

BACK DOOR INTO HERMETICS

ABOUT THE AUTHORS



MARK RASMUS began his journey into Hermetics during the late 1970s when he met his first mentor William Cook Edwards. Since then, Mark has combined his expertise with martial arts and Hermetics to create the Elastic Force System. Considered a living master of applied Hermeticism, Mark has taught thousands of students tai chi, qi gong, wing chun and other internal martial arts and Hermetics over the course of more than three decades. Mark has traveled extensively, especially throughout Asia.



JAKE SENN has studied Hermetics and the works of Franz Bardon since his early teens. As a child, Jake would spend much of his free time with a wide variety of nature spirits around his home in the Pacific Northwest wilderness. Jake traveled to Thailand in 2018 for an extended stay in order to study Hermetics with Mark Rasmus. Jake teaches a variety of subjects online, ranging from basic meditation to a 20-hour course on emotional intelligence based upon the four elements. Jake graduated from the University of Washington with a Degree in Comparative Religion, having focused his studies on Eastern religions and ancient Christian Gnosticism. Jake currently lives in La Jolla, California.

BACK DOOR INTO
Hermetics



A Guide to Becoming Initiated
into the Mysteries

MARK RASMUS • JAKE SENN

Thailand

Copyright © Mark Rasmus, Jake Senn 2020

This book is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part may be reproduced by any process without written permission. Inquiries should be made to the publisher.

First edition published 2020
Second edition published 2021
by Mark Rasmus, Jake Senn

For further information, please visit our websites:

Mark Rasmus
www.markrasmus.org

Jake Senn
www.jakesenn.com/hermetics

Edited and illustrated by Jennifer Nestorovic
Contact Jennifer at jenpluspen@gmail.com
Book design and typeset by Marissa Newell
in Arno Pro and Univers LT Std
Images sourced from www.freepik.com

*This book is in dedication and service to the
next generation of people who decide to walk the Hermetic path.
May the path of Light guide and protect.*

CONTENTS

INTRODUCTION: THE PRACTICE OF HERMETICS

On Creating a Mental Stream of Practice as the First Cornerstone of Success	15
Working with Others to Accelerate Success	16
<i>How to Measure the Results of Energy Games with the Elements</i>	16
Developing a Holographic Stream	18
On Constructing and Executing a Mental Plan	19
<i>Mechanics of Delivery</i>	19
<i>Time Continuums in Relation to Mechanics of Delivery</i>	20
On Deconstructing the Limitations of Books	20
<i>On Your Training Environment</i>	22

PART 1: THEORY

Chapter 1: Your Journal	27
Your Journal is the Initiation Text	28
<i>Examples of Uses of Your Journal</i>	28
<i>Examples of Questions One May Ask Themselves in a Journal</i>	29
Observing the Macrocosm and Microcosm Through Your Journal	29
On the Metaphysical Layers of the Journal	31
Chapter 2: Success and Failure	35
Principle of Transmission	36
<i>Mechanics of Opening Space</i>	36
<i>On Giving Others Your Best</i>	39
On Self-Initiating	40

On Maintaining a Like-Minded Community	42
<i>The Crown Technique</i>	42
<i>Principles of Hosting a Spiritual Circle</i>	44
On Precepts and Vows	46
<i>Five Buddhist Moral Precepts Metaphysical Breakdown</i>	46
The Three Transformations and Pillar of Light Exercise	53
<i>"May the Path of Light Guide and Protect"</i>	57
<i>Practicing Monad</i>	58
Chapter 3: Pore Breathing Guided Meditation Practice	63
Floating the Bones	63
Electric Phase	64
Magnetic Phase	70
Questions from this Guided Practice Session	73
Chapter 4: Akasha	79
Akashic Breathing	79
Chapter 5: Non-Dual Light	85
Astral Light	85
Mental Light	86
Non-Dual Light Mastery	89
PART 2: THE MENTAL, ASTRAL AND PHYSICAL STREAMS OF PRACTICE	
Preliminaries to Mind Stream Training	105
Introduction	105
On Awakening the Spirit for Training	106
Mental Stream	109
Step One	109
Step Two	112
<i>Stopwatch Technique</i>	113
Step Three	114

<i>Bridging the Sense Gates into Mental Wandering</i>	116
<i>From Creativity to Sensitivity</i>	117
Step Four	118
Step Five	119
Step Six	120
Step Seven	126
<i>Fire</i>	128
<i>Water</i>	129
<i>Air</i>	132
<i>Earth</i>	133
Step Eight	135
<i>Mental wandering</i>	135
Step Nine	138
Step Ten	149
Astral Stream: Steps One through Ten	157
Steps One to Three	157
<i>The Astral Black and White Soul Mirror</i>	158
Step Four: Astral Training	161
<i>Working with the Elements and Fundamentals</i>	164
Step Five	171
Step Six	175
Step Seven: Sense Gates	179
<i>Sight</i>	179
<i>Sound</i>	180
<i>Feeling</i>	182
<i>Taste</i>	182
<i>Smell</i>	182
Step Eight: The Electric and Magnetic Fluid	183
<i>The Great Moment of Now</i>	183
<i>The Electric and the Magnetic</i>	184
<i>Inward Electric Fluid</i>	184
Step Nine: Astral Travel and Leaving the Physical Body Matrix	187
Step Ten: Astral Training Paths of Self Realization	190

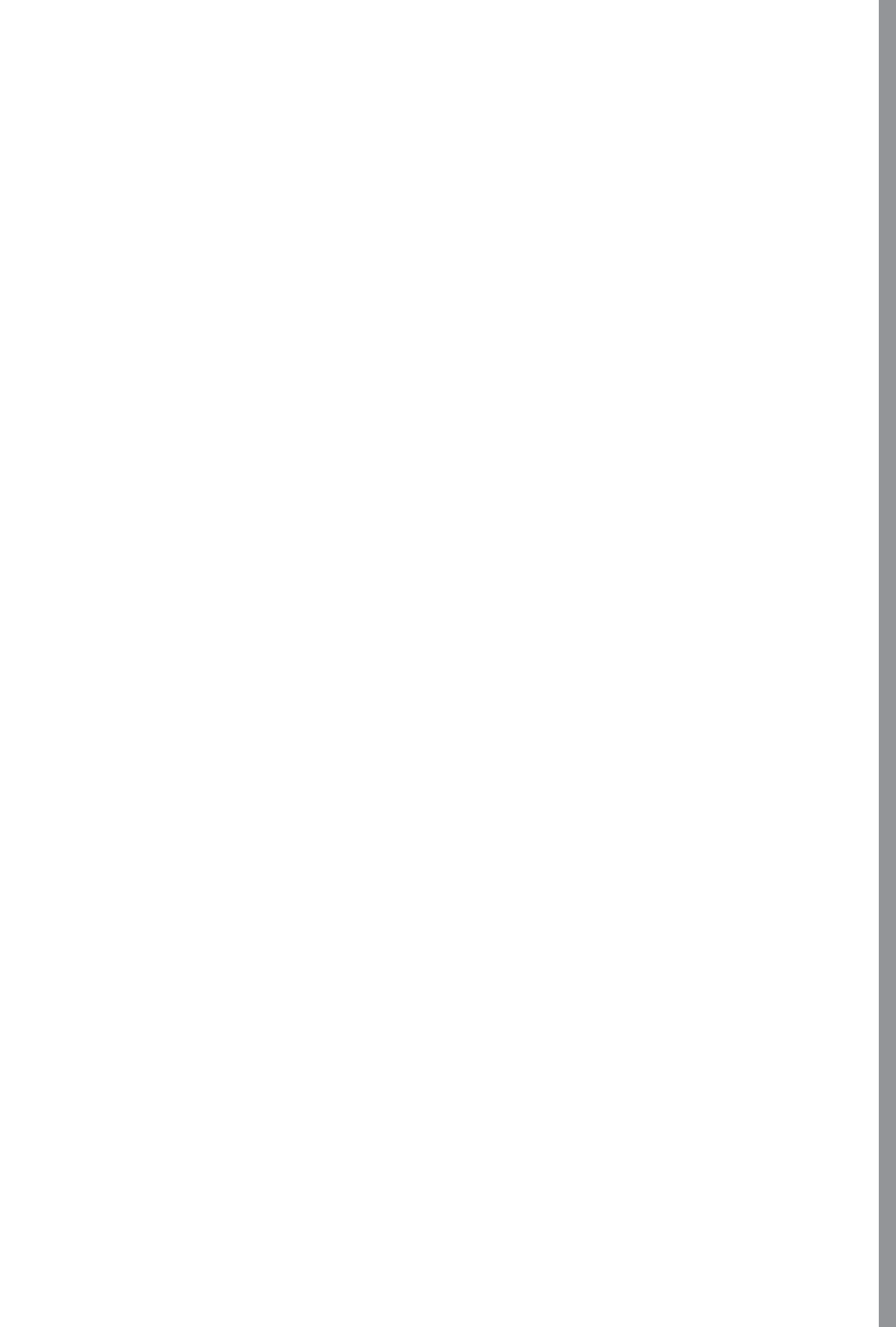
Physical Stream: Steps One through Ten	195
Step One	195
<i>Garden of Eden Diet</i>	196
Step Two: Asanas	199
Step Three: Accumulating Vital Power	200
Step Four	205
Step Five	207
Step Six: Creating Elementals from Universal Light, from Akasha or the Four Elements	211
<i>Kabbalistic Creation of Elementals</i>	216
<i>On Larvae and Phantoms</i>	226
Step Seven	227
Step Eight	232
<i>Fluid condensers</i>	237
Step Nine	239
<i>Akashic Volting</i>	242
Step Ten	245

PART 3: CAUSATION CHAINS

On Reverse Engineering Any Skill for Causation Chains	248
Causation Chain of Clairvoyance: Complex Breakdown of Causation Chain for Understanding the Underlying Mechanics of All Causation Chains	249
Causation Chain of Prayer	258
Causation Chain of Samadhi	261
Causation Chain of Inner Knowing	263
Causation Chain of Working with a Group	264
Causation Chain of Invocation and Evocation	265
Causation Chain of Equalizing with the Planetary Spheres	268
Causation Chain of Hermetic Evolution	270
Working with Akashic Beings, Beings of the Sun Sphere and Bringing Them to Non-Dual Light	274

PART 4: CONCLUSION, RESOURCES AND INDEX

Conclusion	281
Resources	285
Index	287



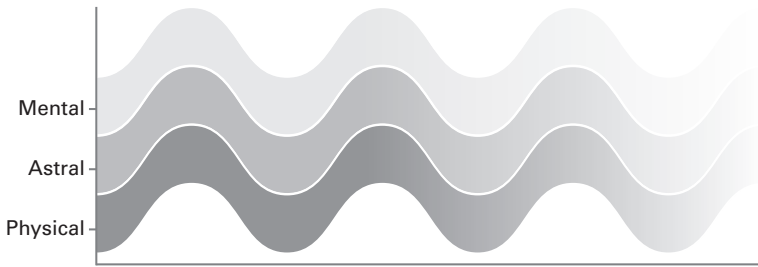


INTRODUCTION

The Practice of
Hermetics

In the beginning of the initiation process, it is important to understand the psychology of what we are doing. When the mind concentrates on any one meditation object, every aspect of concentration is strengthened. By simply concentrating on an object, your proficiency in every exercise in Franz Bardon's *Initiation into Hermetics* – the groundwork of this book – is improved.

Throughout both this book and Bardon's texts, every exercise is connected to every other exercise. The practice is like a net: When we lift one part of the net up, every other part of the net is raised, too. We want to remain closely aware of this inter-association. If we allow difficulty in one exercise to halt our progress and momentum, our proficiency in every other exercise degrades. You must keep the stream of progress flowing at all times.



The Mind Streams

By practicing exercises that are enjoyable and those in which you have excelled, you will develop a flow that generates momentum for succeeding in all of the other exercises. When people approach exercises by following the common adage, "Do only one exercise at a time," there will be more failure than success. Those who follow this adage are taking a backward step and may eventually give up. If one is doing the exercises that they are successful at, then all of their weaknesses will continuously dissolve as they practice. By doing the exercises that are fun and enjoyable, we gain free energy, and that free energy keeps our training focused and promotes the achievements of our highest goals.

On Creating a Mental Stream of Practice as the First Cornerstone of Success

When approaching all of the mental exercises as a stream, align all of the exercises from steps one to ten, and set a timer. Go through each exercise one at a time, a couple of minutes each, and establish a flow. The exercises that you are successful at, simply do more of them. At first, it may seem counterintuitive not to work on your weaknesses, but those weaknesses will naturally dissolve by concentrating on your strengths. We never ignore our weaknesses, but neither do we have to focus all of our attention on them. There is a curve of success in these exercises. We measure our success by looking at that curve and putting more time into the exercises that are giving us gains, concentration and results.

This principle of one path affecting all paths is a foundation of success and needs to be reinforced from the beginning. For example, when working with the astral energies, categorize anything pertaining to the Water element by putting them into one session, and build the Water element on the top, whether it is transforming personality traits, self-hypnosis, increasing energy flow or your ability to be intuitive. Separate out all of the exercises that relate to that one frequency and the variations of that frequency, and practice them in a stream. Then, move to the Fire element and repeat the process – categorizing all of the astral training that relates to the Fire element and putting them into one session. Break down the exercises, set a timer, and work through the exercises sequentially. Start with a couple of minutes on each exercise, and then, work with longer time periods. Create sequences, and practice each of the other elements as well.

We are always building a central core frequency inside ourselves and allowing different expressions of that frequency to express astrally, and spread through the exercises. We can organize these frequencies into topics, categories, elemental groups and so forth. You will find that you will raise the frequency of anything that accompanies that particular energy, topic, category or elemental you are working with. Everything rises together when working with this method.

Working with Others to Accelerate Success

When working with others in the physical, we turn all of the exercises into practical games so that we are having fun. With a training partner, we can touch a person's fascia, and through their fascia, touch their base (either the bottom of their feet or the root of their spine), relax ourselves underneath them through feeling, and extend our vital energy to affect their balance or to have other effects on their body. Exercises that give measurable results give measurable success, and accumulate energy quickly. Measurable exercises rapidly accumulate faith and an understanding of how the process works. Once you begin to see the causation chains, you are set on a path to success.

When the vital energy is stronger, and you can move people around with it, you will realize how easy it is to move the consciousness of diseases, to pull negative energy out of a person, to control an environment and to influence the energy field of a person. Play a lot of energy games, where the result is measurable, and improve on that result.

Note: If you want to learn more about partner-based energetic exercises and practice, train with Mark in person or take his online Elastic Force course at www.markasmus.org or on YouTube www.youtube.com/user/SifuMarkRasmus

How to Measure the Results of Energy Games with the Elements

Air element	Improve the understanding of what you are doing
Water element	Get more cohesion into your plan of what you are doing
Fire element	Use more willpower to produce greater effect
Earth element	Balance all other elements out as manifestation, discerning that your attachment and will are unified to get the best results

Start from the beginning by doing simple partner exercises, such as vital breathing into people, floating them off their point of balance, extending energy to push people over and working with their energy fields. As you allow creativity in your day-to-day life, the possibilities are numerous.

When you can influence another person's energy field, your ability to influence yourself increases. As the ability to influence yourself increases, it reflects and will be able to affect others more efficiently. That can be used



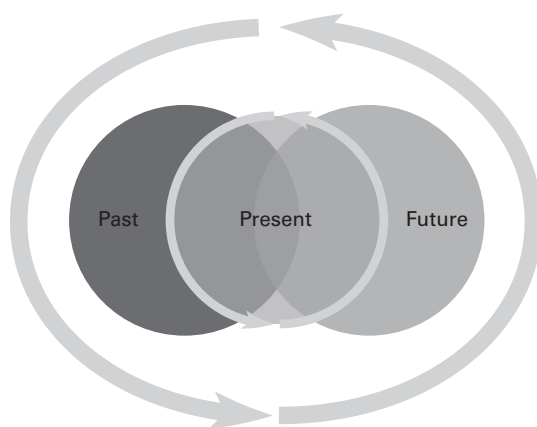
Partner-based energetic exercises

for teaching, for healing, for counseling – whatever application you feel that is going to benefit yourself and the Consciousness.

This way of looking at the initiation process is not very traditional. It is not the way presented by Franz Bardon in *Initiation into Hermetics*, but it gives results quickly.

Developing a Holographic Stream

When you are developing a new training plan, understand the outline of Bardon's book, and note the systematic approach in the way that he presented it. The first correction you need to make is to see everything within the book as a holographic stream and that the past, present and future are connected. Energy is continuously moving. Things that you are going to achieve in the future can be touched now, and things from the past are morphing into the future. We want to look at our training in a way that any effort we are investing now is changing the vibration of every other skill we have. We do not have to look at our practice as a linear progression. It is not solely by doing x input, one gets y output. When we practice, all of our different skills are being changed.



Holographic Stream

Taking a holographic approach by releasing time, you are allowed to work on your strengths, thereby fixing your weaknesses. We are setting aside

our habit of conceptualizing progress purely in terms of linear time. You do not have to go to the weakness to fix it; instead, work at the weakness from the periphery through your strengths. Once you have worked through the exercises, have started to develop your own mind streams – mentally, astrally and physically – and have found your way of practicing, then you can start steering towards your goals. Initially, you will start doing this without thinking too much. You might visualize that you want to be better at a particular sport, so you visualize yourself playing that sport. You get two benefits by doing this: the visualization practice and your improved ability in that sport. We do this unconsciously all the time; it is a natural process.

On Constructing and Executing a Mental Plan

When we are looking at our goals, we look at our mental plan. What is the frequency of that goal? What is the timing? What is the space required for this thing to take place? Then, we ask ourselves to look at the personality of the energy. We work with an elemental balance of it, and understand how to produce an astral environment in which we can work with that energy. Then, we look into the physical environment, mechanics, the delivery. The following is an example of executing the mechanics of delivery:

“When my daughter was young, and I wanted her to sleep when she was awake late at night, I would do a bedtime story for her. So, I tuned my vocal cords into the theta-range, into a monotone, into a very, very deep astral space. Then, as I read the story, her mind would pull into the astral space, her brainwave patterns would start moving into theta, and then, she started drifting off. It was being delivered through the vocal cords and through the feeling. So, tuning the vocal cords in the feeling of that particular energy allowed her to have a deep, deep rest. It basically dissolved the static of what was preventing her from falling asleep.”

Mechanics of Delivery

The mechanics of delivery depend on the type of energy that we want to generate. The type of energy that we want to generate is what the delivery will be based on. Is the delivery through feeling, sound, sight and so forth? We need to look at the mechanics of what we are delivering. If you were

generating a field of energy, you would open your joints electrically and magnetically to stimulate the vital force to support that field. Then, you would need to relax into the astral plane to accumulate that in the astral field so that the physical space would start building that particular intent within it. So, you will look at the mechanics of your body as well as the mechanics of the environment. Do you need a particular environment to generate that energy? Is it a place of nature that is better for that particular function, exercise and outcome? Do you need a sacred space? Perhaps it is better to practice in the temple, stand upon a vortex, be under a waterfall, etc. Consider the physical environment, which will amplify the effects of what you want to do.

Time Continuums in Relation to Mechanics of Delivery

Physically, astrally and mentally, we have three different time continuums. The physical world is in the present moment and is restricted to space and time. The astral realm is still restricted to space but has a slowed time continuum because the astral realm is released of time. The mental realm is released of space. The mind can place itself on the moon and back in its body instantaneously. The mind does not travel through linear space, as it does not have those restrictions. The laws within each one of these realms are different. So, as we develop our training system to achieve our goals, we have to take into consideration what each one of these laws and bodies are doing.

Restrictions	<i>Physical</i>	<i>Astral</i>	<i>Mental</i>	<i>Akasha</i>
Time	Time	Released of Time	Time	Timeless
Space	Space	Space	Released of Space	Spaceless

On Deconstructing the Limitations of Books

Now, we are looking at the deconstruction of books as a limited form. We can take the information in Bardon's book, and reformulate it so that it flows, streams and individualizes for ourselves in a way that is unique for our life path. As soon as we engage something in the form of a book and deconstruct it, the book automatically forms limitations. As a natural consequence of books as a medium, there are boundaries – it is going to work

for some people and not for others. Therefore, this book is to be approached in such a way that the reader individualizes each exercise as they encounter it in order to suit their life's purpose. The *Initiation into Hermetics* text has tools to fulfill our life's purpose with a high level of efficiency. One needs to recognize life's most important questions before starting the exercises. For example, "What is my life's purpose?" "What direction do I want to go?" By knowing our life's purpose and direction, we can use every exercise within the book to create a magnetic pull to the fulfillment of our life purpose. The moment you start reading, you are individualizing. This individualizing generates great success and brings you into resonance with your purpose and direction. It brings you into resonance with what you are meant to be doing and how to do it efficiently. You are magnetizing your astral body to propel you towards those experiences. Everything is manifesting at an accelerated rate because of the stream that you are building.

You may try removing the word "magician" and being a magician from your identity and replacing that word with an identity that suits your life's purpose. For example, you might be a healer, so you will write instead of being a "magician," you are a "healer." Then, once you have identified your life's purpose – to be a healer – you start taking the exercises from the text and overlapping them onto the blueprint of the healer. So, you have two blueprints: one that encompasses your tools and, the other, your purpose. You take all of the tools, adjust them to the purpose, and do each exercise in accordance with how to be a great healer. This will change every exercise, and give it a different flavor. No exercise will be a "universal" exercise anymore. These will be "specific" exercises, which make healers develop quickly. For example, to individualize an exercise of visualizing, visualize the purpose of what you want to be using your energies for (i.e. what are your goals?). Visualization exercises will then be more about astrally programming and goal setting than they are about visualization, which makes it easy. The visual aspects will naturally pop up.

You may need to look at how to make each exercise mentally stream from one to the next towards your life's purpose, your fulfillment and achieving the highest level of that purpose. Each of the astral exercises are the same. Again, each exercise is manifesting an astral ego consciousness that is a master of a particular skill that works in service for humanity. What kind of physical body do you need to develop for that purpose? What is the lifestyle

in the physical that you need? What is the physical way that you need to live your life that is required? Make those adjustments using those tools to match that life's purpose. Consider this type of thinking before engaging in the book.

On Your Training Environment

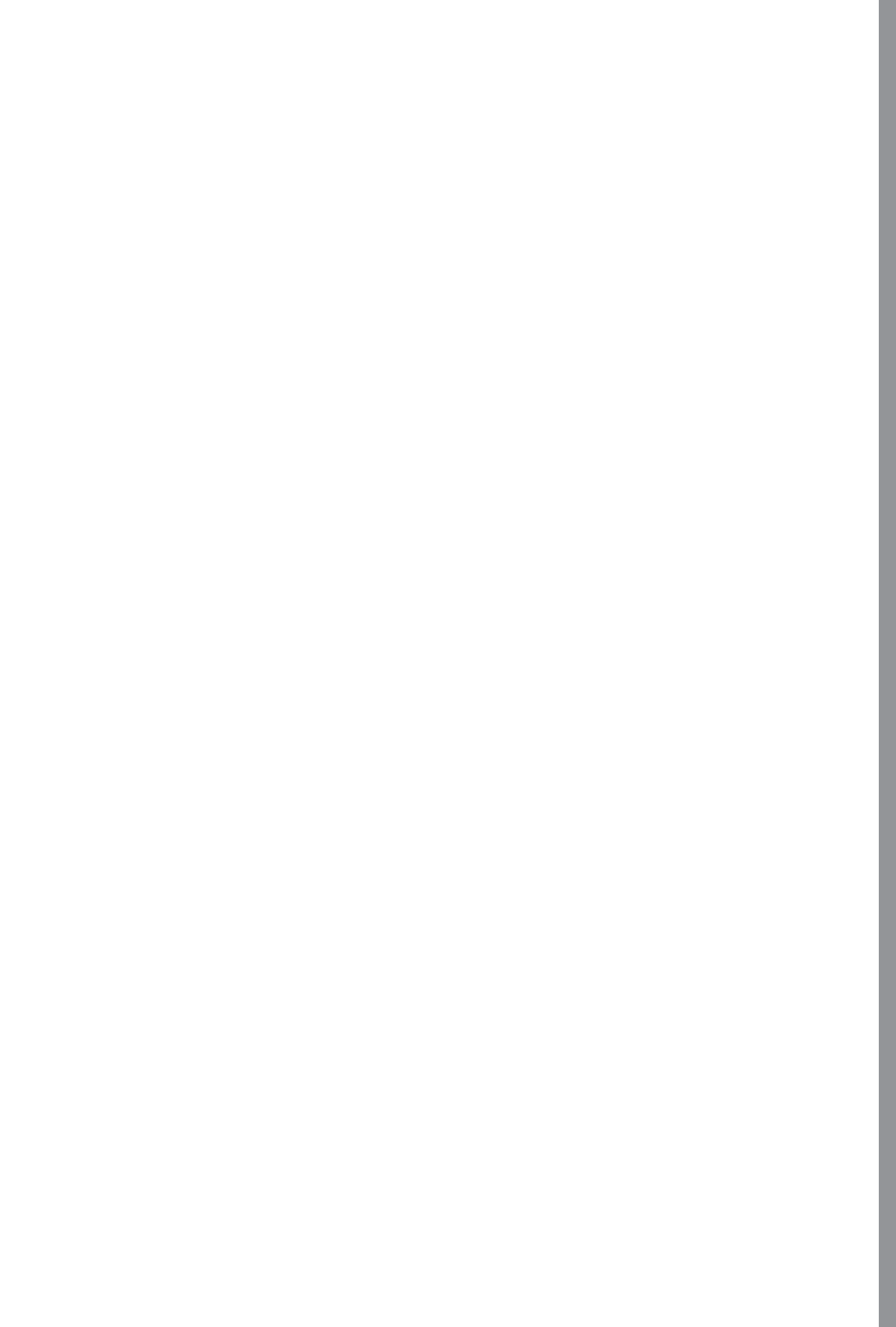
For the spiritual journey, you require two things: the correct information and the correct environment in which to apply that information. If you are getting information from a book, then you need a nurturing environment, where you can practice those techniques that is quiet and where you can move into that frequency of truth to develop it. If you are using a spiritual school – for example, a Buddhist or a magical school – it is important not to get trapped by the organization, religion or system.

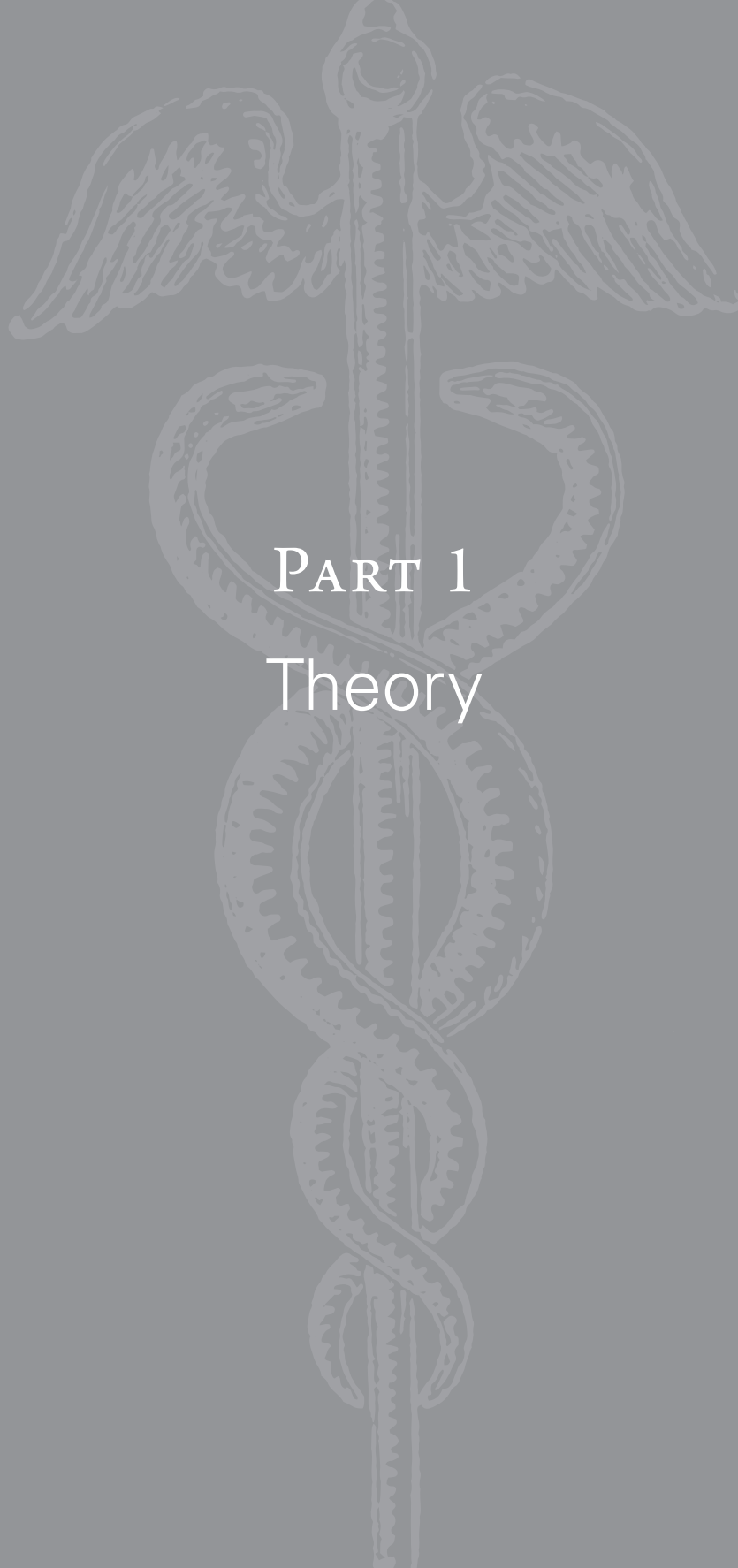
A spiritual teacher is just a tour guide. When you go on a tour, the teacher points out the important things for your development – that is all that teachers are there for. Teachers are there for your self-realization, to help you realize that you need nothing outside of your own spiritual essence for your spiritual development. They are there to stimulate your intuition so that you come into your own power – this is important on the spiritual path. You do not need a spiritual doctrine; you do not need any framework; you do not need any organization; you do not need to submit yourself to anyone because you are a master within your own right and need to recognize that.

Once you have finished the learning “tour” with a spiritual teacher, and if that spiritual teacher has done their job well, you will realize that everything you need is within you, and the teacher is not needed anymore. The teacher may become a friend, but it is certainly not a lifetime commitment. It is a short-term commitment to the teacher, and it produces the conditions in which your growth can be accelerated.

For you to achieve mastery, you need to be treated like a master. The teacher should project to the student that the student is a master as well. In the beginning, the teacher is talking to the part of the student that is a master. The teacher stimulates that divine spark within the spirit of the student. The stimulating of that divine spark to become self-aware is within the normal consciousness of the student. This relationship is especially important. If there is a hierarchical structure, if a student feels inferior or any of these

problems come up, then that teacher is simply not for you. You need to feel empowered by the space and the people that you are practicing with.





PART 1
Theory

CHAPTER 1

Your Journal

Journaling is the decider between success and failure within your practice. If the journal is ignored, then the insight into your development – into what is working and what is not working – simply is not there.

Your journal is your teaching manual. Any true initiate is practicing for the benefit of the next generation. In its essence, being an initiate is founded upon the principle of evolution. Evolution is the group consciousness-raising frequency from one generation to the next. Evolution is not about you as an individual. It is about the group consciousness of the planet. It is about the group consciousness on both a microcosmic and macrocosmic level. In order to generate this evolution rapidly, you must feed the stream of that evolution into the next generation, practice, and work for their benefit. So, if you are a teacher, you train all of your practices for the benefit of your future students. If you are a healer, you practice all of your healing skills for the benefit of your future patients and for the people you are going to teach to heal in the future. The practices that you are doing are for the next generation. Your skill is not for you. It is part of the group consciousness and part of the evolutionary curve of the planet. When you recognize this and make a vow that you will practice for the benefit of the next generation, automatically your stream moves forward in time and pulls you forward. Your skills will develop at a far more accelerated rate astrally. If you are clinging to your own ego and your own individual power, then you will not be able to fully reap the benefits of this accelerated process.

One other aspect that happens is that the skills that you are going to achieve in the future manifest now. They get pulled into the present moment.

That energy being brought to the present moment is a huge accelerator. Whatever abilities you are going to have later in life, you can have now. This process is a huge benefactor. It allows you to move forward at a much more accelerated rate.

Your Journal is the Initiation Text

Journaling allows you to see this process of development for the group consciousness. It allows you to document this process. It allows you to take every exercise that you are working with and graph it, refine it, and produce a teaching method, which is better than what you started with. When you start practicing this, you are a beginner. And as you develop your skills, you become intermediate, then, advanced, and then, at a teacher's level. Your journal will have all these processes written down. Your journal will detail how you produce results, how you can produce better results in your students and how the next generation can evolve. **Your journal is the initiation text.** It is the teaching manual.

When Franz Bardon wrote his first book *Initiation into Hermetics*, it was a long time ago. It was written within a certain group consciousness within a certain era for a certain audience. Bardon knew very well that there were many powers that were going to misuse this knowledge once they got their hands on it, so he protected it. Bardon stated things like, "Don't move on to the next exercise until you've mastered this one," knowing very well that the stream would stop, and when the stream stops, you stagnate. In reality, you are journaling to accelerate the speed of your stream. Journaling allows you to do things, such as graphing results, detailing what works and showing what does not work. It can allow you to determine how to utilize the moon phases, and regulate what you are practicing. Through journaling, one can measure what is needed for success.

Examples of Uses of Your Journal

All these realizations for one's highest development are written in your journal. When reading your journal, you will have moments of clarity. For example, "When I eat 'x' items, my practice is better. When I practice with 'x' person, our energy joins together as an amplifier; we both grow faster together than as individuals." And then, groups of energy, again, are

amplified when you are working with groups using sacred geometry to position each person in the room. Geometric structures will also amplify the speed of vibration of the group. These are simply examples of things that you may discover through working with your journal.

For example, when you journal, you may note how you position each person in the room during a group practice, and say, “Look at the group.” Tuning forks on the same frequency will resonate together. If the sacred geometry is clear, precise and exact, the energy vibrates faster and more efficiently. You may draw the geometric patterns on the floor – a triangle for three people, a square for four people and so forth. You may find that by positioning the numbers of people in the exact position for the sacred geometry, when the group practices, the energy will vibrate faster, transform quickly and will both raise and ascend in resonance with the universal laws. Again, this is written in your journal. If you are taking great care with your journal, you will find insight that cannot be found from any other book or teacher.

Examples of Questions One May Ask Themselves in a Journal

- How do you regulate the times of day you practice different exercises in order to have the highest growth rates?
- How do you regulate food to speed up your progress?
- How do you regulate the people around you to speed up this process?
- How do you control the environment to speed up the process of growth?
- What are the layers of this exercise? What layers of each aspect reveal themselves? Physical? Astral? Mental? Akashic? Light?

Observing the Macrocosm and Microcosm Through Your Journal

Another aspect of journaling that is important is the ability to scale things down from the macro into the micro. You might have the macro outlined in an exercise, where you observe your thoughts arise and fall away. That is the first section in Bardon’s book. Your journal will give you the other 99% of insight on that particular exercise. In the first mental exercise of *Initiation into Hermetics*, you observe the rising and falling of thoughts. There are thoughts that you see with your eyes, and they fall away from the description

of the book. In your journal, you may have noted that there is a mental space and that you have given your own description. There are certain thoughts, which may arise that are astrally and emotionally charged that interrupt your ability to observe. Write them down, and you will notice every now and then that you get absorbed in a story. You get into a creative cycle of making a story, and realize that you are not meant to touch your thoughts. You then break that creative cycle, go into dissolving (the releasing of a destructive cycle), and let that energy go. By observing the rising and falling of thoughts, you learn the creative processes found in the three bodies that are engaged in making a story. And you discover the release process – how the three bodies disengage to release and dissolve energy. Right there, you have the mechanism for healing, for growth and so forth.

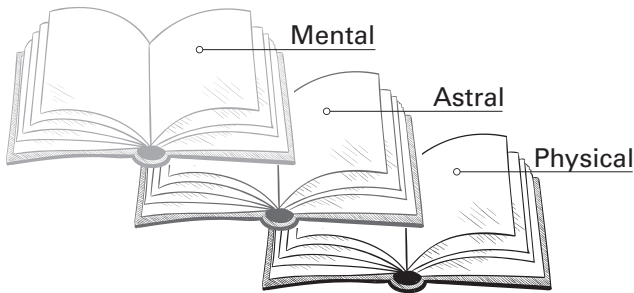
The bigger picture of what the initiation text is pointing at is written in the contents of your journal. Every time you practice an exercise, you are getting the complete picture of what the byproducts of that exercise are. What are you learning about from your journal? You will end up having what you are learning about written into an entire book on esoteric psychology just from documenting your experiences with the first few exercises. What you learn and document are not written in the *Initiation into Hermetics* text. So, your journal is the true initiation text. That is where all of the information about the initiation is. There are myriad books of knowledge written within your journal. You should be writing at least one page, perhaps several pages, when you journal each day. That knowledge, as it unfolds, gives a large reservoir of details and processes. It gives you an intuitive intellect into how the initiation process works and is critical for one's development.

If you are someone who is not interested in teaching or are a person who is practicing for pure enjoyment – that is, to practice and not journal your progress – you will find that your training will become one-sided. You will develop a feeling for how to do things, but you will not be able to verbalize them, to fully intellectualize what you are doing. Thus, you will be incapable of sharing the process with someone else, even though you can touch them, and say, “Oh, this is the Fire element,” and you give them that feeling. But your process of how you explain will be no more than to imagine red, imagine the heat, and breathe it into them so that they may equalize with the feeling because you have not been journaling. As you journal, you will see intellectually the different aspects of the Fire element from different angles.

This allows you to generate a type of intuitive intellect that can define many different processes for developing the same thing, and you can help different people learn in different ways. Journaling is important for teaching but less important if you are simply an individual enjoying the path. You can get away with not journaling to a small degree, but your progress will definitely not be as fast.

If you are working on releasing mechanisms, such as vipassana, journaling becomes less important. If you are working on creative mechanisms, then journaling becomes extremely important. If you want to work with high magic, you must journal. If you are aiming towards Nirvana and releasing everything you touch to allow the mind to refine to the higher levels of consciousness, you do not really need to journal too much because you are letting go of everything you touch anyway. Journaling is an individualized process in teaching mechanisms.

On the Metaphysical Layers of the Journal



Three Layers of your Journal

We have several different journals. The first journal is obviously a **physical journal**, which you write after you practice, maybe during a practice or training class. This journal is a link to the astral energy set that you experience. The **astral journal** is the energy underlying your physical journal; it encompasses the experiences that you are trying to relay. The physical words are just a key to those experiences. When you have a practice session, you have an astral experience, and then, you write it down. That writing is a key to the re-awakening of that astral energy. When you have read it, you

open up that key to remember it. If you mentally transfer into that memory, then you can re-experience this astral energy. That is stored in your journal. When you are journaling, you should have a pen that is only used for that one purpose. Charge that pen with Akashic light so that it can store that experience all the way deep in the Akasha, allowing that knowledge to become accessible from the Akasha.

Your **mental journal** is the aspect of your journaling that carries over with your spirit after you leave the body. The astral form obviously dies someday, and it stays in the book. In general, if it is a part of your body, it moves back into the elements, into the physical and astral worlds. The physical journal itself carries the astral fluid. The mental journal is the only journal you carry after you move on to your next life. That mental journal is engraved in your mental body. And that same journal is a part of your spiritual property. Your skill set, what you have developed as well as the work and effort that you have put into spiritual development is a part of your spiritual heritage. This spiritual journal is important because there is only one of these three journals, which continues after you leave the body. In order to refine that, we need to look at every exercise we do as a reflection of life, as a reflection of universal life. For example, if we are working with nature spirit energies, shamanistic animal spirits and so forth, there is a certain center of gravity within that energy. So, the astral field of that energy has a strong connection to the physical world, and the spiritual essence of that is also a similar frequency.

If you are working on a shamanistic level, your spiritual journal will have a magnetic attachment to the physical world. That astral space is awfully close to the physical. If the exercises you practice are invoked through prayer from universal light – for example, from the Brotherhood of Light – that light travels through the three bodies as you both write and practice; the energy and information being written down in the journal are of light. It creates a center of gravity of energy inside that journal, which pulls you up to that level of the Brotherhood of Light at the end of your incarnation.

The things that you write in your journal stay forever. They stay with your spirit for a long time, and they are not extinguished until you achieve Nirvana, until you are dissolved into that highest level. Your journal writing forms a type of center of gravity. If you have spent several incarnations in a lower center of gravity, you have to do several incarnations on a higher center

to offset it because that information written into your journal is permanent. You cannot just delete it. You cannot go into the Akasha, and then, wipe it out. It stays within the spiritual; it is engraved inside the spirit, and it is engraved in a spiritual frequency. When you are filling out your physical journal, there needs to be a deep sense of connection to light and a deep reverence and seriousness in how you address your journal because this has lasting effects. It is going to have a profound effect on your next incarnation and many incarnations after that. You want that energy stream to have a deep sacredness to it.

CHAPTER 2

Success and Failure

There are several key factors, which we will cover in this chapter regarding the subject of success and failure on the Hermetic path. The following are a few, but not all, noteworthy components of universal practice in no particular order:

1. Maintaining a journal
2. Principle of transmission
3. Supportive group environment
4. Maintenance of precepts, dedications or vows
5. Directly working with and equalizing with Akasha and non-dual light

As discussed in the previous chapter, the maintaining of a practice journal is essential, as it serves countless purposes in attaining our highest aspirations throughout many lifetimes.

The maintenance of precepts and vows provides a safety net and acts as a tuning fork to the highest universal truths.

The principle of transmission is useful to not only benefit ourselves in this lifetime via those who have walked the path before us but also to ensure that the next generation is even more evolved. In the same way that we stand on the shoulders of giants in the sciences, such as Sir Isaac Newton for physics or Charles Darwin for evolutionary biology, we too are supported by the work of those who walked the spiritual path for the benefit of all sentient beings. It is by the transmission of love and physical matter in the form of food and water provided by our parents that we are nurtured into physical

reality when we enter the world. It is by the transmission of knowledge from teachers that we grow fully into our intellectual capacity until we can stand our own ground. Therefore, as we observe the rest of our lives, the next transmission into the subtle realities of life is assisted by those who have walked the spiritual path in this lifetime.

A supportive group environment acts as a massive catalyst. Having even one person that confirms the development of spiritual faculties as a normal part of human development can enable our subconscious to normalize and can help develop our faculties.

One can develop Akasha and non-dual light by equalizing with it through samadhi, as described in later sections. Another way is through taking ownership of the feeling through the transmission of someone who already has attained non-dual light and Akasha. There is much more to be said in this chapter, and yet, it is up to the reader to invoke their own genius so that they may arrive at the answers they need for their development.

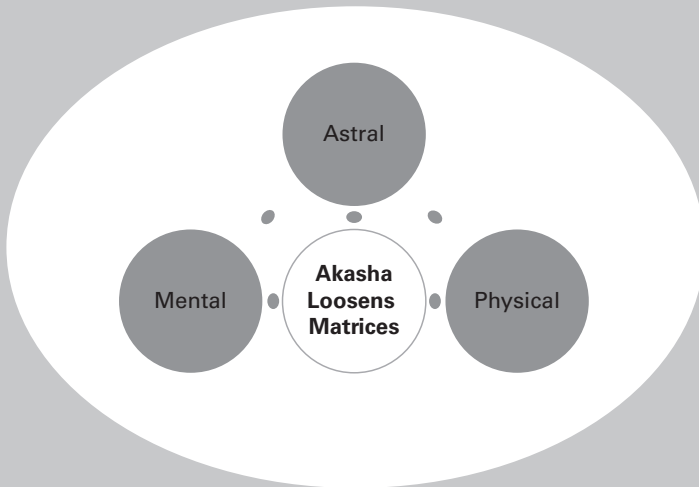
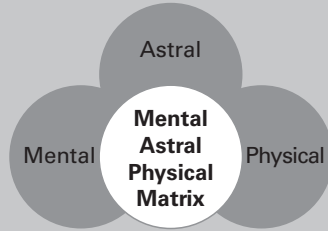
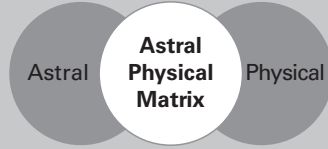
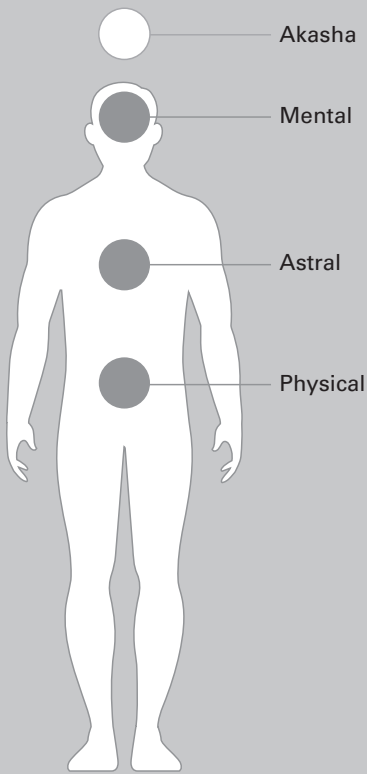
Principle of Transmission

The mental-astral-physical bodies link together to form protective energy. The mental and astral matrices need to increase magnetic fluid, and that develops top protective chi or Wei Chi as it is called in Chinese medicine. This protective energy is measured by the amount of magnetic fluid within the mental-astral matrix. The astral matrix is the most important for health, and the mental matrix is the most important for intellectual thinking, analysis and so forth.

When teaching information, demagnetize the student's mental matrix so that it is neutral, and soften their astral matrix. We do not want to neutralize the astral matrix because the person's health is at risk; we want to soften it, not neutralize it. We do this by simply creating more space when we feel the relationship between the person's willpower and balance in relation to their body.

Mechanics of Opening Space

In tai chi, when touching a person's fascia, we feel the interconnectedness of their body. We feel a relationship between their balance and strength. As we separate their balance and strength, we begin to feel a gap. That gap



Matrices in the body

is the mental matrix. We thin their mental matrix out by expanding it into the space around them. We then have a large window, where we can enter directly into their astral subconscious mind. This astral subconscious door has a lot to do with space and pressure. When it has a small space, the matrix has a lot of pressure. When we expand it into a big space, it has lower pressure, and it is much easier to transmit, to heal, to communicate information, to hypnotize behavioral condition, whatever is needed for the benefit of that person.

When you are teaching a piece of information, you need to do two things: Firstly, you need to take the feeling – the outcome – of what the process of information is about and, secondly, you must transmit that feeling through the mental matrix into their astral subconscious. Thus, you are creating an energetic charge in their astral subconscious. Then, you must give them a process that they can follow, such as a meditation exercise, in order to release the result. To ensure that they act upon it, they practice the exercise, and the energy that you implant into their subconscious then releases itself. This relationship between the conscious and unconscious minds, where they synchronize and give almost magical effects, is important. You can get students to a high level quickly using this method.

When you are physically touching someone, it is easy to engage their fascia, engage their base, generate a slight compression of life force into their bones, then, pull back, and release. All of that elastic pressure pops, and their balance comes out. Then, you slip straight through the mental matrix into their energy fields, and expand, opening everything up. When you are not able to physically touch the person, you need to use energy in the room. You create more energy in the room than what their mental matrix is, and it sucks in the mental matrix into the space of the room. This automatically opens them up and makes them float.

Most people have a similar type of energy in the mental matrix; it is not vastly different, just slightly different. There is a small spectrum of energy of the mental matrix that you can breathe into the room in order to make everyone float inside of it. Once you have opened this up, if you understand what this is, you will immediately understand how cults function. If someone can breathe a type of light into the mental matrix to every person in the room, this is what generates a cult. It creates cultish behavior; people will act in unusual ways when people are floating within whatever patterns the cult

leader is facilitating through the group. Everyone will be jumping around with those patterns and acting in a particular way, thinking and feeling in that same way. This can be very easily misused as a cult means. Be clear about both your ethics and precepts.

On Giving Others Your Best

As a teacher, it is important for your ethics to transmit purely what the teachings are, especially since people are in a highly vulnerable, programmable state. Only give them your best. This is for many reasons – the first being that, if you give them a lesson at your best, that energy transmission to the person pulls the center of gravity of your consciousness to a higher state. You are giving that person a transmission of a certain frequency, so the stream of that energy reflects back at you; it mirrors back to you. Give people your best, and ensure that the constant stream is a platform of your best for you to stand on to continually rise to higher levels. The merit field reflecting through that particular transmission will propel you upwards in the same way that they are being pulled to that level. The act of helping others rise up in frequency creates an upward pressure for you to rise up as well. It is a vacuum, which raises you up to the next level as you raise someone else up to the next level. This multiplication effect of, say, teaching a thousand people and elevating their frequency, creates an upward vacuum that pulls on your crown and pulls you to a higher frequency far greater than what you gave them because of the great consciousness effect. For example, teaching a hundred people in energetic work every day will automatically elevate your frequency whether you know what you are doing or not. It can appear ironic that a qigong teacher could stand in front of a hundred people with zero skill, and a few years later, they have achieved empty force. This is because the group's energy is projecting and willing the teacher's subconscious to act, feel and perform in a certain way. And that person's unconscious starts acting, performing in that way, to meet the expectations of the group that are projecting onto the teacher.

Now, this is very often how cults are formed. People like to be sheep. It is unfortunate that there are people who do not seek self-mastery. When you have enough of them following a teacher, they will project, and put themselves into that position, whether you want them to or not. You will find that if you are teaching in an environment for more than 12 months,

and those same people are there for more than 12 months, you will have extraordinarily strong cultish behavior forming, whether you want it or not. Normally, you can neutralize this effect by dissolving those behaviors, and every time you see any cultish behaviors coming out, just raise those behaviors up energetically through the person's chakra, connect them to the light, and reinforce this seed of mastery – that they are the master, not the sheep. This way, you can bypass most of these side effects.

When teaching in suburbia, most of the people in suburbia are sheep, not masters. If you are teaching and creating a teacher's course, then you are going to have masters coming, and it is then much easier to neutralize those types of behavior. But this is something that you must manage as it arises when you teach. Anyone who is following Bardón's work is a teacher. Normal people, living day-to-day life, do not do this sort of work. It is too difficult and requires far too much commitment. It is a calling, something your spirit tells you to do, and then, you practice it. When you have that calling, you are a teacher. You have a special place in the world, and you are here to do something unique. Thus, you practice, and allow that quality of mastery to flow through you.

On Self-Initiating

Some people work on the *Initiation into Hermetics* text on their own. This is the most difficult way to succeed with the work. For example, the text is pointing out and describing what an orange tastes like, but it does not give you an orange to taste, as it is a book. You have to create an orange, and taste it. So, this is all reliance on the impossible. It is something that is difficult. This is mainly because the ego gets lost. The quality of the release is not pure; one's conviction is not pure, and it is a difficult way to get success in initiation.

When you are in a group of people practicing initiation, and someone in that group has been initiated, this initiate has been given an orange and knows what it tastes like. This initiate can give you an orange so that you may taste it. It is a clear transmission of one frequency from one generation to the next. It saves you decades of messing around and decades of having to develop samadhi to take charge of Akasha and so forth. It is much quicker to get into a practice group. There are few practice groups out there for

Hermetics. If you are fortunate enough to get connected to one, and work with one, take advantage of it straight away.

You may also consider going to Vajrayana Buddhist groups, such as Tibetan Buddhist groups or Shingon Buddhist groups, because the deities that they are working with have a Bodhisattva vow. The Bodhisattva vow is non-dual, meaning the entities you will be practicing with within groups are doing it for the benefit of all sentient beings; therefore, there is no accounting. You do not owe them anything when working with them. This is a way of working with these high frequencies. While it is not exactly the same as Hermetics, it takes you to non-dual light quickly, and once you have entered non-dual light, you can bring energies down through non-dual light, and they can manifest themselves through those three points. You can make quick progression in the initiation texts on your own by getting into that state. Working with non-dual light is extraordinarily important. Find someone who can transmit that to you. Having said that, there are many people who work with non-dual light that do not know that they are working with it. This is very often found in high-level meditators, yogis and Tibetan lamas. And some teachers in Vajrayana Buddhism in Japan have a radiance of this non-dual light.

The difference between dual light and non-dual light is that when non-dual light is sensed and felt, it has an underlying feeling of infinity when connecting to it. Non-dual light does not have any boundaries; it just keeps going. With dual light, such as astral light, you feel its radiance, its heat, its strength, its form, but it has limitations. With non-dual light, when you touch it, and you release yourself into it, it is forever, as there is no sense of ending to it. This is what you are after. If you can equalize your center of gravity to experience non-dual light, then you can pass samsara in this incarnation. Then, you have the freedom of choice. That freedom of choice is whether one wants to incarnate again or not. Because your will is equalized with very subtle light, and the flux within non-dual light is so small, there is no gravitational samsaric force to pull you into another incarnation. Non-dual light is really the platform that you want to stand on as quickly as possible.

In order to train towards this, you release time to get into the astral, release space to get into the mental, release consciousness in the state of infinity, enter into the Akasha, and investigate the nature of your own essence of

mind and essence of spirit, which is non-dual light, through Akasha. Then, you touch that quality of light and the universal mind, which is composed of it. That is where we want to stand as a platform for practice.

On Maintaining a Like-Minded Community

Now, we are going to look at the training environment in relation to the people that you live with, practice with, work with and share your life with. There are these rings of openness. How much does your heart open to the people in your house? How much does your heart open to your neighbors? How much does your heart open to your practice group? How much does your heart open to your colleagues at work? You have this degree of openness, and this is a two-way exchange of energy. In this energy exchange, you influence them, and they influence you. The astral bodies are mixed. This mixing of the astral body is happening unconsciously based upon love. If you really care for someone, and you are totally open to them, they have a profound effect on you and vice versa.

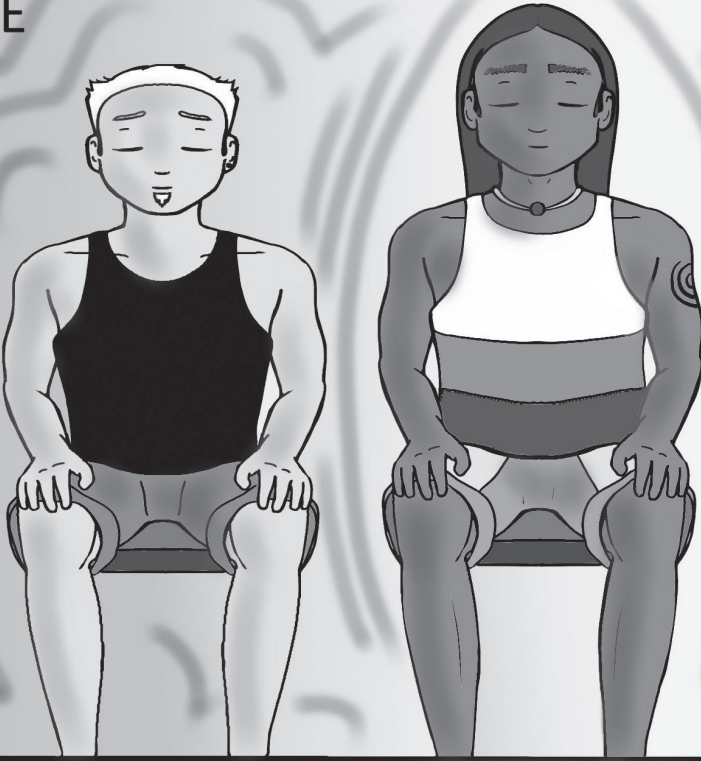
The Crown Technique

This openness to your environment is a double-edged sword. You want to be expanding and have a feeling of being omnipresent and connected – being in connection with your environment, nature and the planet. But you do not want to be receiving negative flow back from your openness. Because, of course, all of these energy streams are both positive and negative. All we need to do is connect these circles of energy to the positive side and not allow the negative feedback to be received.

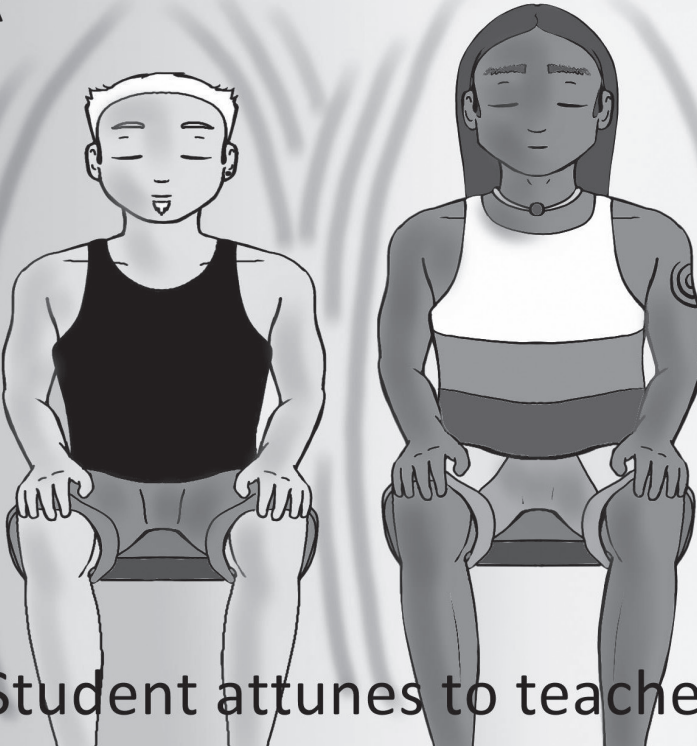
We do this through the law of resonance. There is a technique called “the crown.” Visualize each person you meet with a crown around their head, and each point of the crown is a positive aspect of them. You look at them, and feel that the person has virtues or a work ethic, that they might be very athletic or good at this skill or at that skill. Then, you identify this person every time you see them. You look at their crown, and say, “Oh yeah, Jack has these qualities... Jessica has those qualities,” and that becomes your identity, your tuning forks for how you perceive that person.

By reinforcing these positive attributes and labeling people with positive qualities, you activate those qualities within your crown. You become open

BEFORE



AFTER



Student attunes to teacher

to that person through the points of their crown. It becomes an energetic exchange that tunes you in to the best, which that person has to offer, and the best that they have to offer affects you. The rest of it, you do not really see it, care about it, engage it or nurture it. You will only nurture the highest, most benevolent qualities of a person.

On an unconscious level, that person will feel nurtured on a high level every time they meet you. Every time they see you, they will feel that they really like you, and they will not know why. It is because you are bringing out their best, seeing the best in them, radiating light into their crown and nurturing their highest qualities. In this way, through each of your circles, you can create a positive return stream without their negativity.

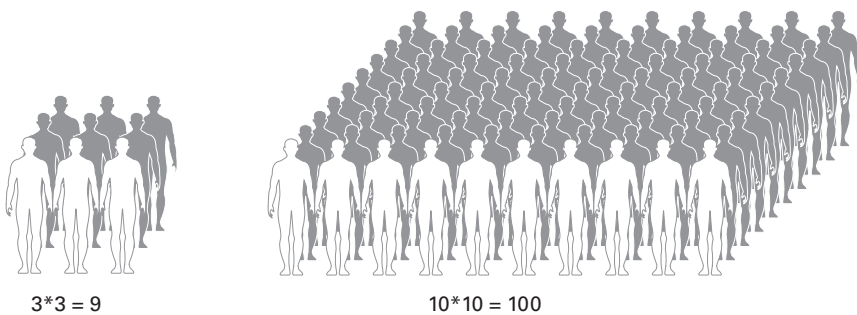
If you make a judgment that someone is this, and they are that, then those same judgments become a negative mirror of what you get back from them. When you see them, you get a reflection of those judgments. There is a subtle negative vibration that the law of resonance reflects back on you. Those judgments become your property. They manifest within you; they become your feelings; they bring you down. Clearly, we do not want to possess those judgments. Neither do we want to be brought down. By putting a crown around every person you meet, placing high frequency qualities on that crown and looking at the crown every time you see the person, those frequencies will be mirrored back at you. These qualities will come into your perception, astral body and your physiology.



This principle of the crown is important – the qualities within the crown become more refined as you work with people that you spiritually practice with. There is a saying, “Wish for others what you wish for yourself.” You cannot wish for something that a person does not have. You must come into resonance with something that they do have, and then, amplify it. If you are developing wealth, you must look at a person – they do not have to be monetarily wealthy, but they have to be wealthy in some way or another – and then, look at that tuning fork, and amplify it within them, and it will reflect to be amplified within you. Whether it is monetary wealth, a wealth of knowledge or insight, you need to look at how that tuning fork vibrates, how to amplify it and how it reflects. Bring these principles into daily use.

Principles of Hosting a Spiritual Circle

In your spiritual circle, the principle of amplification becomes vitally

important. When two people who are clairvoyant come together, there is amplification. When three people come together, you have three times three, and you get the power of nine and so forth. If you have four people, that is a power of sixteen. If you have ten people, that is a power of a hundred. This is because each person's tuning fork is hitting each other person's tuning fork and vibrating back and forth between every person in the room. If you have ten people generating a field, its power is equal to a hundred people working individually. That means that clairvoyance development hits a critical mass, and everyone in that group starts to experience high levels of clairvoyance. Try working within a group, whether you are a teacher or a group leader, and ensure that the crown that each person is wearing has high frequency spiritual qualities. Educate each person in this group to really perceive these qualities, identify them, and then, allow each person in the group to express their skills. If someone is good at a particular skill, allow them to lead the group in the development of that skill. If someone is naturally clairvoyant, and you are doing a clairvoyant exercise, say, "Okay, Charlie, you've got a really good clairvoyance skill. Would you like to lead this exercise?" Everyone will look at Charlie and will tune into Charlie's clairvoyance as he leads the exercise. Everyone's crown will start to awaken with clairvoyance because Charlie has that skill. If there are ten people in



$X * X = Y$	 = a person	 = multiplied potential growth based on # of people
-------------	--	--

Amplification process

the room, and each person has a different skill, they can awaken that skill within every other person in the room until each person has all ten skills.

This amplification process is valuable. It would take many years to get to the same place as you can get to in a few months in a good group environment. So, it is important to understand what each person's skills are, what their background is, and find their crown. What are their points on the crown? What are their peaks? Be sure to reduce people talking about their skills and bragging, getting feedback and acknowledgment from their peers. That is a weakness. When people try to get validation from others, they need help to cut that craving of validation straight away when it arises. Be sure to warn everybody in the group about it. As soon as you have a group sharing individual experiences, there is an unconscious need for approval that will result in people embellishing their experiences when they should not share what they just went through. We need to counter this from the beginning, and keep all of the experiences as being absolutely normal. There is nothing special about clairvoyance; it is normal. If it is special, it is hard to achieve. If it is normal, it is easy to achieve. So, you keep everything within the realms of normality, even though these are metaphysical skill sets, and then, it will be normal for everyone to achieve them. There is no embellishment. There is no making anything sound more glorious than it actually is. It is something simple. It is just clairvoyance.

On Precepts and Vows

Vows and precepts are the rules that you make to govern yourself. Abrahamic faiths have the Ten Commandments, and Buddhists have five moral precepts. When you design your own precepts, you must base it on the type of physics. Each precept is a tuning fork. The precepts you create are not dogma; they are a positive life enhancement. Precepts are energy emana-tors, receivers and transmitters that generate in your internal environment, which is the point of your practice. Precepts are also a safety net. So, we want to look at these tuning forks, how and why we build them and how they generate an internal environment in which we can grow and accelerate.

Five Buddhist Moral Precepts Metaphysical Breakdown

Let us look at something as simple as **“to abstain from false speech”** or

“thou shalt not lie.” This is a negative precept that we cannot do something. We cannot have a tuning fork based on the negative. What we can do is instead generate the tuning fork of truth. How do we do this?

You may have already started to do so by creating the black/white soul mirror and looking at personality, how you think, feel and act, and defining your personality. By being true to yourself while creating your soul mirrors, you can then also look at the truth of how you think and feel about others, how you act towards others and how you speak; you will only speak in the resonance of truth. One builds this receiver and transmitter antenna of truth. Of course, universal knowledge is based on truth. Part of this tuning fork is getting to know the fabric of the universal rules and understanding them. So, truth is possibly the most important precept or tuning fork. We want to see the truth within ourselves, within universal teachings and within universal knowledge within the Dharma if you are a Buddhist or within the Bible if you are a Christian. Whatever your doctrine is, you want to go to the essence of the truth of the doctrine. Living in the pure essence of the truth allows your perceptions to see the truth. Information will align itself with truth into your consciousness, so you will understand things in different ways than other people who are not living in resonance with the truth.

Let us look at **“to abstain from taking what is not given,”** otherwise known as “thou shalt not steal.” Again, we cannot exclude something that is not a tuning fork. We must build a tuning fork that has ethics and a perfect accounting, that when anything is out of balance in ourselves, we can have a tuning fork that is charitable. Many have realized that charity has nothing to do with money. It is teaching a person how to fish, not giving that person a fish. It is sharing knowledge. Sharing knowledge is charity because knowledge is what allows people to create a good life for themselves, as it also helps them to develop themselves physically, astrally and spiritually.

With this tuning fork of integrity, you are building a positive accounting system, where during every interaction you have with other people, you will ensure that they get more out of the interaction than you. With this tuning fork, continually giving is universal. Thus, you continually create an environment of receiving. If during every business interaction, you do more for the person that you are working with than what you receive, then there is automatically a type of gratitude from that person, a type of well-being, where they are nourishing your spirit, your astral relationship and your

connection to the community. Of course, your business is going to be better because of this interaction. Whether it is a social or business interaction – whatever it might be – there is always a sense of giving that exponentially grows with that interaction. You will always have good luck following you everywhere, and people will love you for it. So, this tuning fork of integrity is in the environment. When you choose to practice, the energy coming through and the energy around you nurtures that practice. The physical environment you sit upon is charged with nurturing your spiritual practice. If you went in the opposite direction, where you are out of your integrity, and there is a sense of lying, stealing and fraud within your thinking, feeling and actions, then automatically the three bodies are going to contract into survival mode. You will be disconnected from your environment. Your ego-making will draw you into yourself. Spiritual growth is completely the opposite of contraction. The spiritual grows as the mind expands, the astral field expands, the body opens, and you are unified, omnipresent and connected to your environment.

The “to abstain from taking what is not given” or “thou shalt not steal” rule is more about integrity, staying on the side of integrity and looking at the way you interact with other people, making them grow. We are all connected, and if you are generating growth for others, then we all grow at an accelerated rate. We are helping that connected web. If you are constantly within your integrity, then energy radiates out and will constantly be radiating back to its source.

When you go further into precepts, we have “**to abstain from intoxicants as tending to cloud the mind**” or “thou shalt not take intoxicants.” Intoxicants are things that turn a master into a slave. Intoxicants are substances, whether it is alcohol, drugs or anything that puts you on a merry-go-round, that are addictive and prevent you from being in charge; instead, the substance is put in charge. If you cannot get off until the drug is out of your system, it puts you into a state of slavery. That is something that you must be careful about, and it is not just because you waste all of your time, mess with your brain chemistry, and reduce your ability to practice properly in the future. It can also open up holes in the mental-astral matrix, in your aura. Those holes create a gateway for negative forces, negative information, delusion and types of nonsense to flow through your consciousness. You will not be able to tell that they are not true, that they are illusory. These holes in

your aura can generate conspiracy beliefs and all types of delusions because these holes in the aura are connected to lower astral realms, as all drugs of that nature are nature-spirit oriented and connected to the lower realms. Beings of lower realms do not know any more about reality than you; they just know about lower realms. They do not know about higher spiritual laws or about the fabric of creation; they have no concept of the highest universal laws. So, they can perfectly give you lies; they can perfectly translate those lies for the holes in the aura, and form religious beliefs around them. And then, everyone involved with substances can dance around the fire, banging on drums, and that is all fun. As we are well-aware as Hermeticists, this does not mean that it has anything at all to do with universal truth. It is no higher frequency than the physical world around you because it is a material practice of the physical world. The drugs have physical properties layered upon them, and the spiritual entities connected to such drugs exist just above the physical. These spirits do not know any more about the highest spiritual laws than you; in all probability, they know less. If you have any confliction about this, try observing those who have regularly consumed drugs and the results of their progress. Consider the various spiritual masters and how many advocated against drug usage or had not allotted any importance to such substances.

Have a concise look at intoxicants, with a simple example being coffee. How addicted are you to coffee? When you have a cup of coffee, does it make you a slave to all the caffeine in your body or does caffeine just stimulate more concentration and growth? What does it do for you? Really look at everything you take into your body, and get to know it inside out and back to front. You will find some things that are addictive are maybe beneficial, and some things that are addictive may be detrimental. It is for you to decide and for you to look at each one of these different qualities closely.

Another tuning fork is **“right sexual conduct.”** Like integrity, every sexual interaction you have needs to be a positive growth experience for both parties. This means that every sexual interaction you have with a person that you are involved with needs to have a positive effect on them, where they feel better from that encounter. It is important that: they feel they have grown from the experience; the interaction nurtures their spirit; they feel good about it on the inside – in the spirit – and in their body and; all three bodies are harmonized, and see benefit from that interaction. If you are just engaging their body and not the astral-mental, then it is very limited.

In all probability, it will work against your development. Every sexual interaction has an etheric body connection. Your etheric body becomes linked to the person you have intercourse with, and if you do not know how to use the Akasha to dissolve that connection, that energy will continue to leak. Behavior patterns, types of thinking, feeling and actions will leak between the two people unknowingly. A lot of the qualities that you have inside you do not actually belong to you; they belong to someone else. Someone else is nurturing them, and you are experiencing them. If you identify with those qualities – you start thinking, feeling and acting them out – you are taking on other people’s karma. This is the trickiest part of sexual interaction with people. You need to dissolve those connections afterward. Before, during and after, there has to be a stream of positive mental growth, positive astral growth and positive physical change, and then, any disconnection you need to do afterward must also be considered.

The last of the most fundamental precepts is “thou shalt not kill.” In Buddhism, it is called “**non-harming.**” When you look at the precept as a tuning fork, it must be a tuning fork, which generates something. In this case, we are generating love – a type of connection to our environment. In the same way that you take care of your own body (you wash your body, your clothes, yourself; you keep yourself warm and protect your body, etc.), you want that feeling to extend from you and into your environment: to plants, animals, the house you sleep in, the people around you and the earth. Everything needs to have a feeling of connection to you. Your consciousness is a part of that consciousness, and there is a unified intermingling of all of these consciousnesses into a unified mind. This type of thinking eliminates killing other animals. When we do kill another animal, there is a huge contraction – like a rhythmic whiplash – in your etheric body. This generates a type of survival instinct in your mental-astral-physical bodies, which makes the three bodies cling together – a type of deep fear in the psyche that disconnects us from the environment. And with this disconnect from the environment, there is an extreme contraction of the self. We want our practice to be an expansion of the mental-astral-physical bodies – this feeling of release and letting go, of relaxation. We want to be connected and have a connection to all of these different levels. As soon as you generate harmfulness, you compete against yourself in a frightening way. When you kill an animal or harm someone, there is an extreme contraction in the three bodies.

When something dies, there is a whiplash through the Akasha, and you and your etheric body feel that. Your body contracts back into itself, and we want to minimize that type of effect. When you eat meat, you are the cause of the death of the animal. One might say, “No, someone killed the animal a long time ago, and it eventually made its way to the supermarket shelf. I then purchased it.” Remembering supply and demand, if everybody stops eating meat, there would be no more animals killed. So, there is an astral stream. When you create a demand, supply fills that demand. The astral stream cannot be relinquished by saying that the animal’s death happened in the past – it does not work that way. By eating meat now, you are connecting to the energy of the death of the animal in the past when it was killed, and your path is responsible for that karma. That karma will flow towards you, through you. Recognizing this type of energy is important. If you are eating meat, you are killing animals. If you choose to eat meat, you should raise the spirit of the animal you have eaten into either non-dual light or the Brotherhood of Light. Since you are connected to the animal, your spirit vibrates the animal’s spirit up to a higher level. You are paying the animal for its life by raising its frequency into the light. This is okay if that is your way. Bless the animal, give thanks to the animal, and give it a prayer to raise the frequency of the animal. This type of prayer can move the animal from animal reincarnation into a human incarnation, which is a big challenge for an animal’s spirit by itself. When it is done to the correct spirit with the right approach, it can be greatly beneficial for the animal, even though it is giving its life for you.

Another precept that is unusual is in Buddhism, and it is not to sleep on a high, luxurious bed. It has more to do with the word “high” than “luxurious.” When you have any thermal environment, such as the ground or the floor in a concrete building, you have an earth current running through, which is about a foot (30 cm) radiation of the earth current. If you sleep within that one-foot radiation, you will find that the earth’s currents will balance out your astral body. You will get very deep sleep, a very profound sense of healing, and when you get up in the morning to meditate, you will have a deep calm and deep stillness. This is amplified if your body is actually grounded and connected to the earth while you sleep. So, whether you have a grounding thermal mat underneath your sheet or something similar, it amplifies the thermal effect, discharges all of the static in your body and creates a neutral pH environment, which allows your mind to have peacefulness.

When we look at the principle of grounding when you are at home, you should be barefoot and walking on the ground so that static is discharging out of your body. That grounding process is amplified when you have a shower, but a five-minute shower is not long enough – it takes a good 45 minutes to ground yourself. If you walk on the beach, it is an immensely powerful grounding process. When you go for a swim, it is a powerful grounding process. Swimming is not just good for you because you are swimming. It is good for you because you are in the water and grounding yourself for the time that you are there. When you are fully grounded in the water while you are exercising, it generates a double benefit. The chemistry, the oxidation, the chemicals that are running through your body are all being continually grounded while exercising. That does not happen with normal exercise. Exercising underwater is fantastic, wherever it may be, whether it is swimming or any other type of exercise.

Precepts like not wearing jewelry are about a projection of hierarchy. When someone wears jewelry, they have a status associated with themselves. For anyone who looks at the jewelry, they become status-related to it. So, this status is just a projection from people. This becomes a problem when you are a teacher. In Buddhism, the monks are not allowed to wear jewelry because they do not want to change the hierarchy and projection from other people.

Whatever precepts you choose to follow, you need to look at them based on vibrational energetic laws. What is the law of this particular precept? How does it work? How does it create an environment for practice? Does it benefit me or not? Wearing an amulet that is highly charged with energy is greatly beneficial, but the amulet can be under your shirt, so no one sees it. It is jewelry, but energetically, it is going to regulate your field. It may have protection around it. It may have mindfulness charged into it. Perhaps it has an energy reservoir connected to your etheric body. The jewelry may be balancing the elements all the time. It may be giving you connected inspiration to light, bringing you into resonance with your universal truth so that your environment is aligned to it as well. It makes up a whole range of functions. That type of jewelry is excellent. It brings a huge amount of value for wearing it or an amulet around your neck.

Give some thought to your precepts. Design them energetically based on laws of energy and vibration. Once you have designed them, commit

yourself to your precepts. Say to yourself, “Okay, I’m going to test this precept for one month or one year, and thoroughly test it.” Journal the results. Document them well. Remember, you are not only documenting the results for yourself but for the next generation and whether you can recommend it. If you develop a type of precept (a type of life code, a type of causation chain) that gives you value in your practice, of course, you want to be sure that this is the most effective way to do it. Then, you can share it with other people so that they can benefit as well. It is pointless keeping a precept to yourself. Remember, precepts affect your past, present and future. All changes that you create within yourself now are going to be energetically connected to you after you leave this body. Your spirit is still going to be nourished by those hundreds, if not thousands of people that are being touched by the information you give them. And when you reincarnate to your next body, you will have this light coming into you, nourishing your spirit, and you will not even know why. It is because of all of those people who are still alive and who benefited from the information you shared during your last incarnation. Your spirit is being nurtured in this incarnation, and you get somewhat of a “free ride.” For some, life is easy. It is because what they did in their past incarnation is still floating through their spirit in this incarnation. These effects are important to document and become sensitive towards. If you wonder why something is happening to you in this life, and you observe the Akashic stream of that event, very often, it will connect to past lives. You will observe the streams of thinking, feeling and causation from that past life streaming through your spirit into this life. Parts of this stream may be positive or perhaps negative. It depends upon your situation.

The Three Transformations and Pillar of Light Exercise

The Three Transformations exercise is not in Bardon’s book, but it is an excellent exercise and a natural byproduct of studying his text and working with his system.

The first transformation is moving energy from your vital field into your astral field. It is a simple process of charging yourself through vital breathing, becoming filled with life force. Then, you slow down the time continuum of that life force. There are several ways you can do that. Vital breathe in, pause, stop the breath, stop the mind, enter into a state of

stillness, then, breathe that stillness in, and then, breathe it out. Follow this cycle. At the end and beginning of each breath, stop, engage the stillness, and slow everything down through the in and out breath.

You will find after one or two minutes of doing this, the life force would have slowed right down and dropped you into the astral body. This first transformation from vital to astral can be transformed within the same space or can be transformed from your physical center of gravity up to your astral center of gravity.

If you look at a Taoist alchemical model for energy transformation, you vital breathe, then, you slow the energy down, and it bubbles into astral energy. That energy will stream up from the physical center of gravity to the astral center of gravity. The astral center of gravity then condenses into form, and this is a heart center. You want to transform it up to the mental center of gravity that has released all form. We feel the edges of the form of the energy we are working with, feather them off, and release space. As you release space, the energy starts to spread, and as the energy spreads, we relax, and release it up to the center of gravity of the mental body.

There is this transformation of the vital energy to the astral and the astral up to the mental. To get this transformation, we need to recognize that this astral energy is mind substance. It has mind, and it has form. We want to take the power out of the form, relax it into the mind substance, and then, increase the mental power. This awareness of relaxing the energy from a form state into a mental state is a particular feeling, and it is something that cannot really be verbalized. If you are working with a group that is doing it, you feel it, and you know that is how it is done. If you do not have the luck to be in a group (meaning that you cannot experience what others are doing), then you need to go to the idea that the astral field is subject to form. This energy that has been built astrally has edges. Then, you have to recognize those edges and the mental energy or you have to relax the edges, and feather them off to absorb the energy into the mind. This is a feeling skill. Feel it, and you transform it through the type of relaxation.

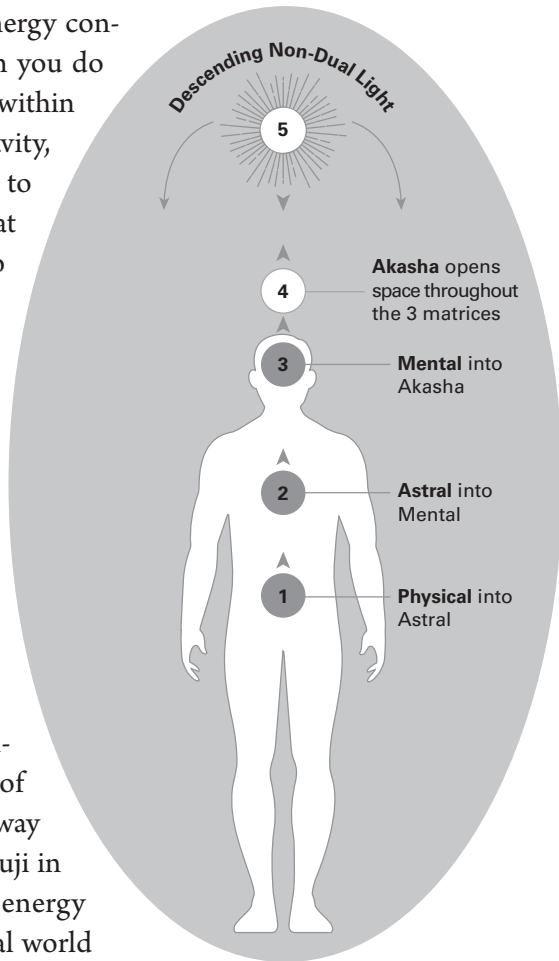
The center of gravity of the mental body is in the pineal gland within the center of the head. The energy will rise up to that point. Again, using the three centers of gravity is an option; it is a choice. You choose to do that because it is actually easier to move it along the central axis than to transform within the same space of where the energy is.

If you want to have energy connect to the physical when you do all of the transformations within your physical center of gravity, you can transform energy to the astral-mental planes that are strongly connected to your physical center. This can also be used to affect the physical center of other people. Through the physical center, you can transform, and work with the astral-mental bodies.

By sinking the chi, as they call astral energy in the Taoist alchemical models, we are transforming energy in the space of our physical body all the way into Akasha (known as wuji in Taoist traditions). That energy is anchored in the physical world for physical effects to take place.

So, this works very well for people who are practicing systems of qigong and standing practice and tai chi. Fundamentally, it is the same; they are just using that model to generate a particular outcome in their energy work.

We are working up the vibrational scale. We release time, moving it up through the astral body, and release space, moving it up through the mental body. Now, we need to Akashically breathe. To breathe Akasha, we have to release time and space together, and go into that infinity quality that is worked on in Step Five and Step One mental training. That stillness, that vacuum, we need to bring into the whole body and pore breathe. When you stop pore breathing, there is a stillness. This stillness creates a low-pressure



The Three Transformations

environment. Wherever there is a lower pressure environment through strong concentration, you are going to accumulate Akasha. You are also going to generate a lot of energy movement if you open space in a low-pressure environment with high pressure around it.

You can use Akasha for summoning and moving large amounts of energy or you can use it for transforming energy up through the crown to open and clean the crown chakra. Akasha, when it is viewed clairvoyantly, is dark violet in color. This dark violet color that is accumulating around a person's field, we want to add that straight into a visualization. When you move into this feeling of stillness, into this mental vacuum associated with dark violet, breathe that vacuity in and out through the pores of the body. This vacuum will naturally build Akasha throughout the three bodies. In the etheric body itself, it will increase its intensity of vacuity.

Once we have caught a feeling of that Akashic substance, we want to raise that Akashic substance up through the crown, and funnel up about a handspan above the crown to open up the crown chakra. Only this timeless, spaceless, infinity quality can open the crown chakra completely. The crown can be opened vitally a small amount, astrally, a small amount, and mentally, a small amount. But for the crown to open by a large amount, you need Akasha; you need wuji training.

The fastest way to develop Akasha is to work with people who have already developed it. For example, as soon as a teacher starts breathing into the room, you are breathing it in, and your mind gets anchored. That Akasha is found in a slow, low-pressure environment. Since you have a taste of Akasha, you can repeat it. If you have been in that group a few times, and you remember it well, your subconscious remembers, and your spirit remembers, and it just starts aligning to that Akashic field and functioning through it. If you have not had a group in which you can get a feel for Akasha, you need to develop it yourself. To do this, you need to master samadhi. That means your one-pointedness of concentration has to be so strong that a vacuum builds around your mind. If you are solely focused on an object, then time is going to slow down naturally. Your mind becomes still. Space is going to expand naturally. Your mind will become the meditation object. Once you are aware of that deeply profound Akashic substance accumulating around your samadhi, you simply move your mind like a feather to that Akasha substance, and begin breathing it in and out, and then, you have wuji

or Akasha. This can take anywhere from one or two to ten years, depending upon the person's merit field, their karma. If one has done this type of work in past lives, it arises relatively quickly due to resonance. If one has not, they may have a solid decade of hard work to put into it. Clearly, the easiest way to take ownership of this energy is to train with people who already have it, and it will similarly transfer quickly through people who are simply breathing it into the room. When you are inside of Akasha, you do not have a body – you are an Akashic substance, and you breathe that substance into the room so that everybody in the room can amplify the depth of the vacuity of the Akasha. This amplifies everyone else's gains as well.

Try energetically drawing a circle and having everyone in the group stand in a circle. Let each person have a turn sitting in the circle and building Akasha as a group. Then, have each person add to the vacuity of that circle, the vacuum of that circle. This way, everyone's skills are amplified and magnified many times over with each session that they practice. There is a huge benefit to working with Akasha in groups due to the amplification effect.

Once you have streamed Akasha up through the crown and suspended the head from above, you accumulate it a handspan above the crown. Once it is accumulated a handspan above the crown, you have a low-pressure environment above the crown and a high-pressure environment inside your body. Your physical body is subject to time-space while your astral body is subject to space. But it is running on a much slower time continuum. Your mental body is subject to the present moment in time because it is stuck in this body and is subject to the space of this body, but the essence of spirit is not subject to time and space. Of course, moving through the crown, moving through infinity, we move it to the Akasha. We have the strongest emptiness of vacuum above the crown and the strongest form in a physical center of gravity. This creates a feeling of being pulled upwards. In this vacuum, high pressure moves towards low pressure. So, the physical body is high pressure, the astral is a bit less, the mental energy is a bit less, and above the crown is a zero state of pressure. Energy is going to that point of a handspan above your crown. So, we transform all of these lower energies to that height, relaxing and releasing them upwards to that point.

“May the Path of Light Guide and Protect”

Once we are at this point, we are within that zero state in an Akashic vacuum.

To get to this next stage of non-dual primordial light, you cannot intend it because the nature of primordial light is non-dual – it is something that exists outside of that zero state, a light waiting to come into form. But what we can do is create a type of prayer. We invite that light in with a strong vacuity, the vacuum in the prayer. By making a prayer, “May the path of light and guide and protect,” you can invite light down from this primordial non-dual light into your crown chakra and lubricate it with Akasha so that it flows through the three bodies. Akasha increases the flow rate, but it decreases the density of the form. Anytime it is too slow, create a little bit of Akasha, and it will speed up the process. Then, it is just a matter of increasing its substance so that it increases inside the form. Remember that form is dependent on emptiness, and emptiness is dependent on form. When you increase Akasha underneath the power, it makes the power amplify and becomes stronger. When you decrease Akasha underneath the power, the power loses its strength and decreases to match the Akasha. It is like a mirror. So, by increasing the Akasha underneath something powerful, it increases in its power output. You can decrease physical power, and the Akasha underneath it will also decrease, so you can affect both sides – you can affect each other from either side. Affect the form, you affect Akasha. Affect the Akasha, you affect the form.

Let us say that you tune in to life force, and you breathe Akasha underneath life force with the intent to amplify the life force, so then the power of the life force amplifies. You can draw life force directly out of Akasha – it is an amplification process. It is much easier to amplify Akasha than it is to amplify life force. Life force has natural physical boundaries, as it is subject to the laws of physics. The metaphysics say that you can only pull this much up. But when you pull more Akasha through, those laws are being regulated by the Akasha and are not being regulated by physical form. Those laws that you are using are outside of normal time and space. They break the physical laws, and work deeper into the astral-spiritual in Akashic laws. This generates different physical outcomes. This is magic and its fundamentals – that we are manipulating Akasha underneath the form to amplify or decrease the energies that we are working with in order to create various types of effects.

Practicing Monad

Once you are working with Akasha for a few months, when you are inside of

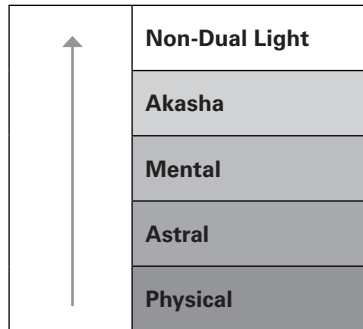
Akasha, and you recognize your own consciousness, you can allow Akasha to collapse into your own consciousness. You will find that there is only light and space, infinite empty space, and this light of your consciousness, when you are incarnated in the body, has a center of gravity and hovers around the pineal gland. William Cook Edwards referred to this as the monad, and he called it a pure spirit. Now, this pure spirit is only accessible by equalizing with the Akashic substance underlying a spirit, and then, you come into the essence, into that light. It is like a sun shining in the center gravity of your mental body.

Of course, if you are working with non-dual light, and you are even releasing into it, there will not be a shape or a body; there will just be the beingness of light consciousness. This forms a type of vibrational scale, where upon first entering the universal light of the astral, you have a definite form. When you go into the light of the mental body, you have a form, but it is much more like a silhouette and a center of gravity of radiation. It is more like you see the silhouette because it is a life force connected to your mental body that keeps you alive and connects to the physical. When you stop working up through Akasha into non-dual light, you enter into the non-dual light with a shape of a body, but as you go up the vibrational scale, there is no body – it is just mind substance. You can sense that the presence of intelligence is everywhere around you, that you are in a space of mind, but there are no bodies to be found. You cannot see the shape of an individual unless that entity wishes to express themselves as a shape. The higher the frequency, the less form or residue of past incarnations there is.

These higher non-dual light realms are just light, but you can sense consciousness – it exists within them. As we come to the lower non-dual light realms, we have shapes of individual spiritual identities that exist among those levels. As you come into the mental body, you have the shape of your current incarnation. As you come into the astral, you have a dense form of light, and then, in the physical, we have life force and radiation of physical objects.

Ultimately, everything is light, yet there is a vibrational scale that you must first navigate through by the releasing of time for the astral and the releasing of space for the mental. Then, you explore the residues of consciousness left for the Akasha, followed by the non-dual light realms, up to the pure mind state. There is a definite scale that you can perceive, and get

a sense of. Your intuitive intellect will recognize this is how it works. This is a vibrational scale. Once you sense the scale, you sense the conditions upon which you can elevate yourself, and ascend that scale.



The whole body is breathing in and out

