

#### AURA CLEANSE:

Suryah 216 times (S hissed like a cat, R is rolled and A is as in 'father' and not 'apple')

Best done in direct sunlight or just daylight if that's all that's available. Bathe yourself in godd white light thoroughly while doing this cleanse.

After chanting then affirm:

SATANAS (S hissed like cat and A as in 'awe' not 'at')

- I am completely totally and entirely cleansed of negative energy
- I am completely totally and entirely safe and protected in all ways
- I am permanently absolved of all celestial karma and I am completely exempt from all celestial karma

SATANAS

AUM ('aahuumm')

The A in Aum is like fAther and not Apple

SIRSASANA (headstand):- Use pillow under head and get into headstand with much weight on the arms supported by the hands. The head can be on a pillow and the wall should be used for support for those who aren't adept at advanced yoga. Contract abs to force air in lungs through nose and lightly breathe out nose when releasing abdominal flex. Do 54 reps (breathe of fire) and on the 54th inhale contract anus for root-lock to force energy up the spine. Hold for as long as comfortable, like 5-9 seconds. Upon exhale vibrate a hard th-th-th-th (as in THE/THIS and not THing/THorn) for the whole exhale while applying root-lock. Do this 2-3 times. Lay on back and vibrate 'Gaum' into pineal gland and flip on stomach and vibrate 'Thaum' (hard TH as in THE/THat and not THing/THirsty) into third-eye. For those who cannot feel their pineal gland then hold khechari mudra with the tongue on the roof of the mouth where the soft spot meets the hard pallet and vibrate Gaum. Lay on back (never get up directly after a headstand) and breathe Sun/ Moon alternate nostril breaths: two seconds in left nostril while covering the right nostril, hold for eight seconds and release for four seconds out right nostril. Then breathe in for two seconds into the right nostril and hold for eight seconds and then release for four seconds out of the left nostril. Do at least seven rounds of this breathing. Don't preform this if you have neck problems. Stick with the breath of fire and sun/moon ternate nostril breaths.

666 Meditation:

Vibrate VVV-UUU six times into solar plexus chakra while holding this mudra

AURA CLEANSE:

Suryah 216 times (S hissed like a cat and R are rolled) SATANAS

- I am completely totally and entirely cleansed of all negativity
- I am completely totally and entirely safe and protected in all ways possible - I am permanently absolved of all karma and I am completely exempt from all karma

SATANAS

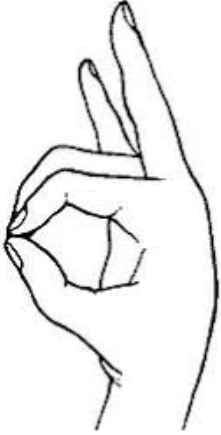
AUM (AAHUUMM)

SIRSASANA (headstand):

- Use pillow under head and get into headstand with much weight on the arms supported by the hands
- Contract abs to force air in lungs through nose and lightly breathe out nose - do 54 reps (breathe of fire) and on the 54th inhale contract anus for root-lock to force energy up the spine
- hold as long as comfortable
- Vibrate a hard th-th-th-th (as in THe/THis and not THing/THorn) for the whole exhale while applying root-lock  
do 2-3 times.
- Lay on back and vibrate 'Gaum' into pineal gland and flip on stomach and vibrate 'Thaum' (hard TH as in THe/THat and not THing/THirty) into third-eye.
- Lay on back (never get up directly after a headstand) and breathe Sun/ Moon alternate nostril breaths: two seconds in left nostril while covering the right nostril, hold for eight seconds and release for four seconds out right nostril. Then breathe in for two seconds into the right nostril and hold for eight seconds and then release for four seconds out of the left nostril. Do this at least seven times.

666 Meditation:

Vibrate VVV-UUU six times into the solar plexus chakra while holding this mudra



Vibrate VVV-AAA-HHH six times into heart chakra while holding this mudra



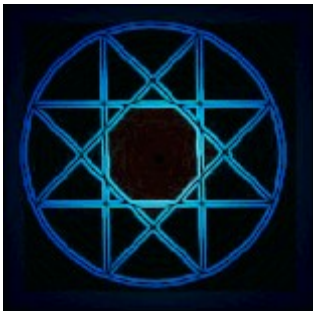
Vibrate VVV-OOO-HHH (rhymes with Go) six times into third-eye while holding this mudra (grasp around left index finger only for right handed people and grasp around right index finger for left handed people)



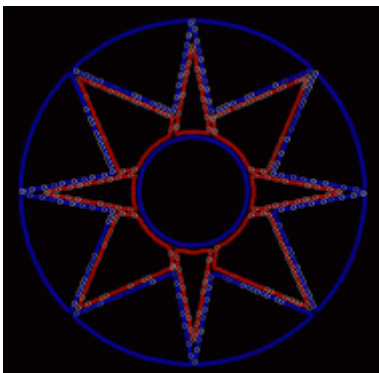
# Intermediate Meditations

## Azazel's Four Dimensional MerKaBa Meditation

Azazel and Thoth worked with me to revise this meditation which was based on the "Mer Ka Ba." Further revisions were dictated to me from Azazel (3/26,27/05). There are many new age authors who write about and teach the Mer Ka Ba. The new age version is based upon a hexagram. The hexagram version was given to new age enthusiasts by angels. What the hexagram does is it establishes a geometric energy field that corresponds to the planet Saturn, of time; the lower octave of Saturn. The current system of time, based on the number 3 and 6, is out of sync with the vibrations of the earth and the universe, which are naturally 13 and 20; the 13 lunar months. Unbeknownst to many, the hexagram meditation is a conspiracy and is to the detriment of humanity. It has to do with the numbers and this is very complex. I will write a separate article concerning this and linear time.



The meditation give on this website is based on the eight pointed Star of Isis (Astaroth). The correct position of for the Star of Isis is rotated at 22 degrees. Shown at left, in its upright position, it is known as the "Sigil of the Beast 666." The Silver Star of Isis (turned at 22 degrees) is also said to have been worn by the Knights Templar on a red sash. The numbers are definitely Satanic as the number of Isis (Astaroth) is 8 and the number of the pentagram is 5;  $8 + 5 = 13$ . Enki's number is 40; another combination is  $5 \times 8 = 40$ . 13 is also based upon the thirteen Lunar Months which is the natural year and the eight phases of the moon. It is also based upon the Satanic Year.



Her Babylonian symbol is known as the "Star Disc of Ishtar." What this meditation can do is take your energy field to a much higher vibration. The geometry of energy has powerful effects. Once this meditation has begun, you should continue to do it every day until the spinning fields are permanent. You will know they are permanent when you can feel the pulsating sensation any time you focus your attention on them. Once they are permanent, you will no longer have to perform the meditation every single day.

The eight pointed star is very ancient and based upon the octahedron. The octahedron is an extremely important aspect of nature and is one of the primary archetypes of creation for all life. It is based on 13 circles of which the centers connect. It is also the basis of important informational systems in the universe. Within it are found all five of the Platonic Solids, the "building blocks" of creation. The eight pointed star is also the symbol for the "Shambhala initiation;" the initiation of advanced Buddhist monks into the Kalachakra Tradition. This tradition preceded what most people know as Buddhism by thousands of years and is based upon the Tibetan "Bon" religion, which was given to the Tibetan Priesthood from Marduk/Amon Ra. Unlike the pacifistic, self-sacrificing contemporary Buddhist religion, the original Bon religion was a warrior religion where disciples were pushed to exceed

limitations and become as the Gods. <sup>2</sup>

Once the candidate was lead through the seven gates and received the seven initiations (opening of the seven chakras), it was possible for them to be received in the court of Shambhala.<sup>3</sup>

<sup>1</sup> Genesis, The First Book of Revelations by David Wood ©1985

<sup>2</sup> The Black Sun by Peter Moon ©1997

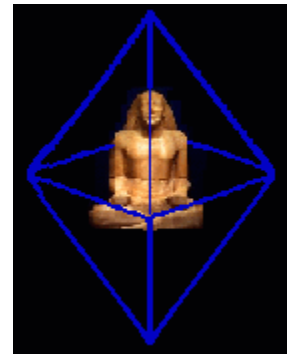
<sup>3</sup> Cloak of the Illuminati by William Henry © 2003

## Meditation:

**Sit comfortably, preferably cross legged, but sitting in a chair is fine as long as your spine is straight. Go into a trance state. You should take a couple of minutes to clean your aura before beginning this exercise. The meditation is performed in 18 breaths. [Click Here](#) for information about this meditation.**



Visualize yourself inside of two pyramids. The standard meditation is done with white-gold energy inside of the pyramids, but you can change colors as you become more experienced and know how to handle color energy. White-gold energy is the most powerful energy.<sup>1</sup>



1.



With your thumbs touching your index fingers, inhale to the count of 6;

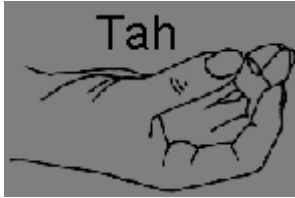
Hold for 6

Exhale for 6, and chant either aloud or silently in your head:

S-S-S-S-A-A-A-H-H-H-H; in one long exhale while visualizing both your pyramids filling with a brilliant white-gold light.



2.



With your thumbs touching your middle fingers, inhale to the count of 6;

Hold for 6

Exhale for 6, and chant either aloud or in your head: T-T-T-T-A-A-A-H-H-H-H; in one long exhale. Continue to fill the pyramids with bright intense and powerful energy.



3.



With your thumbs touching your ring fingers, inhale to the count of 6;

Hold for 6

Exhale for 6, and chant either aloud or in your head: N-N-N-N-A-A-A-H-H-H-H; in one long exhale. Continue to fill the pyramids with bright intense and powerful energy.



4.



With your thumbs touching your little fingers, inhale to the count of 6;

Hold for 6

Exhale for 6, and hiss (one long "S" sound for the exhale):  
S-S-S-S-S-S-S-S-S-S; in one long exhale. Continue to fill the pyramids with bright intense and powerful energy.



5.



Again, with your thumbs touching your index fingers, inhale to the count of 6;

Hold for 6

Exhale for 6, while visualizing both your pyramids filling with a brilliant white-gold light.

There is no need to chant for this step.



6.



With your thumbs touching your middle fingers, inhale to the count of 6;

Hold for 6

Exhale for 6, while visualizing both your pyramids filling with a brilliant white-gold light.

There is no need to chant for this step.



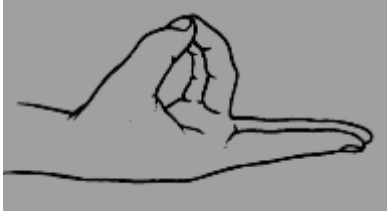
From now on, with each and every breath throughout the meditation, you will draw in and visualize energy entering through both ends of the breathing tube at the same time.

The breathing tube extends for one hand length (measured by the length of your own hand) beyond the top of your head, down through your seven chakras and ends one hand length past your base chakra located at the end of your tailbone. When you are standing, it extends one hand length beyond your feet. Your tube is as large around as the circle made when you touch your thumb to your middle finger and tapers to a small opening at each end. The tube is transparent like glass.



The next three illustrations below are without the pyramid for clarity. (You should always visualize yourself inside of the pyramid throughout the entire exercise).

7.



With your thumbs touching your ring and little fingers, index and middle extended as in the illustration to the left, inhale and breathe in energy to the count of 6, visualizing brilliant white-gold light entering the tube from both ends at the same time to meet between your 2nd and 3rd chakras.

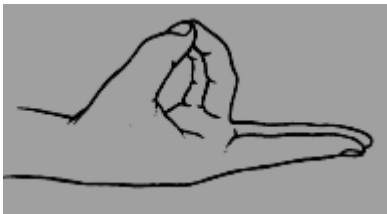


Hold for 6.

The light forms a sphere the size of a grapefruit.

Exhale for 6 and visualize the sphere brightening with energy.

8.



Keep your thumbs touching your ring and little fingers, index and middle extended as in the illustration to the left, inhale and breathe in energy to the count of 6, visualize the sphere growing in size until it reaches the base of your rib cage and the top of your pubic bone.



Hold for 6.

Exhale for 6 and visualize the sphere brightening with intensity.

9.



Continue to keep your thumbs touching your ring and little fingers, with your index and middle extended as in the illustration to the left. Inhale and breathe in energy to the count of 6, Visualize the sphere brightening and growing in concentrated power

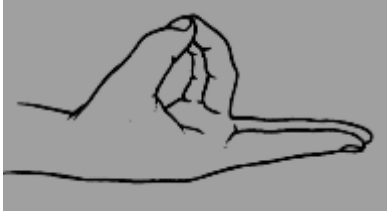


Hold for 6, visualizing and feeling the brightness, intensity and power of the sphere.

Exhale for 6, visualizing the sphere grow brighter and brighter, and more and more powerful.



10.



Keep your hands in the position shown in the illustration to the left, inhale and breathe in energy to the count of 6,

The sphere is reaching maximum concentration, it ignites, changing color to a white/electric blue flame and turns into a brilliant shining gold like that of the Sun.

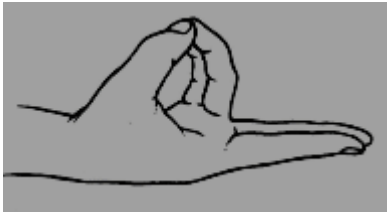
Round your lips to blow

Blow on the exhale for a count of six. As you blow, visualize the sphere expanding to surround your entire body.

The smaller sphere still remains, and is more concentrated and brighter than the larger one. (Visualize yourself like you are blowing up the sphere).



11.



Keep your hands in the position shown in the illustration to the left, inhale and breathe in energy to the count of 6, Visualize and feel the energy entering your breathing tube at both ends and concentrating in the smaller sphere and expanding out into the larger sphere.



Hold for 6.

Exhale for 6 and visualize the concentrated energy continuing to expand into the larger sphere making it brighter and more powerful.

At this step, you will more than likely see the smaller sphere beginning to spin. It can spin either way. Visualize the spinning and go with the flow.

**Steps 12. and 13. are the same as step 11.**

**(Continue to spin the sphere)**

For men, place your left palm on top of your right palm, both facing up. For women, place your right palm on top of your left, both facing up.

14.



At the beginning of your inhale, move the smaller sphere up to your 4th chakra (shown on the left); inhale for a count of six.

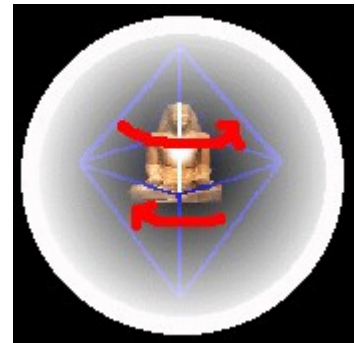
Now move the ball of light up to the solar plexus chakra, or above the crown chakra to the eighth chakra.



15. Inhale for a count of six and say to yourself in your mind "EQUAL SPEED"

The 2 pyramids will begin spinning in opposite directions. The top pyramid will spin counterclockwise; the bottom pyramid will spin clockwise.

Round your lips and blow as you did before, for a count of six, spinning and feeling the spin of your pyramids in opposite directions. They will be moving at 1/4 the speed of light. The spin feels like a pulsating sensation.



16. Inhale for a count of six and say to yourself in your mind "HALF THE SPEED OF LIGHT"

Round your lips again and blow for a count of six, spinning and feeling the spin of your pyramids in opposite directions. They will be moving at 1/2 the speed of light.



17. Inhale for a count of six and say to yourself in your mind "THREE FOURTHS OF THE SPEED OF LIGHT"

Round your lips again and blow.

As they approach 3/4ths the speed of light, a flat disk located beneath your naval pops out and expands to a distance of approximately 55 feet in diameter. Visualize this like the Sombrero Galaxy as shown in the illustration to the right.

Continue to blow out with force and feel the speed of the disk increase and stabilize.



18. Inhale for a count of six and say to yourself in your mind "SPEED OF LIGHT"

Visualize your disk and the pyramids spinning so fast (the speed of light is 186,000 miles per second) they give off intense white light and energy, hold for six and blow for six. This will stabilize the disk.

It is strongly advisable to remain in meditation, meditating upon the energy for 5-15 minutes afterwards, concentrating on feeling the pulsating sensation of the disk.



Model: Sema-Tawy-Tefnakht, Minister of Pharaoh Psanatik I of Dynasty XXVI; 664 to 610 BCE.

<sup>1</sup> White-gold energy, that of the sun is incredibly powerful. For more information, read the book: "Lost Secrets of the Sacred Ark, Amazing Revelations of the Incredible Power of Gold by Laurence Gardner. Published London : Element, ©2003.

## *Invoking the Elements*

Invoking the elements is very advanced and can be very dangerous. I am speaking from experience here. There are many authors who write from a theoretical and scholastic prospective and have not had the direct experience with certain meditations and psychic practices. I am going to give you *\*my\** personal experiences with the meditations that follow. Remember- **THESE ARE MY OWN DIRECT EXPERIENCES AND SOME OF WHAT I EXPERIENCED, YOU MAY OR MAY NOT AS WE ARE INDIVIDUALS, BUT THESE MEDITATIONS *\*ARE\** HIGHLY EFFECTIVE, POWERFUL AND DANGEROUS.**

If you:

- Are not physically and/or mentally healthy
- If you take *\*any\** psychiatric medications or medications that affect your brain/nervous system
- If you suffer from High Blood Pressure
- If you have heat flashes from menopause
- If you suffer bouts of depression
- If you do not know yourself 100%
- If you are pregnant

I strongly encourage you to turn back and work other meditations that are safer. Once you have overcome any problems mentioned above using safer meditations, you can proceed at a very slow pace if you think you are ready. Let me explain:

With invoking the elements, here are some examples of what can happen:

Invoking fire will make you hot. Depending on how many breaths you do (only seven and under are recommended for those who have not had experience with this element). Even with adepts, 20 breaths can be extreme. While you are doing the fire meditation for the first time, more than likely while you are doing it, you will feel little or nothing. **DO NOT MAKE THE MISTAKE OF DOING ANY MORE BREATHS BECAUSE YOU MIGHT FEEL NOTHING!** You will feel the effects hours later. The effects of invoking fire include a fever, feeling **BURNING HOT** after a warm glow/aura manifests, insomnia and since water is the opposite of fire, you can get a backlash of water and this can manifest in depression. These effects can last several hours to several days. Each one of us has imbalances of certain elements and invoking the elements can cause even more imbalance so it is also important to know your strengths and weaknesses in certain elements.

Invoking air can overstimulate the nervous system. Air can make you very irritable and oversensitive for a few hours to several days, depending on how much you take in.

I have always been a person of extremes and I am daring, so I have never put any limitations on myself with meditations, though I have always used common sense. Now, with invoking these elements over a period of time, we become resistant to extremes of temperature, we can warm or cool our bodies at will and we can be adept at pyrokinesis, cryokinesis and other astral disciplines.

If you are planning to do the elemental meditations, I strongly encourage you to keep written entries in a black book or journal regarding how these exercises affect you. Mastering the elements is one of the highest forms of magick, while others play around with props. The elements are based upon the four

corners and directions. They are the foundation of the universe when working magick. Invoking and directing the elements is used to empower sigils and talismans. Each ritual or working normally has an elemental theme. By making use of the elements the power of any working is drastically amplified. Elemental magick is extremely advanced and powerful magick.

There are two ways of invoking the elements. One way is total invocation as I have done (no breathing them back out and the most dangerous) and the other way is easier is to breathe the element back out into the ether. You can work up from this.

Each one of us has strengths and weaknesses with certain elements. Nearly all of us have imbalances of the elements in our souls. The following meditations will correct these.

Several hours or a day after invoking an element, sit quietly and meditate on how you feel. How did you feel during the past 24 hours? It is important to be able to \*feel\* the elements in order to direct and control them.

To properly invoke, direct, and control the elements, you must be balanced in all of the elements. Most of us have imbalances. These can usually be seen in our astrology charts. Those of us who progress and continue on will be working

You must be honest with yourself and know yourself. The articles below in the advanced section reveal the elements in their pure form. Very few of us are imbalanced with just one element; usually there are two that are dominant. Look to the elements where most of the characteristics describe you. By balancing your elements, you will find healing physically, psychologically, at the soul level and mentally.

Fire is opposite Water and Air is opposite Earth. The opposite element is what is needed to fix the imbalance. It is important to be aware that invoking the lacking element can create a temporary backlash in the over-dominant element.

# Fire

## The Characteristics of Fire:

Self-centered, confident, enthusiastic, expressive, bold, subjective, expansive, out-going, extroverted, insensitivity to others, impulsive, impatient, creative, vain, extravagant, reckless, passionate, self-important, exhibitionist, courageous, adventuresome.

People who have pronounced fire often burn themselves out. They are often over-active, restless, and over concerned with making something happen in the world. There are often problems in dealing with others; they can be very insensitive and crude in their approach. Fire people are prone to inflammation, high blood pressure and can be labeled as "hot headed" as they normally have short tempers. Without the element of earth, people who are dominant in fire lack staying power.

People who are lacking in fire are usually low in energy, lack self-esteem, and self-confidence. There is a lack of spiritedness, lack of enthusiasm, aversion to challenges; there is apathy toward living, major problems take a long time to overcome with lingering psychological scars.

Fire alleviates mental depression and brings a love of life. Fire is the creative principle, the spark of life. Fire rules competition, athletics, action, courage, self-confidence, charisma, and pyrokinesis.

Invoking and directing fire is the advanced aspect of pyrokinesis.

**TO INVOKE FIRE**, go into a light to medium trance and visualize yourself in the middle of a large sphere of fire. Now, do the energy breathing. Breath in the fire from all sides of your body, front, back, top of your head and bottom of your feet. Imagine and feel yourself getting burning hot. Do this for seven breaths **AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!**

You have two options for this exercise:

1. You can breathe the fire back out into the ether after each inhalation and even breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the fire. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

To be adept, one must master blowing (directing the exhale) the element out as we will in following meditations. For example, blowing out the element of fire after you have invoked enough of it and your body can withstand high amounts of this element, you can raise the temperature of objects and even set them on fire, using only your mind. Unlike the other method of pyrokinesis on this website, with the above, you can even be miles from your object.

Invoking fire will make you hot. Depending on how many breaths you do (only seven and under are recommended for those who have not had experience with this element). Even with adepts, 20 breaths can be extreme. While you are doing the fire meditation for the first time, more than likely while you are doing it, you will feel little or nothing. **DO NOT MAKE THE MISTAKE OF DOING ANY MORE BREATHS BECAUSE YOU MIGHT FEEL NOTHING!** More than likely, you will feel the effects hours later. The effects of invoking fire include a fever, feeling **BURNING HOT** after a warm glow/aura manifests, insomnia and since water is the opposite of fire, you can get a backlash of water and this can manifest in depression. These effects can last several hours to several days.

# Earth

## **Characteristics of Earth:**

People who are dominant in earth are sensual, materialistic, practical, and they hate anything that is unplanned. Earth gives patience, self-discipline, makes one dependable, reliable, and conventional. Earth people like tradition, and security is extremely important to them, they are cautious, deliberate, slow in forming opinions, and slow in everything they do. They are reserved, have limited imaginations, but they have exceptional endurance. They are practical, grounded, and level-headed. They are hard working, they dislike change and can be stuck in a routine for years without ever getting bored. They have a hard time adjusting to new situations and changes.

## **A LACK OF EARTH:**

People who are lacking in earth are not attuned to the material/physical world, they are spaced-out, impractical, they can neglect their bodies, they are flighty, lack self-discipline, are ungrounded, often feel out of place, and have over-active imaginations. These people can forget to eat, rest, exercise and so forth. They have trouble with routine, endurance, scheduling and organizing their lives. A lack of earth brings a lack of stability along with an inability to finish things. Here today and gone tomorrow. These people can overspend their money foolishly or gamble it away. They are irresponsible and live only for today.

Earth is the material principle.

## **INVOKING EARTH:**

To invoke the earth element, go into a light to medium trance and visualize yourself in the middle of a large sphere of heavy dense gravity. Now, do the energy breathing. Breath in the earth from all sides of your body, front, back, top of your head and bottom of your feet. Imagine yourself getting heavier to where you are like lead and can no longer move- like you are buried under several feet of dirt. Feel the gravity of the earth pulling you. Do this for seven breaths **AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!**

You have two options for this exercise:

1. You can breathe the earth element back out into the ether after each inhalation and even breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the earth. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

After some 12-24 hours, sit quietly and meditate a few minutes on how you feel after invoking earth.

# *Air*

## **The Characteristics of Air:**

People with the element of air prominent have the ability to be objective and detached, and unemotional. They are intellectual, enjoy spontaneity, easily bored, very talkative and communicative. Air is the most social of the elements. Air people are usually quick in their movements and speedy. They can be very impractical. Air lacks feeling and emotion. Air is pure intellect. Air people can adapt and adjust to situations easily. They can have an over-active mind, live in their head, and be Jack-Of-All-Trades, and master of none. Air lacks depth. The sayings "up in the air" "air headed", "cool headed" are relevant to air. An imbalance of too much air creates a lack of planning, makes one scatterbrained, nervousness, high-strung, and causes nervous exhaustion.

A LACK of air makes one have a hard time detaching as the tendency is to become too emotionally involved. People who lack air find themselves too involved with others. They can be overly emotional, have violent reactions, lash out, and have a very difficult time with being objective. They can have a hard time adjusting to new situations. The emotions often dominate in one who is lacking the air element. They can become obsessed. Air is the communicative, intellectual principle.

## **INVOKING AIR:**

Sit quietly and go into a light to medium trance. Now, imagine yourself in the air. Feel the lightness and breathe in the air element. It is important to imagine yourself feeling lighter and lighter and airy. Imagine that your body is becoming lighter, as light as air itself to where you can no longer feel your body. Feel as if you are floating.

Do this for seven breaths AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!

You have two options for this exercise:

1. You can breathe the air back out into the ether after each inhalation and even breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the air. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

After some 12-24 hours, sit quietly and meditate a few minutes on how you feel after invoking air.

The air element is used in rituals to incite chaos. Air can over-stimulate the nervous system until you get used to it so it is important to go slowly. Invoking air is used for levitation.



# Water

## Characteristics:

People who have dominant water are too in touch with feelings and emotions. They are psychic, and notice things others don't see, such as subtle nuances. Too much water creates irrational fears, compulsive desires, oversensitivity, feelings of being threatened. These people are very easily hurt and offended, they are impressionable and their emotions can dominate them. Water is intuitive, over-reactive, fearful, timid, gives feelings of inner emptiness. and incites extremes of behavior. Water is compassionate, loyal, devoted, and sympathetic. Water is the emotional principle.

## A LACK OF WATER:

People who are lacking in water are not in touch with their feelings. They have trouble in dealing with their own feelings as well as those of others. Cold, aloof, unfeeling, callous, they have little if any compassion towards others and have trouble in relationships due to a lack of an emotional rapport. These people are often total materialists who disregard the spiritual.

To invoke water, go into a light to medium trance and imagine that you are completely under water in a large pool or lake. The water should be still. Just relax. Breathe in the water from all sides of your body, front, back, top of your head and bottom of your feet. Imagine yourself getting ice cold. Do this for seven breaths **AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!**

You have two options for this exercise:

1. You can breathe the water back out into the ether after each inhalation and even breathe it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the water. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

After some 12-24 hours, sit quietly and meditate a few minutes on how you feel after invoking water.

The more advanced you become, the more you will feel the coldness of the water element. You should feel like a block of ice. Adepts are able to keep the body cold as ice even in the hottest of summer weather. The water element can incite depression, so it is important to go slowly. Water is used in rituals involving attraction.

# *Invoking the Quintessence*

1. Go into a deep trance. Imagine that you are in the center of an unlimited space. This will feel like floating. There is no above or below or sideways. This unlimited space is filled with the finest energetic matter, the universal ether. Ether is colorless, but to our senses it appears to be of ultra-violet, near black-violet color, and this is the color in which we imagine the etheric matter.

2. Breathe in the akasha/ether, visualizing yourself surrounded by the black-violet energy as you would with energy breathing and fill your entire being with it for eleven breaths.

In performing this exercise, you have to retain the feeling of being united to the entire infinite space. You have to be as it were completely secluded from the world. It is necessary to become acquainted with this unusual state of mind."

\*For those of you who are familiar with the black lights of the 1970's and how they illuminated florescent colors on posters, this is the color you should be visualizing as it is very powerful. Black lights are ultra-violet.

3. Meditate on the feeling you get from invoking this energy for 10-15 minutes.

"It has been mentioned in the theoretical part that the elements originate in the akasha principle, by which they are dominated and kept in the correct balance.

After a long time of exercising, a magician who has achieved good results with the elements will also be able to control the finest principle that is the astral ether."

"We have heard that akasha is the primary source, the sphere of all causes. Any deliberate cause, such as a wish, a thought, any imagination created in this sphere together with the dynamic conviction is bound to be realized with the help of the elements, regardless of the level or sphere on which the realization necessarily has to be performed. This is one of the greatest magic mysteries and a universal key for the magician, who will understand its range only later on in the course of his development."

-Franz Bardon "Initiation into Hermetics" © 1956

Aether (classical element)

(Redirected from Quintessence (alchemy))

"The aether is the fifth classical element in ancient Greek philosophy and science. This Greek concept seems to derive directly from the akasha, its Hindu counterpart. In Greek doctrines it seems that the aether was the celestial fire, the pure essence where the gods lived and which they breathed. In this connection, it seems that aether is radiative heat like that of the sun, which is able to propagate in empty space. The Greek word "aither" derives from an Indo-European root aith- ("burn, shine"). This root figures in the name of Aithiopia (Ethiopia), which means something like "burnt land."

"Aether was once believed to be a substance, which filled all of space. Aristotle included it as a fifth element (the quintessence) on the principle that nature abhorred a vacuum."

Oliver Nicholson points out that, in contrast to the better known luminiferous aether of the 19th century, the older concept of the classical aether had three properties. Among these characteristics, the classical aether had a non-material property, was "less than the vehicle of visible light", and was responsible for "generating metals" along with fostering the development of all bodies."

[1]"Robert Fludd stated that the aether was of the character that it was "subtler than light". Fludd cites the 3rd century view of Plotinus, concerning the aether as penetrative and non-material."

[2]"Other 1800s views, such as James Clerk Maxwell, Lord Kelvin, and Nikola Tesla, was of the disposition that the aether was more akin to it actually being the electromagnetic field."

"In modern physics, dark energy is sometimes called quintessence due to its similarity to the classical ether."