

# **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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## 8 of 17 chair exercise. 2022

There is the book, by Oliver Fox, as recommended reading by Ophiel, wherein Mr Fox, writes, in his book; Astral Projection, chapter nine, this part:

“And now the student will be experiencing the very peculiar sensation of having *two* bodies: the physical one and, imprisoned within it, a fluidic body.” End quote.

Here is what Ophiel writes, in his own book; The Art and Practice of Astral Projection, his chapter; Dream Method.

“As I said questions like this would run thru your mind until you were uncomfortable at having no answer. The same thing happens in a dream. When you have developed enough Critical Facility, the dream discomfort would grow and grow until you reached the point where you could stand it no longer. You will then either wake up **OR YOUR CRITICAL FACILITY WILL BECOME STRONG ENOUGH TO TAKE OVER IN YOUR SLEEP.**

Then will happen a marvellous thing. **IT WILL COME TO YOUR DREAM CONSCIOUSNESS THAT YOU ARE DREAMING!!!**

This point will mark a great achievement in your Occult projection work. **I have decided to call this state of not-awake-not-asleep, the NEITHER STATE, and will describe it more fully later.**” End quote.

As you, the reader/operator/occultist(?), do/practice the/your basic cosmic egg and/or basic chair exercises = YOU! – the reader/operator/occultist(?), = REACH OPHIEL’S NEITHER STATE!?! = not-awake-not-asleep!

DO YOU? ARE YOU? = ABLE/CAPABLE(?), OF UNDERSTANDING THIS?

As you, the reader/operator/occultist(?), do/practice the/your basic cosmic egg and/or basic chair exercises = YOU! – the reader/operator/occultist(?), = REACH OPHIEL’S NEITHER STATE!?! = not-awake-not-asleep!

As you, the reader/operator/occultist(?), do/practice the/your basic cosmic egg and/or basic chair exercises = YOU! – the reader/operator/occultist(?), = REACH OLIVER FOX’S = very

peculiar sensation of having *two* bodies!

Try this, and see how you get on(?)

YOUR 'PHYSICAL BODY' – LEVEL OF CONSCIOUS - AS A 'NESS' – IS!?! - IN/ON THE/YOUR #0, OUTER, OUTER PHYSICALLY PHYSICAL PLANE!

YOUR 'PSYCHIC BODY' – LEVEL OF CONSCIOUS - AS A 'NESS' – IS!?! - IN/ON THE/YOUR #1, MALKUTH EARTH/HADES PLANE!

YOUR 'CLAIRVOYANT BODY' – LEVEL OF CONSCIOUS - AS A 'NESS' – IS!?! – IN/ON THE/YOUR #2, ETHERIC PLANE AND ABOVE!

As you(?) If you(?), the reader/practitioner/occultist(?), choose to practice/do the/your basic cosmic egg and/or basic chair exercises, in the prescribed manner/method/way, the you too, will/shall find/discover, within your 'self = conscious' that there is/are other types/kinds of 'ness = to protrude; project; jut forth; stand out', where you 'conscious', can/do 'make/create' = your 'own?' = reality!?!

In the basic chair exercise, you – conscious = are 'made' = to #3, ego body 'observe!', (without judge-meant) = THE WORK-INGS/OPERATIONS OF/FOR = THE/YOUR #1, malkuth earth/hades body!

In the/your basic chair exercise, you – conscious = as a 'ness – projection' = are 'made' to – understand(?) – the words/information – Adversary; Opposer; Obstacle – first-hand – as a 'Gnosis = personal experience of!?!

But... the main problem/difficulty(?), is that of the/your #3, Ego Body, Present Incarnation, Personality body!

Try this;

Conscious – can/does/has 'differing/distinct' levels, through which 'it = conscious' – does many, many 'things', both 'natural/inherent/distinct' to its 'self', as witnessed, in many other

‘living’ forms. What makes humans ‘different??’, is the/their #3, Ego Body ‘power??’ of = observation? = as!?! = not me! not this! not mine! not here! not now! not that! else! other! separate! apart! This, is(!), the language; speech; dialogue; automatic action/doing of/of the/your #3, Ego Body!?!)

Observe (noun), late 14<sup>th</sup> century; observen – to hold to (way/manner of life/living/conduct). From 10<sup>th</sup> century, Old French; observer/observer = to watch over. From the Latin; observare – watch over; heed; take note; look to; comply/agree with; attend to. From ‘ob = in front of; before; ahead + servare = watch; see; keep safe. From the Proto-Indo-European Root word; ser = to protect. The sense/idea of; watch, perceive; notice, is from the Elizabethan era 1560’s, at the time of ‘witches/occult,’ etc (Dee/Kelly, etc,) and was the notion/idea of – see omens and signs; later, the word ‘lost?’, its ‘esoteric = inner’ meaning, and so, nothing was to be ‘gained’, from it, as a/an – inner-action/do-ing! (See/read Ophiel’s book; Astral Projection and his four methods, all based on ‘observation’!?!) (Note – Tattva, is based on – psychic-tactile-feel-ing!?!)

So, if you – the reader/practitioner/occultist(?), wish to ‘take advantage?’ of – conscious – as a ‘ness?’, then you, #3, must ‘learn?’, to ‘observe?’ = without judge; judge-ing; judge-meant - not me! not this! not mine! not here! not now! not that! else! other! separate! apart! (Fox and Ophiel describe this ‘observation’ point/ability/style – as a ‘passive/receptive’ = neither-state-condition!?!) – of being conscious(?), So! Here it is!?!)

The/your #3, Ego Body, Present Incarnation, Personality Body = PIGGY-BACKS!?! – IN/ON – Conscious!?! = when it – Conscious, is = IN/AS/A ‘NESS’!?!)

Ness (noun), a promontory = pro-min-ent – related to; nasu – nose (PIE Root word; nas = nose.) But...! It also means = point of land, running into the sea = promontory = pro-men-tarry, which (unfortunately?) means that it is the word/forming ‘men’, which is ‘bantered/dallied’ about, in wider ‘occult?’ circles. What follows next, although being ‘important?’, may be ‘lost’, to many readers, who have a ‘dismissive’ #3, working/operating for them, right now! But? with the readers indulgence, the present writer shall just ‘present’ and let the die (dice), fall where it may;

Prominent (adjective), middle 15<sup>th</sup> century = protrusion; projecting; promontory; jutting out; standing out; beyond; above = the line or surface of something. From the Latin word; prominentem/prominens = prominent – present participle of; prominere – jut-out; stand-out;

over-hang; prominent. From; pro – before/forward + minere = project; jut-out.

It is in the Proto-Indo-European Root word = men! – that much ‘hangs’ upon???

The Proto-Indo-European Root word = men (1), is/means = to think; and thus, refers to ‘qualities’ and or ‘states’ and or ‘thoughts’ of – the ‘mind’. Thusly, ‘men,’ is and forms, all or in part, of the words of/for =

Ahura Mazda; ament; amentia; amnesia; anamnesis; amnesia; amnesty; anamnestic; **automatic**; automation; comment; compos-mentis; dement; demonstrate; mandarin; mania; manic; maniac; mantic; mantis; **mantra**; memento; mens rea; mental; mentor; mention; mind; Minerva (Goddess.), mnemonic; Mnemosyne (Greek ‘Muse’ of Memory.), money; monster; monument; mosaic; muse; museum; music; muster; premonition; reminiscence; **summon**.

The source/evidence of/for = men (2), is provide by/through, the Sanskrit word; manas – mind/spirit; matih = thought; munih = seer. Avestan; manah – mind/spirit. Greek; memona = **I yearn**; mania = madness; mantis = one who divines; seer; prophet. Latin = mens – mind/understanding/reason-ing; memini = I remember; memito = remembrance; Lithuanian = mentis – thought/idea; Old Church Slavonic; **mineti – to believe/think**; Russian; pamjajt – memory; Gothic; gamunds; Old English; gemyind – memory; remembrance; conscious mind; intellect.

The Proto-Indo-European Root word = men (2), is/means = **to project**; and means that the ‘projection’ has/must have = a/its ‘source?’.

It forms all or part of; amenable; amount; demeanour; dismount; eminence; eminent; imminence; imminent; menace; minacious; minatory; mons; montage; monte; mount; noun of – hill/mountain; verb of – to mount/get up on; mountain; mountebank; mouth; Osmond (Old English; literally means: **Divine Protection**), from, ‘os = God + Mund (mount), promenade; prominence; prominent; **promontory**; re-mount; sur-mount; ultramontane.

The hypothetical source of/evidence for, its existence, is provided by Sanskrit = manya – nape of neck; Latin – mons = mountain; **Eminere = to stand out; to project**.

The Proto-Indo-European Root word = men (3), is/means = **to remain**; it forms all or in part;

maisonette; manor; manse; mansion; menage; menial; immanent; permanent; remain; remainder. It is the hypothetical source of/evidence for its existence is provided by the Persian = mandan – **to remain**. Greek = **menein – to remain**; Latin = **manere – to stay; abide**.

Amen, as an ‘interjection’ from Old English, is from the Late Latin ‘amen’, which is from the Greek ‘amen’, which is from the Hebrew ‘amen = **truth**’. Used as an ‘adverb’ to ‘express’ = **I Agree!** From the Semitic root; a-m-n = **to be trusted**; to be trustworthy; to confirm; to support.

So, all three (1; 2; 3) etymological root terms/expressions of/for ‘men’, are presented, above, read over them, for as long as it takes; and find/discover(?) = **your way!** = of presenting/expressing the above to/with = **THE/YOUR OWN!?! – connection(?) – to/with the/your #1, Malkuth Earth/Hades Body ‘and’ the/your #0, Outer, outer physically physical body = AS A ‘TECHNIQUE’!?! = FOR YOU!! = the reader/practitioner/occultist(?)**.

The **yellow** highlights, should assist you, the reader/practitioner/occultist(?), now that you ‘have?’ a ‘possible technique?’, which can ‘use’ to try; test; use and apply(?), since these ancient peoples, had to use ‘written’ language, in order to explain/express, their technique/methods/practices, for the same/one thing = **Psychic-Tactile-Feel**-ing!?!

In the/your basic cosmic egg and/or basic chair exercise, you, the practitioner, will/shall find/discover(?), that the/your **first(!)**, plane/level up/in – **is!** – the/your #1, malkuth earth/hades and that you – conscious – are now in a position/place to ‘experience?’, both plane & body, through both exercises – **and!** – as you progress = conscious – will/shall – sense/feel(!) – the/this/your ‘OTHER!?!’ = #1, Malkuth Earth/Hades Self!?! This ‘development of’, the/your ‘OTHER’, **at!** – the/your #1, Malkuth Earth/Hades Plane = is brought about as you – conscious, through/by/with, the/your #3, Ego body ‘observing’ = **BEGIN TO ‘EXERCISE!?!’ = THE/YOUR PSYCHIC-TACTILE-FEEL-ING = DEFINE-ING; THREE-DIMENSIONAL-ISING AND SYMBOL-ISING!?! = through/by/with – the/your basic cosmic egg and/or basic chair exercises. These two ‘exercises’ = IS/ARE!?! #1, MALKUTH EARTH/HADES PLANE ‘EXERCISES’!?!’**.

Basic cosmic egg exercise is ‘passive/receptive’! = #0, standing/immobile. Basic chair exercise is ‘active/application’! = #1 &+ #0, sharing/partnering. Now, deep ‘occult’ for you, the reader/operator/occultist!! We start with Ophiel, and his book; The Occult, his chapter; Return to Ritual, wherein we read this part;

“I am going to mention here, now, another matter/factor which enters into your future magical work and, indeed, enters into *all*, *ALL*, work, magical or otherwise. But while this factor can be lessened or ignored in ordinary work, although it is needed for good work, in all ordinary matters as I said and I repeat, the lack of this factor IN MAGICAL WORK IS FATAL (I am just introducing this factor NOW at this point, and it is my intention to develop this subject later in more emphatic detail – but if any jam up happens because of lack of space – time and I can’t do it I will have to carry it over to another book.) The factor I am referring to is EMOTION. You must stir yourself up with EMOTION! E-MOTION is a metaphysical form of MOVEMENT and pertains exclusively to your Inner Plane existence.” End quote.

VERY, VERY, VERY!! IMPORTANT!!! IS THIS NEXT PART, SO THE PRESENT WRITER, IS GOING TO PRESENT IT (The information) IN CAPITOLS FOR ‘EMPHASIS’!?!

EACH TIME THAT YOU! = THE READER/PRACTITIONER/OCCULTIST(?), CHOOSE TO DO/PRACTICE, THE/YOUR BASIC EGG/CHAIR EXERCISE, IN THE PRESCRIBED MANNER, METHOD, WAY = **PSYCHIC-TACTILE-FEEL**-ING = Define; Three-Dimensional-ise; Symbol-ise! = YOU! THE READER/PRACTITIONER/OCCULTIST = ARE! ARE! – DOING THE/THIS OPHIEL = **EMOTION THING/EXERCISE**!?! = THEREFORE!! – THE/YOUR ‘OCCULT!?!’ = CANNOT/WILL NOT! SHALL NOT!?! = BE ‘FATALLY!?!’ – WOUNDED??? – FROM THE START/BEGINNING!?!

Your **Psychic-Tactile-Feel**-ing = IS! IS! = the/your ‘EMOTION!?!’ = IN/ON THE/YOUR = #1, MALKUTH EARTH/HADES PLANE; FIRE-OF-EARTH - SO YOU! THE READER? PRACTITIONER? OCCULTIST! = ARE ‘DOING IT!!’ = **EMOTIONALLY-PSYCHICALLY-TACTILELY-FEEL**-ING = **CORRECTLY**!?! = FROM THE START!!! – FROM THE BEGINNING! So? what is it(?), that you, the reader; practitioner; occultist(?), are not(?), getting/understanding??

You – conscious – ARE NOT! – IN/ON THE/YOUR - #0, Outer, outer physically physical plane!

You – conscious – ARE NOT! -IN/ON THE/YOUR - #2, Etheric plane!

So! - What is it(?), that you, the reader/practitioner/occultist(?), are not(?), getting/understanding??

#3 – ego body = observation!

#2 – etheric plane = **clairvoyance**!

#1 – malkuth plane = **psychic**!

#0 – physical plane = use; use-ing; used!

The present writer ‘agrees!’, with many persons/individuals, that this/their, presentation of their experience, is ‘not!’ exactly(?) main stream ‘occult’, but the present writer isn’t interested in what any/many persons/individuals have to say in the matter. For a while, the present writer was surrounded with many persons/individuals who were ‘considered?’, clairvoyant(?), but in truth and in reality, they were simply ‘**psychic**’ but... there were also, several individuals, who were/are ‘clairvoyant?’, and this was shown, revealed, brought out, in the information/presentation that they gave. Here is what Ophiel writes, in his book; The Occult, his chapter; The Elemental Force of Air:

“The process of the functioning of these Elemental Forces, as barely outlined up to now, goes on endlessly throughout the physical world and physical time; AND GOES ON AUTOMATICALLY. HOWEVER, WHEN YOU LEARN TO OF THIS PROCESS YOU CAN FIRST, LEARN TO WATCH FOR ITS WORKINGS. SECOND, START TO LEARN TO TAKE PART IN THE GREAT AUTOMATIC FUNCTIONS OF THE GREAT SYSTEM OF THE PHYSICAL UNIVERSE. ONCE YOU EXPERIENCE A MERGING WITH, THE GREAT AUTOMATIC SYSTEM, YOU WILL KNOW THAT CONTROL OF YOUR LIFE/BEING IS POSSIBLE. Before proceeding further, we will have a small summary; I have described, in some detail, the four Elemental Forces ‘backwards’ – Earth; Water; Fire; Air and some detail about Akasha.” End quote.

Physical = #0, Outer Earth Plane = use; use-ing; used = real time.

Earth = #1, Malkuth Earth Plane = **psychic** = **tactile-feel**-ing = now time.

Water = #2, Etheric Plane = clairvoyance = future time.

Fire = #4, Astral Plane.

Air = #5, Archetypal Plane.

Akasha = #6, Causal Plane.

So, starting/beginning with = #0, you – conscious – as a ‘ness’ = proceed onto/into – the/your #1, malkuth earth/hades plane, via, the/your #1, malkuth earth/hades plane = sense/**psychic-tactile-feel**-ing! And ‘proceed’ – backwards(?) – to up/in/on – to the/your ‘inner’ plane/planes!?!



Thank you.