

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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17 of 17 chair exercise. 2022

The basic cosmic egg exercise, is where the/your #0, Outer, outer physically physical body is; passive, receptive, non-objective/object-ing. As you stand and relax, you – conscious, as a ‘ness’ – enter into Ophiel’s; Dream state/condition of; Neither State – not asleep/not awake!?! = THIS IS!?! – THE/YOUR - #1, Malkuth Earth/Hades Plane!

In/on the/your #1, Malkuth Earth/Hades Plane, the/your - #3, Ego Body = cannot/does not = judge; judges; judge-ing; judge-meant! = because it - #3, cannot observe-judge = show; reveal; display!?! but...! can only, only = tactilely-feel-judge!?! – show; reveal; display - what you = #1, Malkuth Earth/Hades – BELIEVE!?! In/on the/your #1, Malkuth Earth/Hades Plane = you – Conscious – can only, only – psychically-tactilely-feel = BELIEVE!?!

Hypnos, is the; ‘son of the night’ and of the ‘dark-ness’ (Nyx & Erebus), he is the ‘God of Sleep.’ According to myth, Hypnos lived in a cave (your skull!!!?), and each night, you – Conscious &+ #3 - would ‘go’ to Hades, and you – Conscious - would ‘drink?’, ‘taste?’, of the ‘river’, which flowed/flows, through the ‘valley’ of Hypnos. This ‘river = stream of thought’ was/is, called/named ‘Lethe = Forget-full-ness,’ and it is the ‘place,’ where – Night & Day – meet!?! Hypnos has a bed, made of ‘ebony wood’ and ‘no sound’ can be made, in his realm; and ‘no light,’ can be brought or made, in his realm. This, #1, is the plane/level – FROM WHICH, PSYCHE – ASCENDS FROM – TO SEARCH/FIND/DISCOVER – HER HUSBAND – EROS!?!

Imagine now? That you = psyche!?! – reading this/these ‘monologues’ = TRY TO #2, ETHERICALLY ‘VISUALISE!?!’ = IN/ON THE/YOUR - #1, Malkuth Earth/Hades Plane!?! (As Demeter, mother of Persephone, did(?), carry-ing her ‘torch’ = visualised image of’ = her ‘daughter’ (female to female!?!), and no matter how hard she (Demeter), tried, she could not(!), ‘find/discover,’ Persephone!?! = LAWS, RULES & GOVERNANCES OF/FOR!?! = The/your #1, Malkuth Earth/Hades Plane!?! Eros to Psyche = BRING-NO-LIGHT!?! (#2, Etheric Plane ‘light’!).

As soon ‘as?’ you, the operator/occultist(?), #2, ‘visualise?’ you are = clairvoyant!

As soon ‘as?’ you, the operator/occultist(?), #1, = ‘psychically-tactilely-feel!?’ you are = psychic!

You – conscious – as a #0, outer, outer physically physical body = can ‘only’ = use; uses; use-ing; used!

And, any ‘Clairvoyant?’ – powers/abilities that you – Conscious as a ‘ness’ may/might ‘have?’ = you – conscious, as a ‘ness’ – can only, only! – have them/these? = clairvoyant powers/abilities!?! = in/on the/your #2, Etheric Plane or higher!?!

And, any ‘Psychic?’ – powers/abilities that you – Conscious as a ‘ness’ may/might ‘have?’ = you – conscious, as a ‘ness’ – can only, only! – have them/these? = psychic powers/abilities!?! = in/on the/your #1, Malkuth Earth/Hades Plane or lower!?!

And, any ‘Clairvoyant/Psychic?’ – powers/abilities that you – Conscious as a ‘ness’ may/might ‘have?’ = you – conscious, as a ‘ness’ – can only, only! – use; uses; use-ing; used them/these? = clairvoyant/psychic powers/abilities!?! = in/on the/your #0, Outer, outer physically physical plane!?! Don’t ‘believe?’ the present writer? Look at any/all ‘successful!’ people/persons in the world to-day = AND YOU CAN/WILL/SHALL SEE!?! – FOR YOUR SELF!?! AND NOW YOU, THE READER/OCCULTIST(?) – NOW KNOW ‘HOW?’ = THEY (The ‘successful?’) = ARE DO-ING IT!?! Here is what Ophiel, in his vignette; How to Get Ahead:

“All of this is very well and good but surely, we can go a little more deeply in our quest of real occult knowledge, which leads to power.” You have been told elsewhere that the Inner Planes are full of (Liquid) Light.

This Light, while it is still Light, is un-solidified, undifferentiated physical matter, or, in another way of speaking, physical plane ‘results’, final results.

On the Inner Planes when you do something mentally, you start currents moving in the Liquid Light. These currents are supposed to flow towards whatever goals you are working for. On the Inner Planes there are well-defined areas, which contain the subject matter you are interested in. (These are the Astrological designations which ‘rule’ the subjects in which you are interested.)” End quote. (Underlines are the present writers.)

So, simply for context we adjust the above Ophiel quote, so that it now reads, pertinent, to the plane, that is being presented = #1, Malkuth Earth/Hades!

All of this is very well and good but surely, we can go a little more deeply in our quest of real occult knowledge, which leads to power. This Light, while it is still Light, is un-solidified, undifferentiated physical matter, or, in another way of speaking, #1, Malkuth Earth/Hades Plane ‘results’, final results = Psychic-Tactile-Feel-ing! You, ‘start currents’ moving in the Liquid Light = Moving to/towards, the/your #1, Malkuth Earth/Hades. These currents are supposed to flow towards whatever goals you are psychically-tactilely-feel-ing, working for. On the Inner Planes there are well-defined areas, which contain the subject matter you are interested in.

These, ‘currents’ and Ophiel’s ‘Sticky Threads’, from his book; Clairvoyance, and his tendrils/rope idea’, descriptions as used by Ophiel = is/are the/your #1, Malkuth Earth/Hades Plane = Psychic-Tactile-Feel-ings!?!

#0 = you – conscious = can only use; use-ing; used; the/your outer, outer physically physical plane = SO STOP TRYING TO ‘CHANGE IT = #0!?!’

#1 = you – conscious = can ‘change!!’ – the/your #0, but...! only by/with through – psychic-tactile-feel-ing.

#2 = you – conscious = can ‘change!!’ – the/your #1, but...! only by/with through – clairvoyant-visualise-ing.

#3 = you – ego-body = can ‘only!!’ – observe – by/with – piggy-back-ing – in/on conscious as a ‘ness.’

Ophiel writes, that we must project ‘in,’ in order to, ‘out’, the universe? (Universe = Macro to Us = Micro?)

It is of great ‘assistance’, to/for the individual, if they are able to ‘sort out’, in their – Conscious, that the/their;

#2, Etheric Plane and above ‘is’ – CLAIRVOYANCE! = FUTURE-TIME!

#1, Malkuth Earth/Hades Plane ‘is’ – PSYCHIC-Ness! = NOW-TIME!

#0, Outer, Outer Physical Plane ‘is’ – USE; USES; USE-ING; USED! = REAL-TIME!

A person/individual has a treasure map/chart, that they ‘emote at’ everyday? = AND NOTHING HAPPENS?

A person/individual has a treasure map/chart, that they ‘visualise’ everyday? = AND NOTHING HAPPENS?

A person/individual has a treasure map/chart, that they ‘use’ everyday? = AND NOTHING HAPPENS?

A person/individual has a treasure map/chart, that they ‘psychically-tactilely-feel’ everyday? = AND EVERYTHING HAPPENS? = Emote/Visualise = #4/#2! Psychically-Feel = #1! Use = #0!

#1 - plane/level – higher, over, above, before, and in-front of(?) #0, Outer Physical!

#0 – plane/level – lower, under, below, after, and behind of(?) #1, Malkuth Earth!

The student/individual who has chosen to test, try = Use; Uses; Use-ing; Used – the basic egg/chair exercises – is! – do-ing – ALL - of the above and more, that is ‘in’ the presentation of, the/these ‘monologues. You, the reader/practitioner – occultist(?), are use-ing both #0 &+ #1 with the/your #3, ego body ‘observing’, without judge-meant(?), in order to, increase; enhance and develop your existing, latent/dormant = Psychic Powers!?!

The student/individual who has chosen to test, try = Use; Uses; Use-ing; Used – Ophiel’s basic Little System and/or Dream Method exercises – is! – do-ing!?! – ALL - of the above and more, that is ‘in’ the presentation of, the/these ‘monologues. You, the reader/practitioner – occultist(?), are use-ing both #0 &+ #2 with the/your #3, ego body ‘observing’, without judge-meant(?), in order to, increase; enhance and develop your existing, latent/dormant = Clairvoyant Powers!?!

The student/individual who has chosen to test, try = Use; Use-ing; Used – the basic egg/chair exercises – whilst #2, Visualise-ing? is! – do-ing – IT! - ALL – WRONG!?!

You, the reader/practitioner – occultist(?), are use-ing both #0 &+ #1 with the/your #3, ego body ‘observing’, without judge-meant(?), in order to, increase; enhance and develop your existing, latent/dormant = Psychic Powers!?!

The basic cosmic egg exercise = is passive! = Ophiel’s ‘Neither State/Condition’ – not asleep/not awake!

The basic chair exercise = is active! = #1, moving – adverse; opposed; obstacle – standing/sitting!

Those ‘individuals,’ who contact the present writer, simply have a ‘different?’ view-point (usually a #3, view-point!?!), which is preventing them – Conscious – as a ‘ness’, in ‘develop-ing’, the/their Psychic powers, first! There is/are many persons, individuals, who cannot/do not ‘get’ Ophiel’s materials, at ‘any’ level(?), to ‘work?’ for them, in a ‘way’ that they = #3, Ego Body! – can ‘see?’! Ophiel writes about this, in his books and vignettes; failure to ‘recognise’ when we have done a ‘good job/task’ well.

One of the ‘difficulties’ experienced by many individuals, is when the/their ‘Psychic’ powers/abilities – come through BEFORE!?! – the/their #2, ‘Clairvoyant’ powers/abilities? – and then they (the individual) – begins to ‘pan-ic?’

As the individual (occultist?), begins to ‘build/develop’ their ‘technique,’ of #3, observe-ing – without – judge-ing – which is, inherent within – both egg & chair = their #3, Ego Body = IS SATED!?! PACIFIED!?! BALANCED!?! = NO LONGER – SPEAKS? CRIES OUT? – INTERFERES!?! JUDGES!?! (See/read previous ‘monologues’ in this series; 1 to 17, for the ‘language of/for’ #3!)

You = the reader/practitioner – occultist(?), cannot/do not/will not = CHANGE/ALTER – the/your #0, Outer, outer physically physical Earth – with/by/through – the/your #0, Outer, outer physically physical ‘Body’!?! You - #0, can only(!), only(!) = use; use-ing; used – the/your #0, Outer, outer physically physical ‘Body’!?!

This, the above, being the ‘case,’ then what ‘it’ is, that you, the reader/occultist(?), are do-ing is = use; uses; use-ing; used – the/your #0, Outer, Outer Physically Physical Body = TO INCREASE, ENHANCE, DEVELOP = THE/YOUR - #1, Malkuth Earth/Hades = PSYCHIC-TACTILE-FEEL-ING-BODY!?!

This, the above, being the ‘case,’ then what ‘it’ is, that you, the reader/occultist(?), are do-ing when you do/practice Ophiel’s Little System/Dream Method = is(?) - visualise-ing; reflect-ing; repeat-ing; with the/your #0, Outer, Outer Physically Physical Body = TO INCREASE/ENHANCE/DEVELOP!?! = THE/YOUR - #2, ETHERIC PLANE CLAIRVOYANT-FEEL-ING-BODY!?!

Can you? Are you? – the reader/practitioner/operator/occultist(?), now in a ‘position/place?’ where you – conscious? – can read, understand, and apply(?), the above, information, to the/your now-real-time-present ‘situation,’ life style/living ‘occult?’, practices/do-ing?

Please note!?! = if you are a ‘donkey = beast of burden?’ to/of/for the/your basic element al forces, then it is because(?), you do not ‘have control!?!’ of the/your – now-time &+ real-time – conscious-ness – situation!?! Even when the present writer became/developed ‘psychic/clairvoyant’ they (the present writer) didn’t choose to ‘provide a service’ to the largest numbers of people, for which they could ‘charge’ them (the people), for that ‘service.’ (The present writer, not being that ‘way?’ inclined – business!?!)

The present writer is fully aware, that if they wanted, under the present circumstances, they could go out into the world, and find out how to work/operate a ‘computer,’ and then obtain a ‘domain name’ and ‘charge?’ for a ‘fee/subscription?’ to/of/for those persons/individuals, who became ‘members of’ the/that ‘domain?’. Then, someone/anyone who was a ‘member?’ would simply put anything/everything, ‘on line’ for ‘nothing?’ thus ‘defeating’ the whole ‘purpose/point?’, of/for the ‘enterprise/endeavour’ in the first place?

So, simply by/with ‘giving/presenting’ this stuff/approach, away freely, only those who are of a ‘like nature?’ would/will/shall – respond to it? But... there is nothing wrong with others ‘learning?’ from it!?!

Are there/is there, people/persons out there, who don’t/wouldn’t/couldn’t ‘respond?’ to the idea/notion/myth – of Psyche & Eros? You bet there are! Millions of them!?! Would that/this ‘make?’ any ‘difference?’ to/of – Psyche & Eros? You bet it wouldn’t!?! = AND YET! AND YET! = IT STILL HAPPENS!?!

Become/be – Psychic – first! (egg/chair exercises in these presentations/monologues.)

Become/be – Clairvoyant – second! (Ophiel’s Little System/Dream Method.)

Future things = Clairvoyance! – Visualise!

Now-time things = Psychic! – Tactilely-Feel!

Real-time things = Physical! – Use; Uses; Use-ing; Used!

The above one, two, three, is the ‘way?’ this is the ‘secret?’ this is the ‘technique?’!

When you, the reader/practitioner/operator/occultist(?), have ‘amassed?’ enough basic egg/chair exercise, then, without ‘effort,’ ‘strain’ and or/nor ‘force’, your latent/dormant abilities, will/shall ‘rise’ into/onto conscious as a ‘ness,’ **without disrupting/disturbing/upsetting, the natural/normal ‘flow’ of the/your now present life/living!?!**

As an ‘example?’ when the present writer ‘writes/explains’ (tries to?), it the/this/their ‘other’ that types(?), hence all the/these, ‘ABC – CAPITALS FOR EMPHASIS,’ and when done/finished, the ‘other’ person (#3 &+ #0) – cannot be ‘hacked,’ going over the/these ‘monologues’ and adjusting them, for someone’s/anyone’s reading pleasure? Those who ‘do?’ read the ‘monologues,’ all have ‘delete buttons,’ and can, use, the/their ‘find & replace’ button for anything else/other, that they wish to ‘edit.’ There has, to date (from 2003), only ever been one person/individual who wrote, to say that they (she,) did this editing, prior to any reading that they did, and in the process, she learned much, as she was ‘explaining?’ the/these ‘monologues,’ to herself!

When you – conscious – as a ‘ness’ = transfer/project? – to the/your #1, Malkuth Earth/Hades Plane, ask your ‘self’ – conscious – how do I (conscious) – as a ‘ness?’ = really, really, really!?! – feel? – about it!?!

What is it(?), about the Black-on-Black; Black-Astral-Light(?) – that ‘frightens?’ – you – Conscious??

What is it(?), about the/your #1, Malkuth Body – that, makes(?) you – Conscious, as ‘ness’ = Afraid??

What is it(?), about the egg/chair exercises – that you are ‘missing,’ don’t ‘get,’ can’t = Understand??

What is it(?), about the Black-on-Black; Black-Astral-Light(?) – that #3, ego body you = Rejects??

Dion Fortune, wrote, that she had a difficult time, with her, Malkuth Earth/Hades, as she found the 32nd path, (Malkuth to Yesod,) very ‘testing?’ for her. (Saturn – the ‘tester.’) Both egg & chair, help to ‘assist,’ in all of the above circumstances, as all three ‘bodies?’ **harmonise** and **balance**, the total is ‘more?’ than the ‘sum’ of its ‘parts’!?! Thus, aiding Conscious, as a ‘ness,’ with the #3, Ego Body, **not** judge-ing, but simply observe-ing, which is what it (#3), is supposed to do!

Please try to ‘note,’ this ‘subtlety,’ = Thus, aiding Conscious, as a ‘ness,’ with the #3, Ego Body, **not** judge-ing, but simply observe-ing, which is what it (#3), is supposed to do!

Now! The word(!), = Judge = SIMPLY MEANS!?! = TO SHOW! TO DISPLAY! TO REVEAL!?! (From the Proto-Indo-European Root word; deik – to show; to display; to reveal.)

Neville Goddard; “to pray for riches, whilst being conscious, of being poor, is to be rewarded with, what you are conscious of!” End quote.

This = #3, Ego Body = Judgement = I am poor! I am not! – **IS WHAT! THE/YOUR** = #3, Ego Body – **IS!** – SHOW-ING! DISPLAY-ING! REVEAL-ING! = TO!?! = THE/YOUR #1, MALKUTH EARTH/HADES PLANE = SELF!?! Please try to remember/recall! That the/your = #3, EGO BODY = **PIGGY-BACKS!**!?! – IN/ON – CONSCIOUS, WHEN IT, CONSCIOUS, IS IN A ‘NESS,’ STATE/CONDITION (Ness = to protrude; to project; promontory; jut-forth; stand-out!?!)

THIS **IS!** WHO I-AM! THIS **IS!** WHAT I-AM! THIS **IS!** ME! = !?!

#1, MALKUTH EARTH/HADES PLANE YOU(?), SAYS? = WELL! = HERE IS MORE OF THE SAME!

WHATEVER(?) YOUR 'IT?' **IS?** YOUR 'IT = OBJECT; CIRCUMSTANCE; THING,' = IS! IN! ON! = THE/YOUR #1, MALKUTH EARTH/HADES PLANE = YOU – CONSCIOUS, AS A/AN = #0, OUTER, OUTER PHYSICALLY PHYSICAL 'NESS-OF-FOR!?!' THE/YOUR #1, MALKUTH EARTH/HADES = WILL/SHALL = **WORK-OFF/OFF/FROM** = **IT!** = You – Conscious, as a/an, #0 = 'ness/duality,' can only! only! – use; uses; use-ing; used – the/your #0, Outer, outer physically physical plane!?!

ANY/ALL = #0, CHANGES? = Amendments/Adjustments/Refinements – ARE GOING TO – **COME FROM!**?! – the/your #1, Malkuth Earth/Hades – **Psychic-Tactile-Feel**-ing Plane! In his vignette, Acceptance; Ophiel writes, that he found 'lack,' to be 'degrading,' and he worded like hell, to get out from under it!

Ophiel = #3, Ego Body! = gave? Presented = deik? – show; reveal; display. This/his = lack is degrading = to **his** = #1, Malkuth Earth/Hades Plane; **AND HE = OPHIEL - #0&+3 = WORKED-OFF-OFF/FROM THIS!**?!

Gave/Presented = deik = **Psychically-Tactilely-Feel**-ing!?! = lack is degrading = to **his** - #1, Malkuth Earth/Hades Self!?! (Consciously/Un-Consciously = won't/don't matter!?! – still 'works!?!')

#1, Malkuth Earth/Hades Plane Actions/Doings = Laws; Rules & Governances = Inert; Immobile; Set; Fixed; Defined; Three-Dimensional-ised; Symbol-ised; Black-on-Black; Black-Astral-Light; Demiurge at(!) its(!) lowest point = AS!?! = INNER-LIGHT!?! **Psychically-Tactilely-Felt** = AS IF! AS THOUGH! = YOU – CONSCIOUS, AS A #1, MALKUTH EARTH/HADES PLANE – DUALITY!?! WERE/ARE – **BLIND!**?!

Another 'ex-press-on,' that was/is used(?), in the wider general, so called 'occult?' field, is that of 'Malkuth,' which word is/means kingdom (Plane), but... it is also? the, Shekhinah = abode; dwelling place; home = ALL 'EX-PRESS-ONS,' OF/FOR THE/A = **FIXED POINT/PLACE/FORCE!**?! = FROM WHICH!?! = Conscious, as a 'ness,' = **TO WORK-OFF-OFF/FROM!**?! In ancient times; this was first viewed as a 'Positive!?!' = ADVERSARY? OPPOSER? SLANDERER? (Slanderer is from the Greek, and means/meant = Obstacle!?!) And then = was made 'Evil,' by the Materialistic, un-initiated = Gnostics(?), of the day!?!

Neville Goddard; to pray for riches, whilst being conscious, of being poor, is to be rewarded with, what you are conscious of! = WHAT IF? – IT IS!?! – THE/YOUR #3, EGO BODY?? WHO IS!?! – DOING THE TALK-ING!?! = I-AM! THIS IS ME! THIS IS WHAT/WHO? – I-AM!

To #3, Ego Body Pray = for riches?

Whilst **being** #3, **JUDGE**-ING = of being poor!?!

IS! = to be rewarded with!?!

WHAT? = you #3, EGO BODY!

Are? = conscious of = **JUDGE**-ING = **SHOW**-ING! **DISPLAY**-ING! **REVEAL**-ING!?!

In other words, = what you = conscious, as a ness? – are-working-off-of/from!?! = To pray for riches, whilst being conscious, of being poor, is to be rewarded with, what you are conscious of!?!

With regards to the above, without a ‘possible?’ technique, it is all just information/speculation?

So? the suggested/recommended, technique/techniques = is/are?

PSYCHICALLY-TACTILELY-FEEL?

AGREE-WITH?

WORK-OFF-OF/FROM?

So? = WHAT’S? YOUR!! = PROBLEM??

Well, here it is!?! = the/your #3, Ego Body, Present Incarnation, Personality Body = JUDGES!?! – AS A/AN AUTOMATIC IRRESPONSIBLE/UN-CONSCIOUS-NESS = AND SHOWS! REVEALS! DISPLAYS!?! = WHAT YOU – CONSCIOUS, AS A ‘NESS = BELIEVES!?!’ = I-AM? = ARE = RIGHT NOW!?!

AND! AND! = THERE IS ONLY! ONLY! – ONE PLANE!?! – IN/ON WHICH YOU – CONSCIOUS, AS A ‘NESS,’ GET/HAVE/RECEIVE!?! = BELIEF; BELIEVE; BELIEVES; BELIEVE-ING; BELIEVED!?! – AND THAT IS IN/ON THE/YOUR #1, MALKUTH EARTH/HADES PLANE!?! (Via – Psychic-Tactile-Feel-ing!?!) BUT... UNTIL AND UNLESS? = YOU – CONSCIOUS, AS A ‘NESS,’ LEARN/MASTER, THE ‘TECHNIQUE,’ OF TRAINING THE/YOUR #3, EGO BODY TO SIMPLY = OBSERVE? – THEN, AS A NON, #2, ETHERIC PROJECTOR, YOU WILL/SHALL/ARE!?! GOING TO STRUGGLE!?!

Please don’t just read the above, put it to the test; try it; use it!?! Train your #3, Ego Body, to observe(?), via the/your basic cosmic egg and/or basic chair exercises, and then take ‘it?’ from there - #1, Malkuth Earth/Hades!?! to, the/your #0, Outer, outer physically physical earth – Actions/Doings – use; uses; use-ing; used!?!

As an ‘assist?’ take some, time-out, from the/your busy, busy, day/life/living? and deliberately; knowingly; consciously – understand-ingly? – be/become aware; awake; conscious to/of the ‘fact,’ that everything/all – about you - #0, now!?! = IS! FROM? – the/your #1, Malkuth Earth/Hades Plane!?! = TO! = the/your #0, Outer, outer physically physical plane!?! = thinking/feeling this ‘way?’ is/will be, of great assistance to/of/for – YOU! – Conscious, as a ‘ness!’

This = IS! FROM? – the/your #1, Malkuth Earth/Hades Plane!?! = TO! = the/your #0, Outer, outer physically physical plane!?! = is practiced(?), by you = #0, Conscious, as a ‘ness,’ whenever you – Conscious, as a ‘ness,’ observe? the ‘back!’ of your ‘head,’ when the/you are ‘doing/practicing,’ the/your; Basic Cosmic Egg Exercise!?!

Try (practice?), this;

Ophiel's – lack is degrading – came from behind (?!?) – his #0, outer, outer physically, physical body = and so 'animated = psychically-stimulated! his #0, outer, outer physically physical body – actions/doings!?! – in a sustained and prolonged way, which became/was, his (Ophiel's) material success. Would you like to read it from Ophiel? You would? Well, who wouldn't? in/on a/an; Ophiel Magic Group? This is from Ophiel's first book; Astral Projection, his chapter; Little System:

“At first YOU WILL SEEM TO BE LOOKING AT YOURSELF DOING THE ACTION. When you have done this for a while and you are familiar with yourself doing the actions AND FULLY REALIZE THAT IT IS YOU WHO ARE DOING THE ACTIONS IN DUAL – THEN MAKE THE ATTEMPT TO TRANSFER YOUR CONSCIOUSNESS, YOU, YOURSELF, TO THE IMAGE OF YOURSELF THAT YOU ARE WATCHING – Try to see thru the eyes of the image, feel it about you, feel yourself into it. The image is your etheric body and you are watching it thru the 'eyes' of the ASTRAL BODY – when you WORK on or SEE any part of yourself you are working or seeing thru the body 'above' that body. So, in this case you are transferring down and not up.” End quote. (Underlines are the present writers.)

The above, is also, 'the basic chair exercise,' as is Ophiel's instruction, from his very first lesson, in his; Correspondence Course in Astral Projection; lesson = ABOUT FACE/TURN AND LOOK BACK/BEHIND!

As is(?), the instruction/information (because there is 'no' technique given, for it/this – behind?) in the ole crazy book (Bible,) in the 'conversation?' of the 'cave/desert?' = GET THEE(?) BEHIND ME!?! (I accept; I agree! I will/I shall? – worship you? = word 'worship,' is/means, to value/honour.) In the basic chair exercise, the person/individual Consciousness; is #0, physically active/engaged. In the basic cosmic egg exercise, the person/individual Consciousness; is #1, psychically passive/acceptive – psychically-tactilely-feel-ing!?!

Thank you!