

22/07/2011

02:56hrs

Hello Members! Here is the, Cosmic Egg Exercise. It is based on the work of Ophiel even though it can be 'used' in many other ways, for many other things. Stand in a room/place where you will/shall be uninterrupted for the length of time you wish to practice. If you can, half-close your eyes, if not close them fully. Feel your Physically Physical Body from head to toe. When you are 'ready,' See/Emotionally/Imaginatively FEEL/SENSE, a/an, EGG SHAPE/AURA ABOUT YOU! For the sake of this beginning/starting, make it Black.

It is important that you, sense/feel, the outline, edge and shape, of the/this, Egg/Oval/Aura, this is all that is required at this moment in the exercise. This, Egg/Oval/Aura is, Space/Sound.

When you are ready and are comfortable with this/these feeling, Feel/Sense a Point/Dot/Spot, whatever you like prefer for yourself, just a fraction above/over the Crown of your skull/head. Picture this, 'point' as being the Centre of a Sphere. Make the Sphere as wide as you can and have the base of the Sphere, touching/resting at the base of your neck, just above/on the collar bones and its top/edge in proportion. Feel/Sense its Shape, Edge, Outline and/or FORM. This is the Symbol for the Element of Air = Movement/Foundation. For the sake of this exercise you can make the Sphere Orange.

When you are ready and are comfortable with this/these feelings, Feel/Sense a, Movement, Out/Down to/towards your Navel/Bellybutton, see/feel it as a, Tip/Point/Apex, coming out of your Sphere. When the tip/point/apex reaches about two inches below your bellybutton, you will/shall have an, Inverted Pyramid. Its base is/will be, from your collar bones, the width of your shoulders, with its four corners and the Sphere resting/sitting on it. This is the Symbol for the Element of Fire = Expansion/Increase. For the sake of this exercise you can make the Pyramid Green.

When you are ready and are comfortable with this/these feelings, Feel/Sense a/an, Expansion, into/onto the Bowl/Half-Moon. This, Bowl/Half-Moon has its, Top/Surface, just below, the tip/point/apex of the Inverted Pyramid. The 'pressure' from the Inverted Pyramid is 'Pushing-up' 'Forcing-up' the Sides of the Bowl, so that its, Edge, Outline, Shape, Rim, Form is just at/over the, Top, of your Hip bones. Forming a, Deep Curve-Indentation, as the/this Tip/Point/Apex, Penetrates-It, Enters-Into-It. The Base/Curve of the/this Bowl/Half-Moon, is about the top/middle of your thighs, taking in your pelvic/crotch area. This is the Symbol for the Element of Water = Contraction/Decrease. For the sake of this exercise you can make the Bowl Silver.

When you are ready and are comfortable with this/these feelings, Feel/Sense a, Cube, Feel/Sense Solidity, Inertness, Immovableness, extending from the middle of your Thighs, to about two inches below your feet. For the Sake of this exercise you can make the Cube Blue.

You are now standing, inside a, Black Egg/Oval/Aura, with an, Orange Sphere about your head, with a Green Inverted Pyramid, extended to, two inches below your, navel/bellybutton, with a Silver Bowl, surrounding your hips/pelvis/crotch, and extending to about the middle of your Thighs, and finally, finishing in a/an Blue Cube, from the middle of your Thighs to about, two inches below the soles of your feet.

The above, is the, Basic Cosmic Egg Exercise!?

Now! The, reason this was presented to our group/members, is/was that, it is generally accepted that the/these, Tattvas, are the Astral Forms of the Basic Elemental principles, upon which the Physical World/Your World (Personal World) is/are based. The process of 'how' the Tattvic Elements 'MANIFEST' is, as Ophiel says/writes, 'A Complex Process,' but what is also known, is that they are also, AN AUTOMATIC PROCESS' with which you can 'Learn to Harmonise With', Just as you can 'learn' to 'drive' a car, without being an, 'automobile engineer/mechanic.

The/their 'Basic Use/Intention' in this exercise, is/was to aid with the development of the faculty of, Astral Clairvoyance, in the form of your, Emotions/Imaginations, in the individuals who were finding it difficult to Project. The use of the, Tattva Symbols, is considered to be among the easiest, quickest and best effective method, of exercising and enhancing your, Embryo Clairvoyant Faculties. (See/Read Ophiel's two books, The Art & Practice of the Occult, and, The Art & Practice of Clairvoyance, which follow this method very closely: Available in the file section of our group/site)

The, more 'Times' YOU REPEAT THE/THIS EXERCISE, IS MORE IMPORTANT THAN THE LENGTH OF TIME!! YOU DO/PRACTICE IT! Repetition, THICKENS, ETHERIC MATTER. The Least/Smallest Amount Time; is Two Minutes. If you cannot find time during your day for Two Minutes, then do not waste your time in magic!? The width of your, Sphere, should be the same as your shoulders, this would be the, same for the base of your Inverted Pyramid base, as it would be for the, Circumference of your Bowl, as it will be for your, Cube. Thus, you would have a, Column of the, Basic Four Elemental Symbols, representing, YOUR MIDDLE PILLAR/NOW STATE! EMERGING FROM YOUR OWN AKASHIC EGG!? SURROUNDING YOUR, OUTER, OUTER PHYSICALLY PHYSICAL BODY!? This, quickening, of the persons/members, Latent Clairvoyant Abilities, is/was, Why, I 'sent' this exercise, to the/our, group/site. When you have done/practiced the Cosmic Egg Exercise for a while and can feel/emote your, Basic Elemental Symbols, apply this/your/same, ability/technique, to Ophiel's Ritual.

Wishing you well,

sender

PS. It is a, good practice, in the beginning to try to, SEE/FEEL/SENSE!?! EMOTIONALLY/IMAGINATIVELY, without actually, VISUALISING, these, Symbols. Later, when your, Emotional/Clairvoyant faculties are up and running [Even a little] then, you can if you wish, begin to 'Visualise!?!' the/these, Three Dimensional Symbol Forms. WHY!?! Because EMOTIONS/IMAGINATIONS IS/ARE, CLAIRVOYANCE! And VISUALISATIONS IS/ARE, PSYCHIC/ETHERIC IMPRESSIONS, THEY/THESE ARE TWO DIFFERENT PLANES? Ophiel explains this in his first book, The Art & Practice of Astral Projection, when he says/writes, (I am paraphrasing here!) 'The ability to 'move' [Sense/Feel] in/on one plane, does not automatically carry over into/onto the next plane!?!' and this same simple, 'fact!?!' 'APPLIES!?!' to/with, PSYCHIC (Visualising) and CLAIRVOYANCE (Emotionally Feeling/Imagining).