORK WITH!?!

Do you? The reader/operator, understand this, the above information, in the application of, in the exercise of = the/your basic chair exercise!?! = push-down – to stand up/push-up – to sit-down!

This inner = sub-conscious-ness, movement = is = expressed; explained and presented, by the worthy ancients, as = Adverse = against! Opposed = opposite! Obstacle = objection! = revealed and explained to you, the reader, as = STOP! HALT! = which is – psychic-tactile-feel-ing; defined; three-dimensional-ised; symbol-ised – as the/your #0, outer, outer physically physical = action/doing – standing/sitting!?!

All fine and dandy! When ‘learning’, but... what happens? with the application? of the above narrative??

Suppose you are at the race track, and you are going to place a bet, on a horse? But... you – the punter(?), know, nothing about horses? So, your – bi-focal-eyes = ASK THE QUESTION? = FOR YOU!?! = #0!!

Which of you ‘horses?’, are going to = win!!!?

Your#0, bi-focal-eyes, go down the ‘list’ of horses!

Your #1, psychic-tactile-feel-ing, says = Stop! Halt! = this one!?!

Now, if you look carefully, at any successful? person/individual, you will/shall, see/observe, a/the/their technique? art? skill? method? process? way-of-doing? that/which = delivers the goods!?! = Consciously/Un-Consciously = won't/don't matter one jot!!! It is still the same processes used!?! (Called intuition, skill set, when a person/individual studies; called good luck, good fortune, when it happens naturally.)

Suppose you are a business person, and you are going to choose a deal? on a provider? But... you – the business person(?), know, nothing about their business? So, your – bi-focal-eyes = ASK THE QUESTION? = WHO/WHICH OF THESE, ARE FOR YOU!?! = #0!!

Which of you, business partners? are for = me!!!?

Your #0, bi-focal-eyes, go down the list of partners!

Your #1, psychic-tactile-feel-ing says = Stop! Halt! = this one!?!

Same technique!?! different application!?! You, the reader, do this same/one process/procedure – day after day after day after day after day – until you die! Jobs; Holidays; Cars; Houses; Partners; Clothes; Shoes; Toiletries; Friends; etc, etc, etc, etc; day after day after day after day after day – until you die! Which of = you – objects; circumstances; things and/or its = ARE FOR ME!?! = #0!?! And you = #3, Ego body, Present Incarnation, Personality Body = DOES NOT! = get to ASK! DOES NOT! Get to Choose??!

For all this = what the #0, bi-focal eyes = see?

Is delivered unto me = what the #1, psychic-tactile-feel-ing body = believes?

And to(?), whomsoever(?), I (#1), choose to ‘give it?’ = object; circumstance; thing; it?

The/your = #3, ego body – piggy-backs! – in/on conscious-ness, and can only(!) = observe?

Thank you.