

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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1 of 17 chair exercise. 2022

It is in the basic chair exercise, that the individual ‘encounters’ the/their #1, malkuth earth/hades ‘body’, in the form of = fear and afraid? in the basic cosmic egg exercise, the individual = is not! move-ing, in the basic chair exercise, the individual = is move-ing. Can you spot the difference Not – move-ing? Is = move-ing?

Egg exercise = takes place/happen = in/on the/your #1, malkuth earth/hades plane?

Chair exercise = takes place/happens = in/on both = #1 &+ #0, planes – at once?

Can you spot? The difference? = not move-ing; is move-ing? Are you? – conscious? = aware/awake – to/of this fact!?! Ophiel explains this, passive/active, thing, in his book; clairvoyance, in his chapter; semi-physical types of clairvoyance:

“I find I must mention another matter here, even though I had intended to end these ideas and return to psychometry as aforesaid. however, this is such a good place that I feel impelled to say that, in regard to the matters referred to above – the strong pole and the weaker pole – when you make a talisman (I will get a book out on talismans,) you are employing the principle stated. you are the ‘strong’ pole, and the talisman, is the ‘weak’ pole, and, instead of taking in from the talisman, you are giving out to the talisman – called charging it. do you see the difference? there is a lot more to the process, of course, but it will have to wait for the book.” end quote.

Please study carefully (another??) big occult(?). The/your #0, outer, outer physically physical body = is! = the talismanic object = of/for!?! The/your, #1, malkuth earth/hades psychic-tactile-feel-ing-body!?! = try to think/feel this ‘fact’, in/on, the/your #0, outer, outer physically physical body as you – conscious, do/practice your, cosmic egg, exercise! So! You – conscious – as a ness = project; protrude; promanance, stand-out; jut-forth; – transfer – to the/your #1, malkuth earth/hades – be/become = the ‘symbol!?!’ – of/for/the/your = object; circumstance; thing and/or it!?! = and then – transfer/project!?! – the/this/your ‘ness?’ = as #0, outer, outer physically physical = action/doing = use; uses; use-ing; used!?! end of ‘big?’ occult?

Please note carefully! very, very, very = carefully! Pay close conscious-ness attention!?! = to the silence!?! = between these two bodies = #0 &+ #1!?! No little voice? conversation? that goes/which goes, on? in your head, with which you – conscious = have? conversations with? all day/every day(?) when you – conscious – are in/on the/your #0, outer, outer physically

physical body plane!?!

There is/are, no word/sounds = as the/your #0, outer, outer physically physical body use; uses; use-ing; used!

There is/are, = no word/sounds = as the/your #1, malkuth earth/hades body = psychically-tactilely-feels!

So, do you? = the reader/practitioner/occultist(?), understand the expression = silence(?) – now?

So, do you? = the reader/practitioner/occultist(?), understand, that you, conscious, experience this = silence(?) every ‘time’, you do/practice, the/your basic = cosmic egg and/or basic chair exercise?

In the basic egg exercise, #0, outer, outer physically physical you, are ‘passive’ and #1, malkuth earth/hades you, are ‘active’. In the basic chair exercise, both, #0, outer, outer physically physical you and #1, malkuth earth/hades you, are ‘active’. The ‘difference?’ = is ‘in’ the sharing!?! the ‘difference?’ = is ‘in’ the type/kind(?), of sharing!?! the basic chair exercise is the ‘stronger’, because of the/your, #0, active physically physical doing!?!

Do you? the reader/practitioner/occultist – understand now(?) – why? – Ophiel liked his students, to make/create = the/their ‘magic tools’ = themselves? Do you? the reader/practitioner/occultist – understand now(?) – why? – Ophiel said/wrote, that no one could ‘do it?’, for you! that ‘it’ = the knowledge/knowing = in the form of - the/your psychological – psychic-tactile-feel-ing!?! = had to/has to!! = come from within you!?! (From #1 to #0.) as a beginning practice, the student, taking Ophiel’s presentation, of his ‘strong pole’ and ‘weak pole’, how easy(?), would it/could it ‘be?’ to walk about, all day, every day, with(!), the/your – conscious-ness = knowing/understanding ‘of’, the/your - #1, malkuth earth/hades body, as your #0, partner? there is much, that just can’t be explained, in words, but... some inference/indication, of it, has to be ‘attempted?’.

Conscious-ness, is expressed in two distinct ways, in a ‘duality’?

Duality is – going across the plane – the same/one plane!

Conscious-ness &+ #1, malkuth earth/hades!

Conscious-ness &+ #0, outer, outer physically physical!

There is – no duality? above to below and/or below to above?

Above = assume – direction = below to above!

Below = polarity – direction = above to below!

Duality = all, in/on the same/one plane – direction = going across the plane!

When/if, you – conscious – as a ‘ness’ – get to transfer/project to a/an, other plane, then the plane you are in/on ‘fades’, into the ‘back-ground’ or, you – conscious – never actually; factually; literally – never ‘leave?’ – the plane, you are ‘in/on?’. (The best way to ‘see/observe’ this ‘fades into the background,’ is in the ‘dream method.)

When the present writer, does/practices their egg/chair exercises = for! = the/their #1, malkuth earth/hades plane = psychic = establishment/reinforcing/ground-ing/symbol-ising!?! then the/their #0, outer, outer physically physical plane – fades/sinks(?) – into the background(?) of – conscious-ness and the/their #1, malkuth earth/hades plane ‘rises?’, ‘surfaces?’ – dominates? – the ‘sphere?’ of conscious-ness! = black-on-black! black-astral-light!

When the present writer, does/practices their ‘little system’ exercises = for! = the/their #2, etheric plane = clairvoyant establishment/reinforcing/ground-ing/reflect-ising!?! then the/their #0, outer, outer physically physical plane – fades/sinks(?) – into the background(?) of – conscious-ness and the/their #2, etheric plane ‘rises?’, ‘surfaces?’ – dominates? – the ‘sphere?’ of conscious-ness! = blue/white astral light! Now, for the ‘difficult?’ part (in explanation?) = from the/your #2, etheric plane = you – conscious-ness = can about face; about turn; and ‘look-back?’, ‘look-behind?’ = at!?! = both your ‘bodies!?!’ #1 &+ #0!?! (see/read what Ophiel writes, in his first lesson, of his correspondence course in astral projection about – looking back, looking behind.) it is useless of Ophiel, to write, that there is an old ‘occult’ saying; you cannot control a plane, until and unless, you can ‘control’ the plane above; over; higher; before and in-front of = the plane below; under; lower; after and behind!?!

Well!! = it just so happens!?! = is a ‘fact!?!’ = that the plane above; over; higher; before & in-front of!?! = the/your #0, outer, outer physically physical body = IS!?! = the your = #1, malkuth earth/hades plane body!! = and not! not! = the/your #2, etheric plane body!?! = boohoo! – so sad? – too much? – well!! = too-bad!?! = because that! = is! = actually; factually; literally = how?! = it is!?! This information/explanation, is there, in recorded history, albeit = distorted; twisted; mangled; = beyond(?) belief; believe; believed; believe-

ing!?! but... it is! – there!?!

So, for Ophiel to write; that there is an old ‘occult’ saying; you cannot control a plane, until and unless, you can ‘control’ the plane above; over; higher; before and in-front of = the plane below; under; lower; after and behind!?! = means!?! – that in order for you – conscious – to control; manipulate; direct – the/your #0, outer, outer physically physical plane, you – conscious – as a ‘ness’ – must be able to control; manipulate; direct = the/your #1, malkuth earth/hades plane!?! first!?!

So! back to the basic cosmic egg/chair exercise! Anyone, who practices, these two exercises = egg/chair - with the idea/notion, of any #2, etheric plane manipulations, is approaching it, from the incorrect ‘direction?’. You, the reader/practitioner/occultist = do not! – visualise! – the/your basic cosmic egg and/or basic chair exercises! Get it? Got it? = you – conscious - do not! – visualise! in/on the/this/your #1, malkuth earth/hades plane!?!

There is no(!) #2, etheric light(?) = in/on the/your - #1, malkuth earth/hades plane!?!

There is/are! no(!) #2, reflections(?) = in/on the/your - #1, malkuth earth/hades!?!

There is/are only(!) = psychic-tactile-feel-ing-believe-ing-symbol-ising!?!

There is/are only(!) = black-ness, dark-ness, blind-ness!?!

There is/are only(!) = what you – conscious - psychically-tactilely-feel!?!

In/on the your #0, outer, outer physically physical plane = there is only(?) = use; used; use-ing!?! do you understand(?), well, if you ‘do’ understand(?) = then the chances(?) = of you – conscious – as a ‘ness?’, getting it = wrong!?! should be greatly reduced! and??? the chances(?) = of you – conscious - as a ‘ness’, getting it = right!?! should be greatly – increased!?! after that, it is all about timing and organisation.

The basic cosmic egg exercise is great ‘filter’ mechanism, the individuals ‘sense/feel-ing’ of;

#0, outer, outer physically physical body.

#1, malkuth earth/hades body.

#2, etheric body.

#3, ego body.

All the/these ‘bodies?’, become/are ‘distilled/filtered?’, by/with the/your basic cosmic egg exercises, as you – conscious – be/become ‘balanced’, through daily/continuous practice/doing. as you = #1 &+ #0 = are now beginning to talk; speak; dialogue; communicate; co-operate; partner; share with – each other! = in each other’s language = #1, psychic-tactile-feel-ing &+ #0, action/doing!?! Simply ‘doing’ the/your basic cosmic egg exercise, makes the/your, five basic elemental forces, elemental ‘symbols’ = be/become(?) = as real(?) = as the/your #1 &+ #0 = are!?! (This is the ‘difference?’, between ‘reading’ and ‘doing’!?!)

Try to remember/recall, that the/your #3, ego body, present incarnation, personality body = feels nothing!?!

Try to remember/recall, that the/your #3, ego body, present incarnation, personality body; only observes!

Try to remember/recall, that the/your #3, ego body, present incarnation, personality body; only judge; judges; judge-ing; judge-meant! and shows; reveals; displays! Judge, from the word; deik – show/reveal/display!?!

So! what? does the/your #3, ego body; say/speak?

So! how? does the/your #3, ego body = judge; judges; judge-ing; judge-meant?

Not me! Not mine! Not this! Not That! Not here! Else! Other! Separate! Outside! Apart!

The above, capitol emphasis, is an example of the actions/doings, of the/your #3, ego body = and yet? = you – conscious = never knew it!?! = and yet? = you – conscious = have never felt it!?! and yet? – you! #1 &+ #0, have ‘suffered!?!’ = of it/from it!?! = as your #1, malkuth earth/hades you = accepts all!?! of this = irrespective of? = the consequences! = to you = #0!?! (remembering/recalling – that the/your #3, ego body feels nothing!?!)

In the religion of ‘Zoroastrian’, there is, what is called/named, the ‘chinvat bridge’, which separates the material world, from the world(?), of the dead. And, upon physical death, conscious, as a ‘ness’, must cross/traverse, the/this ‘bridge?’. The ‘bridge?’, is guarded(?), by/with ‘two?’, four eyed dogs. (Each ‘eye’ is ‘one’ of the four basic elemental forces, and is/are, just as symbolic, as Ophiel’s, Sphinx, in his third book; The Occult.) One ‘dog’ is at ‘each end’ of the/this ‘bridge’. The bridge ‘varies’ according to the individual ‘observers?’, understanding (Sophia – wisdom; knowing.)

Chinvat Bridge – Cinvato-Peretum – bridge of judgement.

Chinvat Bridge – Bridge of Requite – clear-up; pay back; what is due/owed.

The ‘guardians?’ of/for the/this ‘Bridge’, are(?) (supposedly?); Sraosha – Conscience; Mithra – Covenant; Rashnu – Justice.

It is situations/circumstances, like this/the above, that the ‘common theme’ seems to be – payment/payback?? What is ‘due?’, What is ‘owed?’ and there seems to be some kind/type of ‘redress/balance?’ common to all major systems, in the West, seemingly, stemming from(?), Ancient Egypt **and well before that?** It is in/within this, **payment/due/owed?** Handed down from antiquity, to those who understood, in a ‘**Psychic?**’ way? What was meant(?), as a method/technique = FOR THOSE OF US(?) = WHO WEREN’T/AREN’T? = naturally gifted. (See/read Ophiel’s books; Creative Visualisation and Clairvoyance.)

Having read the above, it is to be ‘hoped?’, that the/your understanding of Ophiel’s book; Talismanic Magic and the Basic Cosmic Egg and/or Basic Chair exercises – COMES INTO CONSCIOUS ‘NESS’ VIEW!?! – UNDERSTAND-ING!?! = PAYMENT! REDRESS! OWED!?! For those who wish to ‘know?’, the ‘bridge?’ to be crossed? Is the ‘occult?’ = Silver Cord(?), see/read Ophiel for this.

The/this, bridge(?), is crossed every day!! By/with you – the reader/practitioner/occultist = EVERY SINGLE DAY!?! THAT YOU – CHOOSE!?! – TO TEST, TRY, USE!?! = THE/YOUR – Basic Cosmic Egg and/or Basic Chair = EXERCISES!?! THE ‘OCCULT!?!’ = BEING!?! = Share-ing; Partner-ing; Harmonise-ing; Co-Operate-ing; Work-ing Together!?! = THAT/THIS = IS!?! IS!?! IS!?! – THE REQUITE-MEANT – BALANCE!?! Let the present writer put it this ‘way?’, for you, the reader/practitioner/operator/occultist??

Without any ‘training?’, without any ‘discipline?’, without any ‘practice?’, with ‘limited?’, knowing, understanding! YOU! Reading this/these things, right now!?! = CAN CONSCIOUSLY-KNOWINGLY & DELIBERATELY!?! = CHOOSE!?! = TO SHARE? = OR?? = NOT TO SHARE!?!

Without any ‘training?’, without any ‘discipline?’, without any ‘practice?’, with ‘limited?’, knowing, understanding! YOU! Reading this/these things, right now!?! = HAVE!! = RIGHT NOW!?! = READING THIS/THESE MONOLOGUES = BEEN MADE AWARE/AWAKE!?! = TO THE KNOWLEDGE – KNOWING = OF!?! = THE FACT!?! =

THAT THERE IS/ARE = TWO-OF-YOU!?! = RIGHT-NOW!?!

No need to visualise? No need to astral project? No need for magic? No need for occult? No need for religion? No need for talismans? No need for treasure maps/charts? No need for God???? = there is/are = TWO-OF-YOU!?! = #0, Outer, outer physically physical you!?! = #1, Malkuth Earth/Hades you!?! = BEING EXTENSIONS/PROJECTIONS OF!?! = Conscious you??? (See/read Ophiel's book; Astral Projection and his Correspondence Course in Astral Projection lesson one = Look Back/Behind.)

For many, the/this 'idea/notion?' = scares the shit out of many?? And, it is a/an actual; factual; literal intestinal = feel-ing!?! = Fear??? – irrational; illogical; intense; intestinal = visceral!?! (Lower intestines = see/read Ophiel, for this.)

The above, is what(?), you, the reader – discover/find out(?), for yourselves(?), as you/if you(?), progress, in the use; use-ing; used, of the/your Basic Cosmic Egg and/or Basic Chair exercises = THAT THERE 'IS!?!', 'ARE!?!' – RIGHT NOW!?! = TWO-OF-YOU!?! = BODIES!! = #1, Malkuth Earth/Hades &+ #0, Outer, Outer Physically Physical!?!

The 'harmony?', 'balance?', of/for the/these 'two-bodies' is what(?), it is all about? = Always has been? Always will be?

Thank you.