

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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15 of 17 polarity, assume & duality. 2022

Each 'duality' = Conscious – in/on each plane/level, will be 'slightly different', according the/your (Conscious), view-point – BUT... EVERYTHING! ALL! – IS BASED ON – DIRECTION!?!

Assume = lower to higher:

Polarity = higher to lower:

Duality = all, in/on the same/one plane/level.

The above, you, the reader/practitioner/occultist(?), can/do experience the above = immediately/instantly!! = the moment you begin/start, the/your, basic cosmic egg and/or basic chair exercises.

With your #0, outer, outer physically physical body – receptive.

With your #1, malkuth earth/hades plane body – active = psychically-tactilely-feel-ing.

With your #3, ego body, present incarnation, personality body – neutral = observing – non-judgmental!

What better 'way?', could an absolute beginner, begin? Please put the above to the Test! Try it! Use it! Right now!! Look about you, right now, and realise/know!!?!?! = that you – Conscious and/plus #3, Ego you = ARE IN A/AN - #0, Outer, Outer Physically Physical = DUALITY!?! = RIGHT NOW!!!

TOO MUCH? TOO DIFFICULT?? TOO HARD??? = WELL TOO BAD!?! = BECAUSE IT = #0. IS(!), WHAT 'IT' #0, IS(?) = A DUALITY!!!

Is not(?), everything else/other about you now(?) = #0, Outer, outer physically physical?

Do you – conscious – as a 'ness' = have to assume! – in order to CHANGE(?), your #0, outer physical plane!

Do you – conscious – as a 'ness' = have to polarise! - in order to CHANGE(?), your #0, outer physical plane!

Can you – conscious – as a #0, 'Duality!?!' = CHANGE(?), the/your #0, outer physical

plane!

The ‘answer?’ to the first two questions above is/are = YES!?!

The ‘answer?’, to the third question is NO!

Ophiel finishes his vignette; Living Life, with this: “So? What to ‘Do?’ Apparently, we are ‘surrounded’ by our own ‘Thought Form Creations’ as well as the ‘Thought Form Creations’ of ‘others’. We are ‘influenced’ by others and ‘we’ ‘influence’ others. ‘WHAT DO YOU WANT TO DO?’ I really don’t know? You will have to ‘decide’ for yourself. If you are ‘satisfied?’ to ‘remain’ where you ‘are,’ then there is ‘no problem.’ You can ‘pick’ up a ‘few’ ‘Occult tricks’ to amuse yourself. But if you want to ‘progress’ then you’ll have to go through a ‘Mental-Mind-Cleaning’ and take an ‘inventory’ of your ‘resident’ ‘Thought Forms’ decide what you want to ‘Keep?’ and decide what you want to ‘Discard.’” End quote.

Context reads: So? What to ‘Do? Apparently, we are ‘surrounded’ by our own ‘Psychical-Tactile-Feel-ings’ as well as the ‘Psychical-Tactile-Feel-ings’ of ‘others’. We are ‘influenced’ by others and ‘we’ ‘influence’ others. WHAT DO YOU WANT TO DO? If you really don’t know? You will have to ‘decide’ for yourself. If you are ‘satisfied?’ to remain where you are, then there is ‘no problem.’ You can pick up a few Occult tricks, to amuse yourself. But if you want to ‘progress’ then you’ll have to go through a, Mental-Mind & #3, Ego Body Cleaning, and take an inventory of your resident Psychical-Tactile-Feel-ings & #3, Ego Body = Judgements? Decide, what you want to ‘Keep?’ and decide, what you want to Discard?

The ‘way?’, to ‘Discard’, is to replace ‘old habits for new habits’; You cannot/do not ‘eradicate’ old habits, all you ‘can do?’, is to replace them!! This will, on average, take about 30 days, with practice, keeping it short but, repeating it often. Basic cosmic egg and/or basic chair exercises. Armed with these two exercises, even the ‘worst’, occultist(?), in the world, should(?), make very, very quick progress.

The basic cosmic egg exercise, teaching/informing the practitioner, ‘how’ to Psychically-Tactilely-Feel and the basic chair exercise teaching/informing the practitioner, ‘how’ you = #1 &+ #0 = move/partner each other. Here is what Ophiel writes, in his vignette; You and Your Desires:

“There is also another section/angle, which I would like to describe, to help you achieve your life/living desires. I did achieve/get all the things for which I really visualised. (Many things I

mildly desired but didn't do any real work on their acquirement, so I didn't get them.)

I am not aware of how (HOW) they actually came to me, (The actual transfer method, as it were.) but they came/arrived and the first thing I realised was that I had that for which I had asked/visualised. When I looked back, I was unable to immediately trace the desired object's exact arrival. I have never been able to trace the exact path of arrival and in fact, when I tried to do this, I now know, I confused and delayed the arrival of the 'Desired Object.'

When I was a teen child, I once conceived the idea of watching myself go to sleep. I tried this, a number of times and the effort drove me much wider-awake. It was a long time before I concluded that watching myself go to sleep, was by basic nature impossible. It is almost the same way with watching a visualised desire/object come to you. The act of watching such an operation will invariably confuse the whole complex action and destroy its smooth working. As in trying to watch your-self, go to sleep, it destroys this subconscious action of letting go the objective wakefulness." End quote. (Underlines are the present writers.)

As already pointed out, the/your #3, ego body, present incarnation, personality body – PIGGY-BACKS! – in/on the/your – conscious-ness(?), and the/this/your – conscious – is(?) – the/your #1, malkuth earth/hades plane body!! But...! The/your #3, ego body 'interferes with' = the/your #1, malkuth earth/hades = psychic-tactile-feel-ing &+ #0, outer physically physical = use; used; use-ing!! = AND THE/YOUR #3, EGO BODY, PRESENT INCARNATION, PERSONALITY BODY – DOES THIS 'INTERFERING?', BY/WITH MAKING A JUDGEMENT!?! – NOT ME! NOT THIS! NOT THAT! = WHICH STOPS/HALTS THE/YOUR = #1, MALKUTH EARTH/HADES PSYCHIC-TACTILE-FEEL-ING BODY = FROM BELIEVE-ING!?!

This is 'why', the basic chair exercise is 'important', it lets you, conscious – do the exercise – and lets you, #3, ego body, simply to 'observe', until both 'bodies' understand, what is 'required(?)', of them = AS THEY 'MOVE!?' (The 'movement?', of the/your #3, ego body = IS! – OBSERVATION; OBSERVE-ING!!)

The 'movement' of/for #0, outer, outer physically physical earth plane – IS! – use; use-ing; uses; used.

The 'movement' of/for #1, malkuth earth/hades plane – IS! – Psychic-Tactile-Feel-ing.

The 'movement' of/for #2, etheric plane – IS! – Reflection.

The 'movement' of/for #3, ego body, present incarnation, personality body – IS! – Observe-ing.

The/your #3, ego body, present incarnation, personality body = **feels nothing!** – as it, #3, is a ‘construct’, made up ‘from’, the ‘nested’ bio-feedback-loop, in the/their ‘duality’ of, the/their conscious – as a ‘ness’ – in/on the/their ‘duality’ of, the/their #0, outer, outer physically physical, and/plus, #1, malkuth earth/hades ‘bodies’.

It is ‘because?’, you can only ‘use’, the/your #0, outer, outer physically physical body, and ‘cannot/do not’, **change; alter; amend; adjust; vary;** the/your #0, outer, outer physically physical body, that you – conscious – as a #0 ‘projection = ness’, must transfer over, to the **plane above; over; higher; before and in-front** (#0 to #1 = assume), and then, whilst in a ‘duality’ to/with, the/that/this, #1, plane above, then, about face/turn and look, back; below; under; lower; after and **behind** – thus, creating/making a ‘polarisation’ (#1 to #0 = polarity). Ophiel next writes:

“Now with these preliminaries out of the way we can proceed with a real visualisation of a simple type process. The first thing to do is to absolutely decide what it is that you ‘WANT’ I am assuming now you are after a single object, a single defined definite object which you think will bring you happiness. (And don’t let the gloom and doom pie-in-the-sky-fakers say differently, there ‘IS’ physical world happiness!) Find and secure a picture of the desired object, - place it before you and look at it intently for some days in a row -. You should find, in a few days, you are able to recall the mental image to visual memory easily and in colour! Then study and meditate on the object. **Relax from then on - don’t watch to see how it is ‘COMING TO YOU’ - if you have not asked for too great/large an object, then getting it could be reasonable time-wise.** (See Ophiel’s book, Creative Visualisation.) So now you can go to it.” End quote.

Context;

Now, with these preliminaries (egg & chair,) out of the way, we can proceed with a real **psychic-tactile-feel**-ing of simple type process. The first thing to do is to absolutely decide what it is that you WANT. I am assuming now, you are after a single object, a single defined, definite object, which you think, will bring you happiness(?). (**And don’t let the gloom and doom pie-in-the-sky-fakers, say differently, there ‘IS’, physical world happiness!**). Find and secure a picture of the desired object – place IT before you and look at IT intently, for some days in a row – You should, each time you do this, intent/observation - **psychically-tactilely-feel** the object, as a **blind** person would have to do?

Having ‘entered/transferred/projected = assumed!’, into/onto the your #1, Malkuth

Earth/Hades Plane, and in the total/complete; Dark-Ness; Black-Ness; **Blind**-Ness = **Psychically-Tactilely-Feel** = Define; Three-Dimensional-ise; Symbol-ise = your object; circumstance; thing and/or IT! Let your conscious, go 'all over' your 'IT!' = TALK?? TO YOUR 'IT!' = VIA YOUR **PSYCHIC-TACTILE-FEEL**-ING OF 'IT!'. Remember! Recall! That the 'language' of/for the/your #1, Malkuth Earth/Hades IS!! – **Psychic-Tactile-Feel**-ing!

Try as much as you – conscious – can(!) = to create/make/have = A DUALITY WITH YOUR 'IT!'!! = IN/ON THE/YOUR #1, MALKUTH EARTH/HADES PLANE!! BECOME 'IT!' = AS A/AN 'EROS!?!' = AND 'LET' YOUR!!! = **PSYCHE(!)** = **TACTILELY-FEEL** = IT!?! (See/read previous monologues about Psyche & Eros), relax from then on – do not #3, ego body JUDGE TO SEE HOW YOUR 'IT!' IS 'COMING TO YOU' - if you have not asked for too great/large an object, then getting it could be reasonable time-wise. (See Ophiel's book, Creative Visualisation.) So now you can, go to your 'IT!' – object; circumstance; thing, via – assume; assuming; assumed – speaking; talking; communicating; dialoguing in the 'language of', the/your #1, malkuth earth hades plane = **Psychically-Tactilely-Feel**-ing; define-ing; three-dimensional-ising; symbol-ising your IT!

IT IS 'NOT?', NOT!', 'NOT!' = THE/YOUR - #3, EGO BODY JOB/TASK – TO SEE/OBSERVE!?! = **HOW!?!** = **IN WHAT WAY!?!** = THE/YOUR – IT? = IS COMING TO YOU!?! YOU – CONSCIOUS – JOB/TASK – IS TO = ASSUME!?! = AND – USE! USE-ING! USED!! (Get it now?).

#0, Outer, outer, physically physical body – conscious = use; use-ing; uses; used!

You - #0, conscious = project/transfer – to #1, malkuth earth/hades = via - assume; assumed; assume-ing!

You – conscious = create/make a – duality = all/everything, in/on the same/one plane (#1!)

You – conscious – have 'assumed' = WITH!! = your 'IT!' – object; circumstance; thing!

Assume – lower to higher - to take back; to take up; to take in; to return;

Duality – all/everything - in/on the same/one plane/level = #1;

Polarity – higher to lower; to polarise; all/everything – facing/looking in same/one direction = to about face;

Many ‘occultists(?)’, do not know ‘how’, or do not ‘have’, a technique, for projecting/transferring, the/their ‘conscious’ as a ‘ness’, into/onto any plane! And yet(?), when they have explained to them, the/their #1, malkuth earth/hades plane, which is the closest/nearest plane to them/their #0, outer, outer physically physical body – they can’t handle it?

The very ‘idea?’, ‘notion?’, that they have a/an unknown ‘Twin??’, who has been with them = #0 &+ #3, since ‘birth?’, is just beyond their #3, Ego Body ‘comprehension’? For many ‘naïve’ occultist(?) = IT IS #2, ETHERIC OR NOTHING!?! Well?? HOW MANY OF YOU(?), HAVE NOTHING!?! IN THE ‘WAY?’, THAT YOU WOULD LIKE IT!?! HOW MANY OF YOU(?), HAVE? Failed Prayers? Failed Talismans? Failed Rituals? Failed Treasure Maps/Charts? Failed Hopes? Failed Desires? Failed Expectations? Failed Want’s? Failed Needs? Failed Broodings? And yet! And yet! = CAN STILL SUFFER(?), FEEL(?), = THE PANGS/ANGUISH OF – NOT HAVING THEM!?! And still? And yet? – STILL CHOOSE? - TO DO NOTHING ABOUT IT!?! For all this (above & below = assume & polarity), is delivered unto me (#1, duality) ‘and to?’, whomsoever I (#1), choose = psychically-tactilely-feel! = to give ‘IT’ (duality,) as a/an – object, circumstance, thing = #0!!

PLEASE STUDY THIS ‘DEEP’ OCCULT(?)!

Conscious as a ‘ness’ = IS = Duality = Going ‘across,’ the plane!

Duality as a ‘ness’ = IS = Conscious = Going ‘across,’ the plane!

NESS = IS/MEANS – To PROTRUDE; To PROJECT; To STAND-OUT; To STICK-OUT; To JUT-OUT! A PROMONTORY!?!

Psychic = Ness? = Tactile-Feel-ing! Define-ing! Three-Dimensional-ising! Symbol-ising!

Psychic = Ness? = Duality = All/Everything! – in/on the same/one plane!

End of occult.

Were you, the ‘occultist(?)’, to assume, from the/your #1, malkuth earth/hades psychic-tactile-feel-ing plane = you – conscious – would be surrounded by/with ‘light?’ (In ancient speak, when this is achieved; done; happens – it is/was ‘considered’ that you – conscious –

had ‘escaped from?’ – the dark-ness; black-ness; **blind**-ness!?!) and you – conscious - will be/shall be = in a duality with! = the/your #2, etheric plane/level!! As a ‘ness!’.

Polarity; Assume & Duality = are view-points/directions = of/for – you – conscious = as a ‘ness!’.

Each of these three views of ‘conscious’, can be and should be – tried; tested and use, by you - #0, outer, outer physically physical you, with #3, ego body you – observing. Thus, you – conscious, would know, very quickly, if these exercises – egg & chair – are for you – conscious. The wonderful ‘thing’ about these two exercises, is/are, that they – egg & chair – can only be done/practiced, as a ‘ness!?!’.

When/if ‘duality’ is complete, for the/your #1, malkuth earth/hades plane, then, for – conscious – the ‘ness’ is **believed!** Very, very, more easily said than ‘done?’, for many, especially more so, for those who are, #3, ego body dominated. A very, very, curious thing, is when people ‘confuse’, the ‘ego body’, with the ‘Conscious-ness body’?

Let there, ‘be’, light! = is a ‘ness’(?) (Get it??)

And ‘saw’ that, the light was good? = is a ‘ness’(?) (Get it??)

And ‘separated’ the light from = is a ‘ness’(?) (Get it??)

Conscious = is a ‘ness’ = as a Duality!

Duality = is a ‘ness’ = of Conscious!

Assume = is a ‘direction’ = of ‘ness’(?)

Polarity = is a ‘direction’ = of ‘ness’(?)

Polarity/Assume = are ‘directions’ = FROM - Duality = as a ‘ness’(?) (Get it now??)

The ‘exceptions?’, is/are of course, are(?)

#6, Akasha – higher to lower.

#0, Physical – lower to higher!

Thank you.