

# The Four Elements

By William R. Mistele © 2018

*Magic is a study of how to make the best choices in life.*

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## Introduction (from the Water Element section)

In my approach to magical equilibrium, I try to bring together the first two chapters of Franz Bardon's book, *Initiation into Hermetics*, with the third chapter. In the first two chapters, you work on developing a healthy and balanced personality. This produces a mature and well-adapted individual who functions well in society.

In the third chapter, you practice embodying the four elemental energies of nature in yourself. These elemental energies have their own psychology, feelings, and perceptions. In many ways, this level of awareness is well beyond the personality traits and character qualities we encounter in daily life.

However, in most cases there is continuity. Will power is will power. A clear and open mind is a clear and open mind. Working hard and loving what one does is working hard and loving what one does. In those examples, humans and elemental beings share much in common.

It is however with the water element we encounter the unknown. Retaining a sense of pure innocence and spontaneously feeling one with another's soul is not part of daily life. Look around. Masters and gurus do not have the vibration of lakes, rivers, and seas. Those energies are not present in their auras.

Consequently, when I discuss magical equilibrium I am also exploring spiritual anthropology that asks these age-old questions—What is it to be a human being? What is human nature? What is it to be and to feel fully alive?

When we can harness the energy of subatomic particles and send satellites outside of the solar system, we have arrived at the point where we need to ask, What is it to attain maturity as a race that creates its own environments and oversees the well-being of the planet?

And the answer may well be that, among other things, we must take into account the transpersonal aspects of the water element and make them a part of ourselves. Otherwise, as the story about the Queen of Sheba and Solomon points out, instead of rising to the heights, our race might end in darkness.

Note: I have brought together in one place various essays I have written on the four elements and magical equilibrium. This is a first draft and there is some repetition.

Most of this material is from my manuscript on *Ten Rules for Spiritual Beginners*. In terms of themes, I use the sephiroth of Gevurah/Mars to focus in on the four elements.

Prior to Gevurah, the different sephira approach the four elements in terms of getting to know them and to experience all that you can. In Gevurah, the task is to work to master them and to align them with the greater universe.

With Gevurah, there is a difference between what you need to function in society and what connects you from within to the universe. And equally there is a difference between your personality and your magical self—the level you operate at as a magician. For me, the work of inner union and self-mastery is a journey, an artistic expression, and a life review containing elements of autobiography and consultation with higher spirits.

For a straightforward guide to Franz Bardon's practice of magical equilibrium, see for example *The Elemental Equilibrium* by Virgil.

## The Four Elements



Fire, earth, water, and air—the presence of these elements define the uniqueness of our planet as compared to those among other stars. With The wealth in these elements of nature are also reflected in ourselves—in the qualities that characterize our civilizations and in the traits that define our personalities and shape our motivations.

The earth element, like rocks and mountains, is enduring. Metals and materials are useful for building and producing things. In the human personality, the earth element manifests as the desire to make things of value that enrich the world.

With the earth element, we have an inner silence and a quiet ecstasy as we work, for in work we feel close to those things we care most about. And yet, for all its endurance and solidity, material things in time disappear, are worn down, pulverized, erode, and age. Glorious civilizations in the past and in the far future shall arise, thrive, and then cease like images in dreams that fade as we wake up from sleep.

The water element is in the moment—flowing, absorbing and releasing, purifying, giving, and renewing. It brings forth and nurtures

life. Those with the water element strong in their personalities are highly empathic and loving.

The water element bestows the feeling that love is a part of the fabric of the universe. Water flows around us. We drink it. It nourishes and cleanses us. At the extreme, it gives the feeling that others are ourselves in another form and that we are all joined as one.

Like the air in the open space of the sky, the air element gives a sense of freedom of movement and clarity of mind. It is both detached and hypersensitive to high and low pressure, hot and cold, wet and dry, and electric and magnetic. Those with strong air element in their personalities have the artist's sensitivity to the nuances and changes in sensory perception.

As in an appreciation of music, they enjoy artistic expressions that take tension and conflict and produces harmony. And they have the open-mindedness, detachment, and curiosity that makes for good scientists.

The air element represents the pursuit of knowledge. In the end of our journeys and after many experiences, we shall finally understand our difficulties, how to surmount them, and to attain freedom.

The fire element, as in nature, is hot, dynamic, expansive, intense, explosive, demanding, commanding, and consuming. It is charismatic and electrifying. Leaders and generals find such power within themselves. They make things happen sooner rather than later.

In fire is that integrity, leadership, and relentless pursuit of one's goals, like a CEO of a global corporation. With fire, every problem is a challenge and every limitation is something to surmount and overcome. In fire is the will and energy necessary to change any fate and to fulfill any mission you wish to undertake. All the same, though sometimes supportive and accommodating, fire is often destructive to the other elements.

In fact, fires, volcanoes, and super volcanoes as well as tsunamis and floods, hurricanes and tornadoes, and earthquakes—these dynamic

expressions in nature of the four elements operate independently of each other.

In a similar way, the four elements are not integrated in human nature or in society. In fairy tales and lore, each element has intelligent spirits residing within them. We can say that the mermaids do not sit down and talk to the air spirits, the sylphs. The fire spirits, the salamanders, do not hold long conversations with the gnomes. These different kingdoms within nature each have their own awareness, purposes, and evolutionary path.

Similarly, our scientists (the air element) may pursue with professional detachment their theories and experiments. But they lack the love of the water element and the harmony of their own air element. Often when funded by governments and corporations, scientists will invent some new technology that has military applications. Almost immediately this technology falls into the hands of the worst people on earth—the dictators and those corporations that are devoid of conscience.

Our leaders and corporate CEOs (the fire element) do not pursue long terms goals (the earth element), producing things of great value that endure through time. Obsessed with and rewarded for short term gain, they take excessive risks and produce products that destroy rather than conserve and protect. And politicians wait for a crisis or a disaster before they change their methods to protect people and nature.

The creative powers within us, the elements that constitute our nature, are extremely dynamic. But, like I say, they are not coordinated with each other. Nature and human personality are like a central station with airplanes, ships, trains, and buses whose schedules are never coordinated and that lead to different destinations.

You try to pursue something like studying genuine wisdom or establishing justice on earth and ending wars. You go to the ticket counter and the agent says to you as the agent once said to me in Bolivia, “Oh. Your flight has been rescheduled. There is only one plane

flying today and it is just now taking off. When it gets to its destination they will send it back. At that time, your flight will be available.”

Fire as will, air as knowledge, earth as producing things of value, and water as love and feeling—they are endless in their wealth. But a person who is a scientist, artist, leader, and empathic healer? Uniting these opposites harmoniously within us is almost a superhuman task.

## Akasha of the Planet Earth

We have the physical world and our physical body. We have our feelings, our soul, and the astral plane. We have ideas, thinking, analysis, theories, plans of action, and the mental plane where they take place.

Yet overseeing these three planes is the akashic plane. Akasha has been described in many texts such as the Heart Sutra from the Prajnaparamita, the Bhagavad Gita, and even the 90<sup>th</sup> Psalm. I know Zen masters who slip into akasha as easily as they tie their shoes. Some Tibetan Buddhists I know configure their magical circles to express an akashic state of trance.

Think of conscience. Its warnings and promptings serve to protect and keep us focused on what is important. Conscience says in effect, “Experience life to whatever extent you can. Discover what makes you happy and gives you satisfaction. Find some things worth doing that are right for you and totally captivating. But also discover your deepest lessons and then take the time and make the effort to learn them.”

Akasha is completely detached and it is also eidetic—perfect in empathy, you can relive any moment from the past as if it is happening right now. And if you can do this with the past, then future outcomes can also be imagined and experienced as if they are completely real.

We have the ability to review in advance the consequences of our actions and the results of our decisions before they happen. With akasha you learn to appreciate each moment of time as something unique and special. You see each moment as part of the fabric of everything that has occurred on earth.

Akasha, then, is awareness penetrating through space and time. Beings who dwell here do not need a material body in order to exist. They do not need to use thoughts in order to think or to communicate. They do not need an astral body or the four elements on the astral plane in order to feel. They are highly intuitive and can, on their own initiative, interact freely with the mental, astral, or physical planes.

Just as we have conscience through which akasha is active in guiding our lives, we can also access an akashic awareness overseeing all events on earth. As with the individual, akasha supervises, inspires, sets limits, insisting we maximize our ability to learn rather than being forced to make changes due to pain and suffering.

Higher spirits in the earthzone are all oriented toward making what they envision into something real. They take the spiritual world, wrapping it in form and matter, to produce works of enduring value that enrich life on earth.

To align yourself with this akashic awareness, think in terms of changing yourself, your situation, the environment, or the world. This requires concentration, study, commitment, and acquiring experience and mastery in some area. If you work at something and employ a high learning curve, you master your area of specialty and then with ease you accomplish your objectives.

A conversation with one of these spirits is like responding to certain questions: “Are you perfectly clear about what you want? Are you willing to do the work required to accomplish your objectives? Do you embody an absolute commitment, for we are ever vigilant and tireless. We take nothing for granted and so there is no end to our love when it comes to protecting, sheltering, nurturing, and perfecting life on earth.”

The magical identity of the magician—

*Akasha: A formless state of awareness penetrating through and also outside of space and time. All things arise from it. And it supervises and oversees the unfolding of each life, of history, evolution, and the greater universe.*





*You will know when you have found akasha in yourself. You will feel total freedom and detachment and also profound compassion, caring, and commitment. You will feel you have the energy you need and the means to accomplish your purposes and also you will feel an immense gratitude for the love that flows through you to enrich other's lives.*

*You will feel as if you have finally come home and yet also that each moment is new as if your nervous system has never felt these sensations running through it.*

*Akasha is a love which embraces all of life and holds the universe within its heart.*

## The Four Elements of Conscience



From the hermetic point of view, conscience is expressed most clearly through the fifth element of akasha. Akasha creates and oversees the development of the other four elements. Akasha is the still, quiet voice within us.

In the development of conscience, we often find ourselves being tutored by some sort of authority figure—our parents, our school teachers and professors, religious authorities, etc. Even the judicial system acts as a conscience for many people, for the only reason they avoid certain behaviors that harm others is they are afraid of being caught and punished.

Some individuals will need to join some sort of group so that they can shape their own behavior so that they fit in with the behavior of others. And so we have the advantages and disadvantages of peer group influence. The results depend on the quality of the group you are in.

But if we look at conscience in hermetic terms, conscience only operates at its best when all four elements are equally developed and positive. The water element contributes the empathy and love. If you feel what other's feel, then you want them to be happy along with yourself.

If you have the air element present, you see other more clearly and understand how their minds work—why they think the way they do. If you have the earth element present, you perceive immediately the other's physical situation and notice if their basic needs are being met; and also you are concerned about whether they have access to the kind of work they are best suited for.

And with the fire element, you are keenly aware of unique opportunities as they appear in life. You understand the importance of choice, the amount of energy and will power, the resolve and commitment that are necessary to seize those opportunities so that your life and the world are vastly enriched.

As I mentioned in Malkuth (the Earth), the four elements in nature on this planet do not talk to each other. They are not in harmony. And this lack of harmony carries over into our culture. Scientists (air element) and politicians (fire element) are not known for their empathy. And

scientists, when they invent some new technology, often immediately turn over that technology to the worst dictators on earth. Their conscience is not fully operational. They often cannot tell the difference between when they are doing good and when they are doing evil.

A major player in finance, Warren Buffett, is oriented toward making money in a consistent manner over decades. But he is not involved in politics. He has not the faintest awareness of issues that threaten the survival of our species. Though he deserves the title, “The Oracle of Omaha,” his conscience is not fully operational.

And very sensitive individuals who are highly empathic totally misread what motivates other people. They lack the detachment and telepathic sensitivity of the air element that notices such things as despair and anguish which are more of the mind than of the astral body.

The water people never say to me ever—“I want to understand you better.” And they never say to me—“This world is wrong. What can I do to change this world to make it better?” Those questions are the air element and the fire element. Consequently, the conscience in those with strong water in their auras is not fully operational.

The “life review” that takes place after an individual has died enables the departed soul to relive every moment of his life. In particular, he now feels what other people felt as he interacted with them.

This life review is strong on the water element of empathy and the air element of clarity. But it totally lacks the earth and fire elements that are concerned where and when the individual might have acted in a dynamic way to change the world and make it a better place. Certainly, loving individuals want the world to be a better place. But they are brain dead when it comes to taking command of the power necessary to accomplish such goals.

The Zen Meditation of Love I describe under Netzach Mysteries is predominately air and water. You enter a state of mind of perfect detachment and perfect empathy. It greatly clarifies and enhances a feeling of inner connection to others. But if we threw in the fire element we would also be seeking to fulfill the individual’s life in every conceivable way. That exercise I have placed under the sephiroth of Chesed (Jupiter).

And if we added in the earth element we would have more of what the Venus spirit Hagiel means when she says, “In regard to love, you would not be getting your money’s worth, would you, unless you feel you are within your lover living her life as if it is your own?”

The earth element greatly enhances a direct energy connection to another individual so that the life within one person is part of the life within the other. It is a far denser vibration than that of water or air. The goal is not feeling. The goal is right here in this world where two people link together physically.

If you talk to a psychologist, her training may lead her to going back into the past in order to understand the problems you currently have. A life coach or a mediator in conflict resolution is far more concerned about focusing on the future—how to turn failure into success so you end up where you want to be. That is more will power than air and water.

Consequently, the quality of the advice of any teacher or counselor will depend on the degree of balance the individual has with the four elements within his soul. Sometimes we will need someone who feels what we feel. Being fully loved is the only state in which you can let go of who you are and be transformed without knowing what you are becoming.

Sometimes we will need someone who understands us better than we understand ourselves. As Arjuna said to Krishna who brought inner clarity to his soul—“My doubts are now dispersed.”

Sometimes we will need someone to give us a job to do, work to accomplish. And sometimes we will need that athletic coach or commanding officer who speaks with a voice that burns and explodes inside of us, “Focus only on the goal. Only will leads to success.”

## Magical Equilibrium

The balanced and integrated social identity—

Fire:

To summarize, we can say that independence, strength, courage, confidence, conviction, faith, determination, dedication, self-reliance, self-mastery, uprightness, clarity, order, adaptability, practicality, planning, productivity, excitement, passion, exhilaration, creativity, and vision are qualities that are present when fire and its inner essence—the electrical fluid—are operating successfully.

Air:

Positive qualities belonging to the air element are independence, familiarity, optimism, agility, attentiveness, friendship, harmony, judicial temperament, a tolerance for ambiguity, temperance, fair play, honesty, impartiality, even handed, a sense of humor, truthful, open-minded, objective, detached, alert, positive, curious, articulate, concise, thoughtful, reasonable, analytical, self-reflective, and wise.

Water:

We could say that peace, repose, calmness, serenity, happiness, contentment, well-being, delight, innocence, kindness, gentleness, affection, vivacious, empathy, sensuality, pleasure, bliss, and love are qualities that are present when water and the magnetic fluid are operating successfully on the astral plane.

Earth:

Positive qualities are being respectful, solid, grounded, conscientious, thorough, sober, punctual, responsible, reliable, circumspect, frugal, focused, discerning, adaptable, practical, straightforward, dedicated, strong, enduring, persevering, attention to detail, and consistent.

## The Element of Fire

Outline

Introduction

Fire in Kabbalah—four planes  
Fire in the Human Realm  
Dialogue on the fire element  
Checklist  
Exploring the fire element through imagination  
More Contemplation  
Poetry: I Am Fire and the Voice of Fire  
The Realm of Salamanders

## Introduction to Fire

When we explore wind and sea, we savor the delightful sensuality and the familiar sensations contained in these elements. The stories of sylphs and mermaids stimulate our emotional life even as they call forth balance and harmony. The songs in water and air are of freedom, gentleness, and empathy.

The gnomes also are not so distant from us. They are the intelligence and the consciousness in the rocks upon which we sit or the mountains we climb.

Fire, by contrast, is expansive and uninhibited. Yet we know what it is to feel exuberance, excitement, and exhilaration. We have all been thrilled and enthralled. In such feelings, there is an amplification and intensification of our energy. And, at times, there is an explosion of vitality combined with zeal.

Still, fire is different. Here we enter a domain of pure power and will. Volcanoes exploding, raging forest fires, lava flows—these exhibitions within nature strike a different cord as they resonate within our souls.

Let us take a look at fire on four planes—akasha, mental, astral, and physical. Determine for yourself what part of these themes is familiar and what part remains separate, perhaps even alien.

## Fire on Four Planes

### Akashic Plane

The principle by which the fire element arises from akasha, the void, is—

*Because all things arise from the void, from out of nothingness, because the void originates and guarantees the fulfillment of all purposes providing the light and the energy required to accomplish any mission, overseeing, inspiring, and guiding all transitions and transformations, the void embodies perfect will, omnipotent power, and absolute sovereignty.*

There is an actual physical sensation you can find when meditating on this aspect of the void—you feel you are within and one with the energy sustaining the being of every person.

Or, on a practical level, if you want to prevent the worst in life from happening, it is wise to consult with those who have found the void within themselves. Better yet, find the void within yourself.

From a more religious perspective, the fire element on this level is the power of a creator who says, “What I envision shall come to be because I possess the will and energy to make it happen.”

For example, if the history of your family is plagued by sorrow, loss, and failure, then when you assume the perspective of the void relating to fire you are in a position to assert—“We are going to work this out so that we are satisfied rather than confused and perplexed; in the end, we will look back and say, ‘My life is all it was meant to be.’”

## Mental Plane

Fire on the mental plane likes to expand its will and power and considers what needs to be done to accomplish its objectives. It produces a plan of action.

If you are a general, you want aides who fill in the blanks. If you are a president, you want cabinet members who present solutions and how to make those solutions effective.

Fire on this level asks, “What can we do right now to solve this problem?” It is not so much an intellectual concept being applied here. It is will power that is dynamic, effective, and commanding so as to produce results.

Fire is not possessive or controlling for its own sake, though we often meet people who do precisely those things. But as an energy, it asks, “What do I need to do, to have, or to control so that the fire (the will) within me is fully alive and bright?”

Without answering this question, the greatest and the best things in life will never happen.

To put it another way, if you actually been “touched” by the immensity of the divine on the akashic plane that oversees all actions taking place in history, then that “touch” may evoke within you the faith and conviction to manifest divine purposes. Of course, it is so easy to get it wrong, to be inspired and then to misapply that inspiration to a lesser end. That is usually what happens.

For example, the prophetic religions of Judaism, Christianity, Islam, and also the Hopi Indians seek to fulfill prophecies of the future that manifest in human history. Often acting in ways that are cruel and malicious, nonetheless they are trying to make a serious connection between fire operating on the akashic plane and the mental plane in order to change the world.

The difference between the religious approach is that mental plane fire is incredibly pure, inexhaustible in energy, original, perfect in conviction, and indeed it has a level of commitment that only appears when it has been anointed by the divine.

You will know when you have met someone who has it right. You will feel that the past and everything that holds you back have suddenly vanished. You have been made into a new being. Something of that source of light now shines within you.

After all, you now transcend human history. That akashic source that oversees and guides all things has set a path before you.



In summary, fire on the mental plane is the exact power you need to accomplish your plans in life. You can draw up a brilliant plan of action. Lay out all the steps you need to follow through in getting the results you want. But without the sheer power of will that keeps you focused, wards off all distractions, and laser like zeros in on what you need to do each day, your plans will not come to be.

## Astral Plane

Fire on the astral plane (and in the astral body) is an electrifying enthusiasm, excitement, and charisma. It is powerful, exhilarating, dynamic, and expanding.

These emotions are familiar to us—courage, daring, and boldness, and fearlessness. Electricity causes the light bulb to light up a room. Fire in the astral body causes feelings to become animated and bright so that they seek expression—the desire to feel fully alive. It is energizing and invigorating.

You will notice when you have this fire burning inside of you. You bring courage and fearlessness to the mental plane plans of action. You see farther than others into the past and future. What for others is hard to imagine, for you is something fully alive right now as if it is in front of you.

Whereas others are waiting for something external to motivate them or stir them to action, your motivation is self-contained and independent. You are charged up inside, ready to go, to act, to accomplish what for others is impossible.

Ask such a person, “How do you sustain your motivation? You seem to go on and on without doubt or hesitation?”

And the reply? “The fire, the light, the energy, and the vibration that bring into being what I envision is already alive within me. For this reason, I am autonomous and self-sufficient. The future lives inside of me and the day will come when I will look back and see that I have accomplished all that I have sought.”

In summary, fire on the astral plane is the emotional energy unleashed that takes hold of the world and changes it. You can have a dream, ideals, resolve, and commitments. This astral fire is the force that lights up that dream, lays hold of that ideal, empowers your resolution, and focuses your energy to fulfill your commitments.

## Physical Plane

Fire in the body is quite clear. It is felt in the metabolism—food and air transformed into heat and energy. There is the hot flash, the adrenaline rush, and breaking into a sweat—fire in the body as heat is quite evident.

And then there is sensation of power rising up and seizing control of the body, ready to perform feats of endurance and mastery. That is fire instinctual and primordial awakening and focused through our wills.

The nervous system has a massive amount of power hidden within it. Referred to in the Orient as kundalini. Awakened prematurely, it can tear your psyche apart. But a skilled yogi rides this power to realize profound states of consciousness.

In nature, we have the sun above. We have captured the power of fire to work, shape, and transform matter. We still use stored energy from past geologic age to power our cars. We are turning to solar energy but soon will have the nuclear fusion that runs the stars.

In a simple way, recall that wood and coal kept the house warm at night and cooked our food in our cabins on the frontier or in our city dwellings. Coal, oil, gas, and fission still produce the electricity that runs our appliances and our laptops.

Yet nature knows also the forest fire, the volcano, the hot springs, and the desert.

## Etheric Body

If you visualize the body as being empty inside, you can imagine within it the sensation of heat. This heat sensation leads to a feeling of pressure, of an expanding, even explosive force. It is power ready to be unleashed.

Your alpha males, almost by definition, always have this vibration within them. Whether positive or negative, they communicate and transmit to others their abundance of energy. Like a powerful electric wire, they keep what is around them aligned to their purposes and goals.

This energy can produce a charismatic, inspiring, and dynamic leader. You will notice that all great leaders seem to carefully contain and control great power that they hold in reserve, but which is always ready to be unleashed.

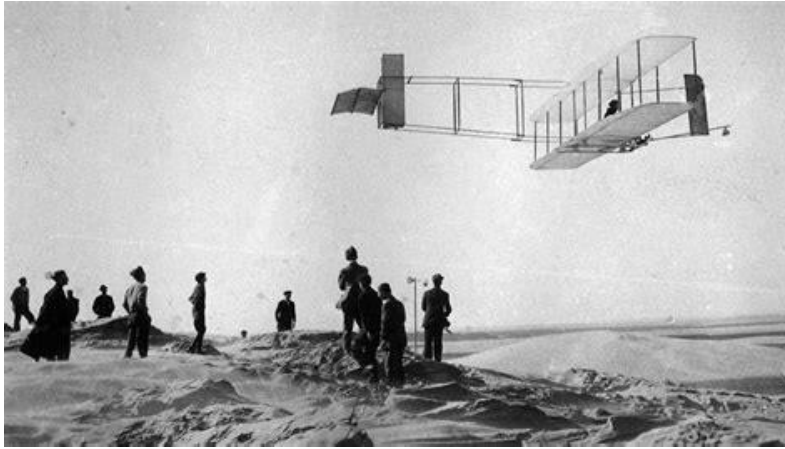
It is possible to focus this etheric energy inward and practice something like Tumo yoga. Some of the Dalai Lama's disciples have mastered this fire yoga and can raise their body temperature at will.

But more likely this fiery heat in the body belongs to extroverts. The body needs to act in order to remain balanced and healthy. With this energy, you like to work. You like to do things that impact upon and change the world. It is the nature of fire—it likes to seize and control, if not to transform, what is around it.

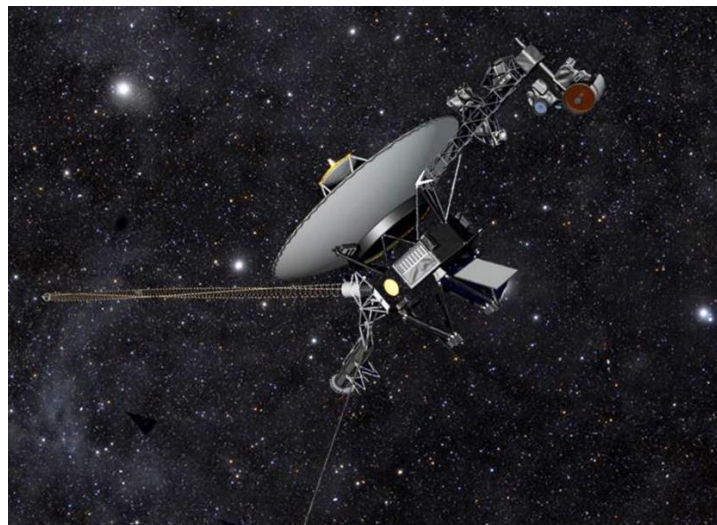
Another way to discuss fire in the body is to note its similarity to adrenaline which is sitting right next to amphetamine. Think of the body of the Olympic swimmer or runner the instant before the starting gun fires. Think of the inventor of some new software still at the beginning but who is certain his programs will result in a global corporation. With ease he works late into the night or all night because he is totally enthralled and captivated with what he is accomplishing.

George Washington and Lincoln, Edison, the Wright Brothers, Henry Ford, Einstein, and Oppenheimer—the energy in their bodies has been granted an upgrade because they know they are about to change history.

## Fire in the Human Realm



*It took the Wright Brothers seven years, 1896 to 1903 to go from concept to reality with their flying machine. Nine years later others were mounting machine guns on airplanes.*



*August 25, 2012, one hundred and nine years later after the first flight, Voyager left the solar system.*

In the human realm, the study of elemental fire is a study of military, political, and economic history. It is a study of wealth, power, and

influence. And it is a study of you—what drives and motivates you to define and pursue your goals.

Over the last two hundred years our world has acquired immense power through the development of technology. Our entire civilization is fiery and electrical. We have individuals who act like incarnated fire spirits. They reveal new applications of fire to the world.

Flip the light switch on the wall—that is Thomas Edison and Westinghouse. Get in your car? That is Henry Ford's production line at work. Turn the key in the car engine—that starter motor is Tesla's alternating current engine.

Make a plane reservation? That is the Wright Brother's getting us off the ground. Add to this the entire complex of computer and internet technologies.

And then we have men. They feel the fires of nature inside of themselves. They are like gasoline, explosive and volatile. They are like the outer core of the earth that burns as hot as the surface of the sun--smoldering, pressurized, explosive, and raging to be released.

And some of them are like the nuclear fires of the sun. In every generation there are a few men who want to take control of the planet so they shine like a star whose light goes out to the ends of the universe.

To summarize, we can say that independence, strength, courage, confidence, conviction, faith, determination, dedication, self-reliance, self-mastery, uprightness, clarity, order, adaptability, practicality, planning, productivity, excitement, passion, exhilaration, creativity, and vision are qualities that are present when fire and its inner essence—the electrical fluid—are operating successfully.

## Dialogue on the Fire Element

Novice: I wish to inquire regarding magical equilibrium.

Older Novice: Go on.

Novice: Do you have any advice?

Older Novice: In Chapter I and II of Franz Bardon's *Initiation into Hermetics*, we worked to attain a balance of the four elements in our soul as we observed our personality functioning within society. And then we moved on in chapter III where we work with creating and dissolving each of the four elements in our soul exactly as a baby elemental being in training might learn to master its element.

But sometimes growing up we have already been exposed to problems as they arise from archetypal levels of the collective and global unconscious. It is fine to say, 'You need to bring into balance in a positive and constructive ways the elements of earth, air, fire, and water in your soul.'

But the hard, cold fact is Homo sapiens has never been in balance in the last two hundred thousand years of its existence. You are asking an individual to do what has never been accomplished before. Our entire culture and civilization is skewed toward preventing you from undertaking such as task.

Let me be specific. Take fire. It represents will and power. You know, some people exude physical power. You can feel a force in their presence like a martial arts master or a ghetto street fighter. Their adrenal glands are ready to unleash this individual's energy in a concentrated manner.

Most people, however, are limited by their childhood experiences and development as to how they approach fire, will, and power. If you grow up in a feudal society, a dictatorship, or a democracy, you are going to have a different understanding of what power is and the part you can play in that society.

If your father was a general in the military or a CEO who runs a global corporation, you have a different sense of command, personal initiative, self-direction, and resolve than if your father is a teacher or union steward. It is quite difficult to identify with other kinds of power if your family background is all about tradition and honor versus a family of inventors, innovators, and entrepreneurs.

Our modern society, for example, enables the quick acquisition of power in many different forms. You may have a high school coach who was a captain in the marines. He will drill you and demand you perform at your highest level. Something of his self-control and will he will transfer to you through his tone of voice, body language, his training procedures, and his expectations.

You may have had a work situation where the supervisor or CEO contained a great deal of power. His managerial style is demanding and he is ever watchful, asking those under him to perform at their highest levels. When an alpha male is present who is dynamic, positive, successful, and purpose driven, something of that leadership style rubs off on you.

“You can, of course, sit and practice meditation as you think positive thoughts, focusing your will as best you can. But this is never going to be the same as actually having lived through situations where a great deal of power is in play every day. And there is nothing quite like sitting at dinner and having someone explain to you, “Here is how I made a friend of an enemy.” “Here is how I warded off the union strike.” “Here is how I took command of a bankrupt company and turned it around.”

“Here is how we convinced the jury that the federal government was wrong.” “Here is how I dealt with my superior officers when they were arrogant and mistaken.”

“Here is how I dealt with the police when they thought they were going to arrest me.” “Here is what I said to Henry Ford when he questioned my ability,” etc.

You want power, at some point you will need direct experience with how human beings in difficult situations take command and successfully overcome great opposition.”

Novice: So marital art training, managerial positions, and leadership in groups of people expose an individual to fire energy?

Older Novice: That is right. Nothing like experience.

Novice: So what about the weak and negative sides of fire?

Older Novice: Experiencing abuse of power can burn you. Some people will identify with their perpetrators because they see how effective the abusive individual is in getting what he wants. That external fire gets inside of you and possesses you, imprinting its selfish desires on you.

On the other hand, if you are burnt by fire/will, you may become passive, shying away from using power yourself because you do not want to become like those negative examples. That negative fire is in you but you do everything you can to keep it in check.

It took an outsider and a professional team of investigative reporters to expose the hundreds of thousands of children who were abused by priests and brothers in the Catholic Church. Yet almost none of the abused found a way to demand the Church change. Massive institutions like the Catholic Church drain the will of those who would oppose them.

Even in an advanced, democratic society it often takes between six years and fifty years to undo the wrongs committed by corporations and government.

Power is often held by institutions whose only real commitment is to preserving themselves. Will and power are embedded in every aspect of society.

When reformers arise, they often make things worse by failing to address the root cause of the abuses of power. Reformers realize that it takes power to bring about change. And then when they acquire power, they become addicted to it just like those they removed.

So a great deal can be said for improving yourself before getting involved in the external world. And at the same time, without experience in the external world, training is worthless because there is nothing to test it against. Meditation and focusing your thoughts provide very little feedback on how well you are developing the power and will in yourself.

Novice: What of anger, a negative aspect of fire?

Older Novice: Anger results from failure to focus on our priorities and purposes. Study anger management so you do have to reinvent the



wheel. And observe your past behaviors as to the patterns, triggers, and situations in which you get angry.

There is personal anger. There is collective anger. And there is righteous anger. Sometimes someone must come forward to protect the needy, the innocent, and the vulnerable. Otherwise, injustice prevails.

Novice: What about bitterness, resentment, whining, and complaining?

Older Novice: Maybe it is just me. But I have taken a vow never to whine or complain and that extends to feeling bitter and resentful. Life is too short. And there is so much wonder and beauty surrounding me.

Why would I throw poison into the well?

Novice: What about manipulation, deception, lies, and controlling others?

Older Novice: Fire needs fuel to burn—that is its greatest weakness—and it also emits light. A low grade fire gives off lots of smoke, waste, and pollution. A purer fire has little or no smoke and it burns hotter.

When you have experience, you accomplish the most with the least effort.

To put it simply, if you have power you are free to use that power. With it, you get things done in the real world in a specific time frame. If you add wisdom to that power, then what you do is harmonious. If you add love, what you do heals and nurtures others. If you add the earth element with its sense of accomplishment and hard work, the results you produce are stable and enduring.

Novice: So how do will and power actually relate to the fire element?

Older Novice: Fire is hot, dry, intense, burning, commanding, urgent, demanding, consuming, exploding, and also illuminating. Different individuals burn with different levels of intensity and purity. Some of Hitler's generals possessed a will of steel. They were hardened in battle and brilliant in command.

But none of them could comprehend Hitler's will. Hitler was like a pyroclastic flow moving down a mountain at several hundred miles an hour and burning at two thousand degrees. And he was like a mountain

exploding. The generals had never run into anything like this before. Having their own wills forged through experience in real situations in life, they could not conceive of a will that is purely negative and arising from the depths of archetypes.

As I mention, if you have been exposed to negative archetypal power, it will not go away by embracing love and light. At some point you will need to make peace with the archetypal and cosmic power that knows your name and comes calling to see if it can possess you. In the end, you will need to embody the positive version of the negative power that has touched your life.

When dealing with the negative, there will be times when you need to enter the plane of akasha that oversees and controls both positive and negative expressions of the elements. For example, to purge yourself from hatred and anger, aggression and hostility, you may have to identify with the void, with akasha itself, where no fiery will exists. There at last you attain freedom.

Novice: So there is something to be said for meditating on the many different kinds of fire?

Older Novice: Absolutely. You can experience will from the inside so to speak. It is just that in applying that fire in a positive way will take real world experience.

Now then, are we done or do you want examples of how meditating on hot, fiery sensations develops will power in yourself when you lack will power?

Novice: There is this little question in the back of my mind.

Older Novice: Yes.

Novice: What about male, female energies?

Older Novice: I was hoping you would not ask about that. Society has produced men who feel half dead inside to such an extent that in order to discover new things and find something exciting to do with themselves, they put their very existence at risk. The delight of the five senses and the feeling of being fully alive is not in them.

It is the opposite of fire, the water element, that is missing from men and from human civilization. The consciousness of actual mermaids as they exist on the astral plane with their innocent giving has never appeared in human literature, religion, or wisdom traditions. Thus without such knowledge and experience of water, astral equilibrium is an impossible venture—a trap lying in wait to deceive and ensnare young magicians everywhere.

Novice: So what is the end goal of astral equilibrium? You make it sound like pursuing astral equilibrium goes on forever.

Older Novice: It is an on-going process. The goal is to rise to the level of knowledge of the kings and queens of the four elements. And this is no easy task. These astral beings embody the part of human nature that we have not yet discovered. The human soul is only using about 25% of what it is meant to become.

But there is a problem. Right now the kings of the salamanders do not consult with mermaid queens when they oversee a super volcano erupting. The sylphs do not consult with the gnomes about the onset and ending of an ice age.

When magicians such as yourself bring into balance the four elements in their souls, there will no longer be a separation between the four elements in nature. The biosphere of the planet itself will take on one vibration of harmony.

Scientists may think they are engaged in pure research and furthering human understanding of nature. But their work is compromised and twisted by the corporations and governments that fund them. New scientific inventions almost immediately fall into the hands of the worst people on earth. The air element (scientists) is co-opted by the fire element (generals and presidents). There is no balance or harmony.

Novice: So you have this little warning sign you are putting up that suggests taking extra time with the water element. But the primordial innocence and all-embracing love of the mermaids must have its down side as well?

Older Novice. Yes. But that is another discussion.

## Check list for the Fire Element

On a personal level, organize your daily life; take charge of your personal affairs. Always know what you are doing, why you are doing it, and what you wish to accomplish. *Visualize attaining your goals so they are perfectly clear.*

Meet the objectives of your current stage of life. Solve your personal problems to the extent they are solvable.

As you involve yourself with groups and in society, learn to work well with others. Find your career and place in life. Take problems as challenges and *use all available resources in solving them.*

As you develop and acquire experience, refine your goals and plans of action. Be perfectly clear about where you are as your plan of action leads to manifestation.

Learn from others. Modify, revise, and adapt what you know so that it works for you. Put aside any doubts, confusion, attachments to self or ego, to tradition or past behaviors that limit your focus and commitment.

Do not let your feelings hold you back from acting. Reframe them as in—



(picture--from Skyrim)

*I met a man in a darkest dungeon buried beneath the land. I asked him,  
“How did you manage to survive the confusion of being alive?”*

*The man replied,*

*“I give my feelings my full attention, whether positive or negative, joy or  
sorrow, love or hate, for their message is always the same—*

*‘Become a stronger, wiser person who both accepts the world exactly as  
it is and who strives with absolute determination to make it a better  
place.’*

Be a leader. Focus yourself totally on your task with self-motivation,  
original inspiration, and deep insight. Use meditation and concentration  
so that they enable you to succeed.

In summary, in a plan of action we ask, “What assets and resources do  
I have to draw upon? What difficulties must I deal with and what

opposition must I overcome? What do I need to do to get from where I am now to where I wish to be?

“What is my backup plan, plan B? How will I begin again if my assumptions and resources are inadequate or unreliable?”

## *Imagery and Fire*

*Recall your experiences with the element of fire in nature. Recreate these sensations and perceptions. And then open yourself to the feelings and energies underlying the images of fire.*

*For example, a candle, the fire in a fireplace burning wood or coal, a bonfire, a forest fire, fire in a blast furnace combined with oxygen converting iron into steel, a cinder cone, lava flowing, lightning in the sky, fire and light in the sun and stars.*

*Each kind of fire has its own feeling and inner life. The fire place—the crackling wood, the radiant light and heat, the flickering flames, the coals glowing and throbbing.*

*And underneath? A feeling of being home, protection from the cold, a place to share with others breaking bread, celebrating coming together, a cup passed between friends or lovers, a place to lie down, security, strength, and the power to rise again energized and renewed.*

*Some people have that vibration of fire in their auras. You feel warm and safe around them. Others have a weak or negative vibration of fire. They are consuming, demanding, unpredictable, impulsive, and complaining. Being around them is exhausting.*

## *A Poetic Exploration—The Voice of Fire*

*I am fire burning, yearning, and craving. I am hungry to devour. Urgent, wanting, demanding like a heart throbbing. Of power I dream, I quest, I feed.*

*Every cell in your body lives because of me. I am the dazzling sun in the sky above. I am lightning in the night blinding bright.*

*Wait for it. Wait for it. Wait for it. All lovers long for me—I give the taste of ecstasy.*

*Some lonely, silent night with no moon above sit down and imagine you are me. Nations rise and fall, plans succeed or fail, and civilizations ascend and then come to a bitter end depending on the honor I receive from them.*

*Mighty men, heroes of the hour, the victory of sovereign kings—these are but a faint reflection of me—I am omnipotent and mighty in deeds.*

*Wood, coal, oil, solar energy, fission, fusion, electricity—these heat your homes, drive your cars, and sustain your economies. Your history is a study of my majesty. Yet I exist outside of space and time.*

*One star exploding shines brighter than a galaxy of two hundred billion. Can I say it any clearer? Behold my mystery—I am infinite in glory.*

*Find me in yourself. Attain your destiny.*

*I am fire. I am you and you are me.*

*Reveal my mystery.*

## Exploring the Fire Element through Imagination

The basic procedure is to imagine that our bodies are hollow inside and so able to accumulate any energy we wish. We practice seeing and feeling fire. We evoke the sensation of intense heat within ourselves. When we are done, we imagine that the energy dissolves again into the universe.

Some individuals will be hesitant to work directly with fire. This may be because fire is dangerous. It can burn you.

It may also be that they are uneasy with the idea of developing their will and power. They may feel it is hard enough keeping one's desires and impulses in check. If you become more powerful, you immediately run the risk of abusing that power. Passions out of control may end up controlling you and causing all sorts of harm to yourself and others. These concerns are very important and individuals should listen to their own consciences on these matters.

Consider also the importance of warmth and heat to the human body. For the past thirty thousand years, we have managed to survive ice ages, winters, and freezing environments. We have developed clothing, insulation, and various heating systems to keep us warm. We have used fire to cook and produce many new kinds of food.

The point is that if you imagine your body filled with fiery flames and heat you encounter racial memories. You need to make peace with both the productive and destructive aspects of fire. You have to be comfortable with your ability to use its power in natural ways which fulfil spiritual purposes.

On the other hand, try as they may some individuals will find it hard to form a sensation of heat through concentration. They may visualize a fire in front of them. They can just as easily see a fire inside of their bodies. But nothing happens. There is no sensation of heat that accompanies this imagery.

The problem is that the individual's concentration on the mental plane is unable to produce astral sensations. The astral body adds feelings of life and immediacy to the imagery. When your concentration is effective on the astral plane, as in a dream, you feel you are really there amid whatever you visualize.

There are any number of ways of resolving this difficulty. Become the fire. Make fire part of yourself. Treat fire as an extension of your own aura. Nourish it. Care for it. Offer it welcome. Invite fire into yourself so it finds a home and a place where it can grow strong.

For example, take some time to imagine you are collecting some dry leaves and wood so that you can start an open fire out of doors. Give your full attention to the match as it ignites and then starts the dry leaves and wood burning. Assist the fire by placing small twigs into the flames so that it can take hold. Then place a pan of water over the fire and bring it to a boil. Cook something and then eat it while it is still warm.

If you can place emotion into your activity, then it is easy to feel the sensations which occur on the astral plane. The heat in the fire then



moves from a mental picture to an actual sensation which is intense enough to feel real.

The next step is to imagine and believe quite clearly that the presence of this element within yourself is the same as embodying will. In psychological terms, fire radiates urgency, power, and light. It is full of conviction and it dissolves fear. Because of its warmth and dynamic presence, it gathers others to itself. It offers leadership, courage, and a zest for living life.

Consider the affirmation: “I am a strong and assertive individual. I present myself in a clear and convincing way to other people.” It is possible to form a picture in your mind that you indeed embody these qualities. But others may still see you as a wimp. They may treat you like you are helpless and ineffective.

The reason for this is that you have failed to create an astral component for your affirmation. Your aura does not radiate any power or charisma. But if you can combine the mental affirmation with an astral sensation that radiates fiery power, others will then immediately feel the warmth of your aura and a source of power within you which can take charge of any situation.

But again, if you want to be more assertive and present yourself more clearly, why on earth bother with magic? Take a class in public speaking or find a group in which you can practice being assertive—a dance class; learn the tango; a debating team or extracurricular volleyball. Human beings are social creatures. Group interaction and peer pressure produces immediate results.

If, however, you sit down and meditate on fire and suddenly feel much more powerful, you may need to be very careful about how you express this energy. It may make you more impulsive or like someone taking cocaine you may feel larger than life.

Consequently, when the fiery element in the astral body is easily stimulated, the individual has to spend more time working on the mental plane. The purposes for which will and power are to be used must be carefully reviewed.

Using power, like using magic, requires a commitment to embodying values at the core of your being. Keep your priorities straight and your

purposes clear so that you do not go racing off accomplishing things which you were not interested in at the beginning.

## More Contemplation

In a relaxed manner, let us explore further the different kinds of fire in nature— bonfires, wood or coal fires, a candle, a forest fire, a cinder cone, magma chambers fifty to two hundred miles long beneath the ground, volcano calderas ten by fifteen miles wide, pyroclastic flows, mountains exploding, the molten core of the earth, the surface of the sun at five thousand degrees and the sun's center running around fifty million degrees. And do not forget the photosynthesis in leaves in which sunlight is put to work releasing oxygen into the breeze.

The secret of contemplation? Relax, make it fun and interesting, enter a dreamlike state, and free associate. And then become what you are gazing upon.

In the end, imagine the energy you may have created dissolving again so you are returned to normal. In this way you build resistance and resiliency and avoid becoming overly intense and self-hypnotized.

We are after a feeling of originality. If I imagine a vast, boundless sea of fire surrounding me, I start thinking like “I am the source of light. I illuminate whatever I gaze upon.” That is not an idea. It is what wells up from deep inside.

Power—The vibration of fire is like possessing an expansive force and quality that takes over any space it enters and aligns all things to its actions and activities. There are bullies, obnoxious people, and rude people of course who push themselves on others.

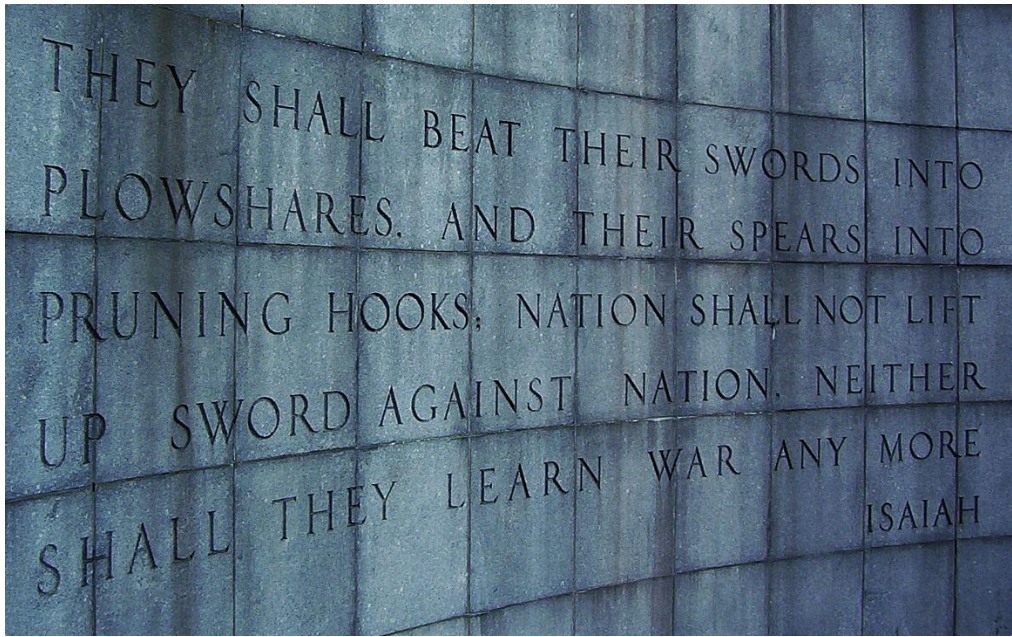
But fiery energy does not do that. What I am describing is the kind of person who communicates his enthusiasm and energy to others so they feel energized and excited. Elemental energy is not in one's head. It is thick in the air and yet oftentimes subliminal. You feel its effect without necessarily understanding how it is acting on you.

Franz Bardon imagines a saint whose light is so bright in his aura that if he visualizes something it will manifest. What he sees comes to be. I can imagine someone visualizing the dazzling light of the sun in a ball in the air in front of him. And he puts into that fiery ball a picture of what he sees accomplished. Others then begin to see this same vision in their dreams and it takes over their hearts and imagination. This happens because they wish to play a part in bringing this vision into being. Inspiration takes hold of them.

You could use the opposite principle of love and empathy by joining yourself to another so that the two of you are one. Then what you feel the other feels. The water energy is effective because it saturates another person with affection and love so that there is a desire to stay as close to the other in every way possible. Of course, working with both fire and water gets better results.

Again, keep in mind that there is a personal will we use to meet our needs and to get what we want. There is a larger charismatic and dynamic will that men such as Churchill, Roosevelt, and General Patton use to lead nations and to overcome great obstacles. Then there is a divine level of will through which we feel the creative power of the universe being channeled through us. With it you solve problems and overcome difficulties that others lack the determination and resolve to confront.

When we mediate with the elemental fire and its imagery we experience all three levels of fire inside. We can write about religion and be a theologian but if we touch those energies we find touch the divine and begin to establish justice, fair play, and freedom throughout the world.



Get to know fire well and you shine like the sun, the moon, and the stars. Or like the spirits of the sphere of Mars—they take some aspect of nature, something that embodies the creative powers of the universe, and channel it through themselves both to attain greater self-mastery and to fulfill divine missions.

## The Realm of Salamanders



These beings reside for example within great calderas of flaming magma burning with tectonic rage—ready to explode having waited ages and eons to gain freedom.

Speaking with the voice of salamanders:

“It is not that I am not content just to be or that I have forgotten that in each moment my inner spirit is already free. Rather, I burn with such intensity that I know in my heart every boundary and obstacle will in the end yield to me. It is the nature of my will and power to grow stronger.

“Others may like harmony, perfecting nature and transforming matter, or embodying a love that nurtures. But in me you see a volcano that explodes, a pyroclastic flow, and lava lighting up the night and making new islands in the sea. Without fire, how can there be life? Without fire, there would be no visible light.

“The planet earth is alive because I am inside. My turning and churning creates a magnetosphere and protects the earth from solar flares. I move continents and enrich the chemistry of the biosphere.

“I am fire. Hidden in me is the secret of being free of all need—refined and perfected I too am divine—I burn with such purity I no longer need fuel or outer support in order to shine.”

If I focus on the great salamander Pyrhum again his mind appears within the open space of my mind. Almost immediately a great variety of different fires upon this planet flash through my mind—the volcano, the cinder cone, lava tube, mountain exploding, pyroclastic flow, calderas of lava, magma chambers beneath the ground, the magma beneath tectonic plates as well lightning in thunderstorms and wild forest fires.

But Pyrhum also looks beyond this planet. He envies the fires of the sun and with that nuclear fire within his dreams he is one. Pyrhum’s thoughts appear within my mind—

“I keep the planet alive. I diversify nature and bring it to life. I destroy what needs to be destroyed and new civilizations shall be born by drawing upon my light.”

He goes on, “Give me a mission no one else can accomplish and I will do what needs to be done so that the problem is solved and all obstacles overcome.”

If the mermaid queen Istiphul is nurturing and ecstatic love, then Pyrhum is the ecstasy of will and power.

A mermaid feels that just by her presence her love flows to whoever is around her. Her love by itself accomplishes all that needs to be done. Water is that way—it just flows and it is totally complete, fulfilled, and at peace in each moment of time.

Pyrhum is the extreme opposite in nature that is the balancing element to water. Pyrhum puts it this way: “Fire pushes itself to its limit and then beyond. United with the powers of creation, it recreates itself going beyond what it was.

“How can I explain the rapture, joy, and the bliss that is the essence of my being? To unite with nature from the depths of yourself, to be part of what transforms the world, and to create new wonders never before seen—one day in an advanced civilization I shall incarnate as one of them after their own form.

“I shall walk among them and they shall behold the light of the sun standing before them. And then they shall finally understand what their bodies, nervous systems, brains, and minds are capable of. The enlightened mind is not just a mirror perfectly clear and receptive. In you the stars appear not just as dazzling light but as the power unfolding the universe.

“I totally grasp the love that is within water. But this love is finally fulfilled when it is joined to power. Creation will settle for nothing less than the union of everything that exists.”



In water and in the oceans of the earth is a love that perhaps the human race itself will never grasp or learn. But it is the destiny of this planet for a race to appear what does fulfill the planet's purposes. Each person can choose to align themselves with the greater purpose according to their own path.

But in the end we shall not only learn to become one with another but our love will become so deep and vast it joins with the universe itself. Perhaps in that day mermaids shall not just be the sea in human form when they incarnate and live among us. They shall reach further and become a oneness that embraces everything without limitation or boundaries.

The beauty and gifts of each of these four elemental kingdoms are each astonishing and full of wonder. We each begin with where we are. How and where we proceed is a matter of personal choice and also of the destiny that has captured our hearts and imaginations.

## The Air Element



*Sit with me. My temple is the sky*

## The Air Element in Kabbalah

We can briefly speak of how the air element presents itself on four planes in Kabbalah—**akashic, mental, astral, and physical**.

For the **akashic plane**, imagine a vast, limitless, empty space. No light, no sound, no form or substance. Nothing is there.

The principle by which the air element arises from this void goes like this:

*Because there is no attachment, nothing to hold onto and nothing to lose, and because no one is attacking and no one is being attacked, no attack is occurring, and there is nothing to attack with, there is no greed and there is no fear, and so there is perfect clarity and absolute freedom.*

It is simple. Nothingness or the void presents itself as an actual physical sensation—it is vast, open, and empty. You look around and there is nothing threatening you and there is nothing that you need. You are in a self-sustaining state of awareness without form or image.

The air element is also active on the akashic plane. As such, it embodies cosmic wisdom—that is, a great stillness of perfect balance and harmony is behind and underlying the unfolding of the universe.

*What lies hidden in the moment?*

*A stillness that embraces the universe.*



It is as if each moment is frozen and complete in itself. And yet also each moment is united to all other things and moments in time. Find this stillness in yourself and you approach the source from which all clarity and the enlightened mind arise.

On the **mental plane**, the air element produces the qualities of enlightenment—mirrorlike detachment and clarity, a mind that is vast, open, and free.

*There is a stillness in which every conflict is resolved, every problem solved, every discord becomes harmonious, and every weakness transforms into strength.*

*Find this stillness within yourself*

You perceive the present situation you are in with great sensitivity and also you are completely transcendent, perceiving from a vantage point independent of all situations of history.

*Blessed are those whose minds are as vast and clear as the sky, for their peace shall be as a sea that has no shores and as a stream that flows from the dawn of time to the ends of eternity.*

On the **astral plane**, the air element is a fascination with the nuances of perception, feeling, and experience. What kind of mind or personality can take in what is happening in each moment as if it is new and filled with wonder?

*For Shakespeare, each person's life is a story worth telling. And if you listen carefully to that story, you will witness a great mystery unfolding before your eyes of life both improvising amid ambiguity and uncertainty and yet also seeking with infinite determination to fulfill its deepest dreams.*

On the astral plane, the element air is sweet, delightful, and light hearted. It establishes rapport so that a relationship is almost musical. And it enables an individual to feel at ease, balanced, and free. It brings with it the thrill of discovery and wonder—it perceives an unknown universe revealing itself as new in each moment.

The air element is associated with the sensation of weightlessness. And with this comes a feeling of being playful, outrageously cheerful, and joyous. Even if hyper sensitive, its sensitivity makes for great artists. In an instant, it can move into rapture, becoming caught up with what it perceives, imagines, or dreams.

On the **physical plane**, the air element is within nature and the energies underlying nature.

Obviously, in nature we are surrounded by a sea of air. The study of meteorology, weather, and climate track the operations of the atmosphere. Yet equally, the air element is in our breath and plays a dynamic role in our metabolism. Pranayama for example attempts to focus on and enhance the actions of the respiratory system.

### The Air Element in the Human Realm

Within the realm of human beings, the air element is strongly tied to such personality and character traits as being artistic, sensitive, establishing rapport, and feeling alive in the moment.

In terms of mind, it produces strong academic traditions and scholarship. In government, it is a judicial temperament, a sense of fair play, negotiation, and resolving conflict so there is a mutually satisfying solution. It provides oversight, vision, and equal opportunity.

In science, it is curiosity, detachment, clarity, investigation, analysis, hypothesis and experimentation. In philosophy, psychology, anthropology, and the social sciences, it is the systematic integration of your ideas and observations. It is understanding and wisdom.

I recall professors I have studied with. They sought to be completely open in their minds, to take in all the details and history of their areas of research. And yet they tried to summarize and integrate all that they observed and understood so it was expressed in one coherent and clear set of concepts.

Again, the underlying clarity and sense of freedom originate from the void of akasha. From that source, the mind is inspired to perceive with detachment amid ambiguity and to pursue knowledge and freedom within the limiting circumstances and confusion of history.

Positive qualities belonging to the air element are independence, familiarity, optimism, agility, attentiveness, friendship, harmony, judicial temperament, a tolerance for ambiguity, temperance, fair play, honesty, impartiality, even handed, a sense of humor, truthful, open-minded, objective, detached, alert, positive, curious, articulate, concise, thoughtful, reasonable, analytical, self-reflective, and wise.

*Check list:*

*On a personal level, learn to articulate your ideas, feelings, and assert yourself with clarity. Manage your stress. Make relaxation a goal.*



*Take relaxation breaks in which you enjoy the moment, appreciate the familiar, and to savor the presence of wonder.*

*As you involve yourself with groups and society, develop listening skills such as active listening. Be detached and open-minded as you strive to understand others' points of view.*

*As you acquire experience, develop a judicial temperament—withhold judgment until you weigh case histories, facts, insuring that all sides are equally and clearly presented. Learn to investigate and research so you think your own thoughts and draw your own conclusions.*

*Learn the basics of mediation, negotiation, conflict resolution, and setting goals.*

*Understand the part reframing plays in taking problems and conflicts and arriving at mutually satisfying solutions. Observe carefully the extent to which an idea, a set of words, or an image can shape and change emotions and feelings.*

*Develop an open mind that is vast, luminous, free, and unshakeable like the sky.*

*And finally, evaluate some of the air siddhis—the magical perception inherent in the air element. Can you sense how another's mind works? Can you reproduce in yourself the brain waves of other individuals so you not only understand their thoughts but you sense how thoughts arise in their minds?*

*Having trouble imagining telepathy? Just imagine you are the other person—review everything you know about that person's behavior, choices made in the past, biography, body language, voice, intonation, word choice, and emotional range of expressions. And then imagine you embody all of these.*

*There. Now when you focus on something some of the other person's thoughts appear in your mind.*

## Exploring the Air Element through Imagination

Recall how the air element operates in nature and your experiences with weather and wind. Recreate these sensations and perceptions. And then open yourself to the feelings and energies underlying the images of air and weather.

For example, imagine the air up there in a clear, blue sky. I see the circle of the horizon surrounding me. There are mountains in the distance and oceans stretching out curling and circling about. The air is light, the pressure high but sometimes low. There are water vapors ascending in evaporation and precipitation where rain falls.

In air, then, there are these things: high and low pressure, temperature hot and cold, the air moist or dry, and even in a clear sky surging electrical and magnetic positive and negative charges.

And underlying these observations, sensations, and perceptions? The element of air is constantly engaged in balancing opposites producing a benevolent harmony that governs the atmosphere. Without it, we would not be here.

The mind is like the sky—regardless of the wild and raging storms that may arise, there is a clarity that presides.

And so there is also in each moment an artistic sensitivity that appreciates each sensory sensation. Combined with detachment this becomes a sense of wonder at the beauty of the universe that surrounds us.

## Meditating on Air

If I relax during this meditation I feel I have become the atmosphere. I no longer am aware of a me sitting here. I feel united to the sky.

Since my awareness is open like the sky, my body feels also very open. It feels like air currents are passing through me with great ease.

Similar to mermaids, there is an extreme empathy. But for this element it is for the faintest changes and disturbances in air over large distances. Unlike the mermaids, the focus is not on love and flowing, but on harmony and freedom. Detachment is always present even when there is extreme sensitivity.

Breathing itself, as with an inhalation, is like eating a gourmet meal. You feel the texture, vitality, energy, and the life force animating, renewing, and rejuvenating in each breath. You feel you have the body of a sylph with its acute sensitivity to the air element.

Here is perhaps an individual's greatest experience of relaxation. There is a floating sensation of feeling free of all gravity, weightless. And so you are also free of tension and also of anxiety. There is no sense of worrying about the future. No constriction within one's lungs when some disturbing emotion passes through the body.

You will notice that sylphs love those with an enlightened mind. This is a mind that is open, clear, embodying freedom and that radiates boundless light. For sylphs, such a mind expresses the essence of the sky.

There is also an awareness of electrical and magnetic charges in a clear sky, in clouds, in the earth, and in energies like lightning discharging and recharging. It is part of the dynamics of the clouds, sky, and weather. Like a sylph, because you can sense the faintest disturbances and changes in the atmosphere, you can also sense how people breathe and the breath within their lungs. Aware of the energy within their chests, you can tell what it is like to be that person—that individuals' sense of freedom, how they approach the future, and the way their consciousness is focused.



*I love the sound of wind gusts in a moonless night. At first cautious and shy like a feral cat and then she unleashes her full might in a blast.*

*I sometimes send my mind out there and follow her tracks. The wind responds as if I am the sky and she the lover who comes home at night to lie down by my side.*

*Lightning and thunder, rain and hail, tornado and storm cell, in wild passion we dance and whirl.*

## The Air Element in Hermetics

In Chapters 1 of *Initiation into Hermetics*, Franz Bardon has the student very carefully attempt to analyze his personality traits in terms of the four elements. In chapter 2, the student is advised to work on his negative or weak traits to make them positive. Self-analysis and improving one's character are doubtless a lifelong work.

In chapter 3, the student moves on to working directly with the energies of the four elements. This is a serious and bold movement forward. It takes you from awareness of yourself as you act within society to an awareness of being connected to the energies underlying nature.

Bardon: “Let us now pass on to the exercises concerning the air element. Take up the same comfortable position, close your eyes, and imagine yourself to be in the middle of a mass of air that is filling the whole universe. You must not perceive anything of your surroundings, and nothing should exist for you but the air-filled space embracing the whole universe.

“You are inhaling the air element into your empty vessel of the soul, and the material body thorough the whole-body breathing (with the lungs and pores). Every breath is filling the whole body to an increasing extent and with more air.

“You have got to hold fast the imagination of your body being filled with air by each breath in such a way that it resembles a balloon. Combine it at the same time with the imagination that your body is becoming lighter, as light as air itself. The sensation of lightness should be so intense that finally you do not feel your body at all.

“In the same way you did begin with the fire element, start now also with seven inhalations and exhalations. With this exercise done, you should again have the positive feeling that not the smallest particle of the air element remains in your body, and consequently you should feel in the same normal condition as before.”

Now that is something you will probably never hear a Bardon student talk about when reviewing his vices—“There is too much tension in my life. I am too much on edge. So my affirmation is ‘My relaxation is so great, so free of any tension or sensation of weight, that I do not feel my body at all.’”

The difference between the above practice and my own is that I do not use Bardon’s suggestion regarding breathing. Energy just appears to me. Breathing it in and out is redundant and actually inappropriate for my nervous system.

Also, instead of an empty vessel embracing the whole universe I am focused on the actual air element within nature on this planet, namely, in the atmosphere.



## The Voice of Air

*I am clear and free of fear. A helium balloon rising, a boat on the sea sailing, a bird in flight gliding.*

*Northern Lights way up there. Yet you can find me in the ocean trench, in the abysmal depths. I am inside ice and rock. There is no gravity in me. I am weightless. I balance all opposites.*

*I am the blue sky, an open expanse miles high. I am the thunderstorm, up and downdrafts; electricity and lightning abound.*

*I am the tornado, barometer falling, inhaling, spinning around. If you try to step inside me you may die.*

*I am the hurricane clasping the white caps close to my breasts with a storm surge to ride and a calm eye without a wind that sighs.*

*I am snow, rain, mist, fog, hail, sleet, and haze. I am the dust and fire storm, trade winds, north winds, and jet stream running away. I stir the leaves in the trees with a very gentle breeze.*

*I am the atmosphere of the earth circling around. I have my own currents and tides.*

*Give me a conflict and watch me create harmony.*

*Give me evil and malice and watch as I create light from out of darkness.*

*I am the journey that begins in ignorance and ends in knowledge.*

*I am the quest that originates in lies, treachery, and self-deception. Yet nothing that exists can prevent me from attaining total liberation, for I am truth that is infinite and omniscient.*

*“What is the bid? What is the bid? What is the price of wisdom?” the auctioneer shouts out loud.*

*“I will accept any honest man dedicated and committed. He shall apprentice to me for forty or fifty years and then he shall attain complete enlightenment.”*

*Give me a hundred such men and the world will be saturated with freedom.*

*I am air, immortal and divine.*

*I never lie and beauty walks by my side.*

*I am air.*

### A Sylph in the Form of a Woman



You may not be able to sense why but around one of these women you begin to feel high. Whether she knows who she is or not, her kingdom is the sky. She is equally the breath and sigh of wind caressing your skin, the trade winds, and the jet stream.

By definition, she loves freedom. Like the wind, she comes and goes and is about as easy to control.

Oh, she can drop in when your life is like a song she wants to sing. Then out of pure pleasure, she sits down next to you and harmonizes—interweaving silence and sound, tension and resolution, pitch and dissonance, counterpoint and rhythm. Octaves, notes, cords, together they perfectly blend.

What you think and feel, the very sensations of your body, she reproduces and then adds beauty, finding harmony in the progression.

But make no mistake. She loves men the way the sky loves storms—all that urgent need, that passionate craving, whirlwinds flailing, hail and wind shears ascending and descending, storm surge rising, barometer falling, lightning arcing. For her, men put on quite a show.

But men are not something to hold onto when it is time to go.

I know women exactly like this. They think human thoughts and they have human needs. They have the same opportunities and choices to make as other women.

The difference is that from the core of her being she believe with all of her heart, whether she ever says this or not, that she is the embodiment of freedom. The limitations of our world do not define much less control or shape her will.

Learn from her that in each moment wonder is spilling over. Be anointed with this beauty.

## The Realm of Sylphs

*When I speak, the winds obey.*

*--the sylph Drisophi*

For me, if you think, perceive, feel, act, and have the sense of freedom of sylphs, then by definition you are a sylph. And at this point the sylphs will certainly consider you to be one of their own regardless of whatever else you may do or be.

How to enter the realm of the sylphs? Let's try. Though I have to point out, if you have created a sensation in your body being weightless so that you do not feel your body at all, then you are already at the gate to the realm of sylphs.

I place my mind into the realm of sylphs. I instantly feel I am high in the sky on a clear day. The horizon of the earth circles beneath me. I feel free. I am full of dancing energy. Nothing weighs me down. There are no fences, no limits, and no boundaries.

Because my nervous system can sense any wind, storm, or weather condition, I feel free of restrictions. The sky is my mind. It is open, clear, luminous, and free of attachment or anything that would bind.

Like the atmosphere itself, I love harmony and balance. There is constant give and take and negotiations taking place between opposites— hot and cold, moist and dry, highs and lows, fire/light/electricity and water/feeling/magnetism.

But to be as one who dwells here most of all I love the enlightened mind because it is totally free and I love the artistic imagination because it is witness to every nuance in each moment unfolding.

But let's be real. Is there any real reason to learn about sylphs or to explore their kingdom? Not really.

Unless you are an artist, a musician, a poet, a performing artist who works with the spoken word, or a negotiator who must find the right explanation; perhaps someone interested in enlightenment or a weatherman, a storm chaser, an ecologist, a climatologist whose concern is the onset of the next ice age; a sky diver, a glider pilot, a hang glider, a farmer, a sailor or ship captain; and you might be worried about rain and droughts, preventing hurricanes from hitting major cities or the tornadoes that run about. The insurance company, Berkshire Hathaway, might be interested in reducing annual payouts of billions of dollars due to weather damage by hiring a weather controller or two.

And then there is pranayama and breathing in yoga. Or you might be Elijah who has returned—he was a master weather controller, far better than the Dalai Lama's. Or perhaps you are one of those who seeks to attain astral or physical immortality in which case the sylphs realm is part of your trade.

Franz Bardon goes on:

“The magician visits each of the elemental kingdoms as often as he likes and in each he learns whatever concerns the knowledge of magic. Going into the air element, he will see the most beautiful beings with a gorgeous, etheric body, soft and supple.

“The magician must mentally imitate the air spirits by moving about as if floating in the air. Not long from now, the air spirits will address him.

“Here likewise the magician is cautioned against addressing any of the beings first, lest the same ill fate should befall him as previously described. If after repeated experiments the contact with the air sprites has been established, they will inform the magician about whatever concerns the air element. He will be taught many magic secrets and practices of which no man living would have the least inkling.”

However, Franz Bardon also says of air spirit—the sylphs, “I desist from giving any fuller description of these intelligences for the simple reason that the spirits of the air are, apart from being very shy, not at all pleased with men. It takes much effort to force them down and only a genuine magician will succeed in getting them entirely under his control.

The reader will be given more information on this zone and its spirits in the second chapter dealing with the hierarchy.”

## Degrees of Connection

Let's be clear. At times, the human realm is closely associated with the realm of sylphs. The scientist who says, “There is no greater pleasure than the thrill of scientific discovery” is speaking as a sylph, even though he knows nothing of magic.

Those Irish bands who spontaneously jam all night—wild, carefree, and frenzied—are sipping the nectar of bliss that sylph's sip. Or maybe you have attended one of those life coaching seminars and had that experience of reframing. You look at your life and see struggle and

confusion. But if you change your perspective and understand the lessons you were learning, it is suddenly clear that harmony was there all along, hidden behind the conflict, waiting for you to see with new light.

The self-analysis of personality traits Bardon offers is a preliminary exercise. You try to take responsibility for what you feel and how you act. At that point, you can take another step toward the realm of sylphs through meditation.

If you contemplate the wind and weather and imagine you are in the sky weightless and free, then you are finding the sylph inside of yourself. But no one says in seminars,

“Now imagine that you are bouncing up and down at the end of a diving board. As you lift off over the pool, freeze that moment in your memory where your upward motion ends and for a fraction of a second you feel completely weightless. Prolong that moment and turn it into a meditation.”



A feeling of weightlessness is the primary sensation you master in order to stand before the gate to the realm of sylphs. Or being up in the sky

and looking around at the horizon from seventy thousand feet. Everything is open and clear.

Or simply practicing active listening with another person. You listen and then paraphrase what the other is saying noting separately the cognitive content of what is said and then the feeling the individual has as he speaks. Here you are acting with the detachment and clarity of a mirror. Sometimes the other person will say to you in response, “You understand me so well it is like you are inside of my head.”

In the above examples, we are finding the vibration of air within ordinary human experience. *If you feel free inside, then you have the luxury that other people do not have of being able to perceive with delight.* Like I say, sometimes human experience and the realm of sylphs overlap.

If we extend our meditation a little farther so that relaxation, clarity, and harmony fills our body, soul, and mind, then we cross that line where enchantment takes over. A woman once said to me, “Why don’t you join us? We are a wave rolling across the sea.” She meant they were so in the moment flowing like water that they knew themselves to be a part of nature.

We could say the same for the air element. “Why don’t you join us? We are as the wind moving through the sky; we are as a cloud floating on the wind; we can feel the entire atmosphere of the earth as a sensation on our skin.”

Is there a practical application to possessing the awareness of sylphs? Yes there is.

*Confused? Someone’s reaction or thoughts bothering you?*



*Take a sylph break.*

*Imagine you have the detachment of a mirror, that you perceive with perfect clarity without thoughts interfering.*

*Add to this the sensation of being high in the sky, light blue from horizon to horizon, and embodying absolute freedom.*

*But to really get your money's worth when it comes to the sylph experience? Feel so relaxed, so weightless and free of tension, that your body disappears.*

*Which is to say that you feel as light as air, as vast as the sky, and that you create harmony with your mind.*

Or, if you like to think as a scientist, once you know all there is to know about an area of research, then you can solve all problems and resolve all conflicts. Sylphs prefer to perceive from a position of knowledge and harmony rather than from a position of doubt and confusion.

Having the sky inside of your mind is an ultimate form of reframing.

<https://www.youtube.com/watch?v=6yNBDCOGTpg>



## The Dream of Flight

Once You Have Taken Flight  
You'll Decide  
Gaze Towards The Sky You'll Know That  
That Is Where Your Heart Will Feel At Home  
Once You Have Taken Flight  
You'll Decide  
Gaze Towards The Sky You'll Know That  
That Is Where Your Heart Will Feel At Home  
The First Great Bird Will  
Take Flight Toward The Sun  
Sweeping Over The Great Mount Ceceri  
Filling The Universe With Wonder And Glory  
Once You Have Taken Flight  
You'll Decide  
Gaze Towards The Sky You'll Know That  
That Is Where Your Heart Will Feel At Home  
Mankind Will Be Lifted  
By His Own Creation  
Just Like Birds Into The Sky  
Oooh Oooh  
Filling The Universe With Wonder And Glory  
Once You Have Taken Flight  
You'll Decide  
Gaze Towards The Sky You'll Know That  
That Is Where Your Heart Will Feel At Home  
Glory! Glory!

And John Magee:

Up, up the long, delirious, burning blue  
I've topped the wind-swept heights with easy grace.  
Where never lark, or even eagle flew —  
And, while with silent, lifting mind I've trod

The high untrespassed sanctity of space,  
– Put out my hand, and touched the face of God.

To summarize, if you want to experience the air element take a *relaxation break*. That experience is well within the safety and familiarity of the human realm.

If you want to go a little farther and experience the air element in nature, you take a *sylph break*. Now we are using serious meditation to find the sylph within ourselves.

And then there is that magic moment where we cross the line and enter the realm of sylphs. It is no more safe or dangerous than meeting a woman who is a sylph in human form.

Although with the incarnated sylph you may be bewildered as to why she does not bond or attach herself to you. That is what women are supposed to do, right? It is that human thing again—“I give you this and you give me that and now we have a relationship.” But this is not likely to happen with a woman who embodies freedom.

All the same, we can imagine warning signs at the entrance to the sylph realm kind of like the warning signs the lifeguards have at a beach—

Beware of riptides  
Beware of strong undercurrents  
Beware of jelly fish  
No lifeguard on duty  
Swim at your own risk.  
Dangerous shore break  
Sudden unexpected waves  
Sharp coral  
Slippery rocks



You get the idea. It looks like a beautiful beach. Let's go for a swim. Just be aware that serious anger lurks here.

On the other hand, we do not see these signs at the beach:



Do not flirt with the mermaids—you risk losing your survival

instinct and may suffer serious withdrawal symptoms  
Beware of the sea—it is a living being.  
Beware of love that encircles the planet  
Beware of innocence—  
only the moment exists and it is forever new and wondrous  
Beware of time shifts—past and future are as real as the present  
Beware of losing your identity in infinite beauty  
Beware of enchantment—of bliss beyond human experience

And so if there were warning signs at the gate to the realm of the sylphs  
they might say:



Do not flirt with the sylphs—the obsession may last a lifetime  
Beware of feeling free—here there is no selfishness or greed  
Beware of enchantment—of losing your attachment to  
humanity  
Beware of breathing—for through breathing you attain  
immortality which causes you to lose all inhibition  
Beware of feeling your mind is the sky—

the winds will obey your command without asking why  
Beware of rapport reaching ecstasy and rapture—  
Because another is thinking your thoughts and feeling what you  
feel does not mean you can bind the other to your will  
Beware of happiness—of feeling you have finally come home,  
for then the cares of this world, the sorrows and loss, will  
appear like a mirage on the horizon—they are there and then  
they are gone.  
Oh, and do not smoke cigarettes—for some reason it makes  
sylphs very upset

All of which is to say that you can enter and meditate within the realm of the sylphs without actually interacting with them. It is a state of mind and an awareness of a realm on the astral plane. If you feel at home here, you are free to drop in anytime.

Perhaps there is an item on your wish list—to visit a foreign country and rent a castle for a week. From the balcony, the sea stretches out to the horizon. And there is a throne room where kings once sat. Treaties were signed here that defined the borders of nations. There is history and a feeling of sovereignty.

Meditating in the realm of sylphs is kind of like that. You plan and then go on a vacation. Except here it is not sovereignty but a great harmony that underlies all things. You are transcendent. The experiences of life and the events of history are seen from a great distance.

Here the thoughts in other's mind are clear to you the way a sylph can perceive the wind shears and turbulence in a storm or electro-magnetism and pulsing of lightning in a cloud. Or like as it says in the poem,

My mind is the sky,  
Pure, clear, and open  
Its air flows through my chest  
Its winds are my breath.

There are certainly enough conflicts in life. The air element and the realm of sylphs assert that for every conflict and opposing force there is a balance and a hidden harmony that was in charge all along.

## The Sylph Parahim

Of course, we can also interact with actual sylphs. After all, we are in pursuit of magical equilibrium, establishing a balance within ourselves. And yet how little we know about what it is to be a human being if we have not met the intelligences underlying nature that surround us.

And yet such encounters are almost exactly analogous to interacting with another person through telepathy, clairfeeling, or reading the other's mind or aura. If you can do that, then you simply use the same ability to perceive a sylph in front of you.

On the other hand, if you are not psychic you can get equal if not better results (get more for your time, energy, and money) by apprenticing or studying with a scholar in some tradition you feel attracted to, a musician, an artist, or even take a set of seminars from someone in writing or the performing arts like Robert McKee who teaches screenplay writing.

Or, maybe you love magic and that is where your sense of wonder takes you.

Orif, a spirit of Venus, was once discussing with me the sylph named Parahim. Orif said,

When it comes to this air spirit named Parahim you must move very carefully. Imagine the blue sky way up high. Nothing exists but the enlightened mind. The only sensation is weightlessness. And there is a great stillness and an even greater longing to achieve harmony.

Now match your aura with hers so that when she looks at you she sees herself in another form. The clouds, the winds, and the storm are your outer form, like a cloak you wear, but you are the life underneath and animating these natural things. You are the unfolding of all the desires of the winds.

She is so sensitive she feels the fingers of ice spreading across the surface of a pond, the breath of frost forming on a window at dawn, the icicle dripping, the leaf falling, the trail of eddies from the bird's wing, and the rippling in the air when the birds sing. For her, air is a harp and a violin.

Ah, you have reached the point where her thoughts are yours—you see through her eyes and hear with her ears. You feel with her body. If lovers could do this then just seeing each other would create bliss.

In the sky above the clouds there are kingdoms of the soul where men may go to banish every sorrow. Here there is no fear. To breathe this air is to feel freedom everywhere. And the law here is harmony. Every conflict is resolved because the mind is so open, vast, and clear it encompasses the entire world below.

The air is a harp and a violin. If you listen carefully you can hear them playing in the wind and the song is the heart of Parahim singing.

## . The Element of Water

*Attaining magical equilibrium is to live a healthy life that is balanced and wholesome. The idea is to develop an on-going mental practice of observing the different aspects of yourself and keeping them positive, strong, and in harmony*

### Outline

Water in Kabbalah—four planes



Water in the Human Realm

Magical Equilibrium and the Water Element in Society and in Nature

Checklist

Exploring the water element through imagination

I Am Water

The Voice of Water

Mermaids in Human Form

Astral Immortality

The Realm of Mermaids

Water in Kabbalah—Four Planes

The Aksahic Plane

The principle by which water appears within akasha, the void, is—

*Because within the void there are no barriers or boundaries and nothing separating one thing from another, there is only oneness and so perfect love.*

The above is an actual sensation and physical experience. You imagine you are in a vast, empty space. And then you look around. There are no barriers or boundaries. There is nothing separating one person from another. Everything is here—the entire universe and everyone.

If you imagine also that you are this void then everyone everywhere is a part of you. You are identifying with that source from which their consciousness arises.

The water element and its magnetic field contain, control, modulate, and transform energy. The intent is to nurture. It does this, for example, by taking heat, fire, masculine energy, etc. and altering its quality and intensity to meet the needs of specific life forms. Water, whether in a mother's womb or as part of the biosphere of the earth, creates a supportive environment in which life can thrive.



The vibration of water on the akashic plane purifies, animates, and renews. It is loving support. It is the power to bless all beings. It strives to fulfill life in every conceivable way. It offers understanding in its purest form.

It comprehends the celebration and union that is behind the creation of the universe. It reveals bliss at the core of all beings. It inspires and seeks to lead all beings to perfection.



### *A Little Humor*

*And the Creator asks one of the Seven Mighty Angels who oversees the unfolding of the universe,*

*“Did I not create the oceans and the seas encircling the earth?”*

*And the angel says, “Yes, you did.”*

*And the Creator asks, “Why do you suppose I did so? I mean, I could have placed the earth outside the goldilocks zone so that it was either too hot or too cold to have liquid water on its surface.”*

*And the angel answers, “So that in one single glance men might behold in front of them extending from horizon to horizon a love that has nurtured life on earth for billions of years. In its very essence it gives without asking for anything in return. All embracing and with infinite*

*receptivity, it seeks to fulfill any being's deepest dreams and the visions hidden within their hearts."*

*And the Creator asks, "How is that going?"*

*And the angel replies, "Not good. They glance a lot at the sea but the love that it embodies is not yet one of their discoveries."*

*And the Creator asks, "Why do you suppose that is?"*

*And the angel replies, "When they can create love through force of concentration so that it emanates from their own bodies filling the space around them for miles, then truly they will awaken and perceive that the oceans of the earth and the sun that shines down upon it emanate a love that extends to the ends of the universe."*

## Mental Plane

The mental body is the realm of ideas, concepts, analytic thinking, investigations, questions and answers. It is also the clarity of mind that can hold before its gaze many things at once without having to form an opinion. And it sets specific goals and formulates plans of action for accomplishing them.

In the mental body, water produces a stillness of mind. The mind is mirror like, reflective, and receptive. This stillness has a soothing, tranquilizing effect. And with it too the past and future appear to you as being alive and nearby.

With the water element, then, the graphic imagination comes into play. An individual's perception of feelings and the sensations of being alive are heightened. You also sense the impulses and desires that move others from within.

Mental plane empathy senses what another individual feels and why the individual feels that way. You are aware, then, of what it is like to be that individual and what makes the other feel most alive. Any quality of another's emotional or psychic life that is unusual also comes into focus.



*The water element has a transpersonal dimension. When this element vibrates within your mind, you feel connected to universal life.*

*The entire spectrum of negative emotions such as anxiety, sadness, depression, mental confusion, despair, isolation, loss, sorrow, anger, hatred, bitterness, jealousy—these vanish with an awareness of the life that is equally within and sustaining all of us.*

*Water speaks with the voice of the mother who says to her children, “Now get along. I love you all. None of you would be here if it was not for me.”*

## Astral Plane

Astral consciousness heightens the ability to feel, to be receptive, and responsive to others and to the situation we are in. Above everything else, our astral body enables us to feel fully alive.

The astral vibration of water is denser than the vibration on the mental plane. As such, the experiences on the astral plane feel more real and a part of you. You feel immersed in the feelings and sensations of happiness, affection, and contentment. You feel cleansed and purified and have a purifying influence on others.

The astral water also greatly heightens the powers of attraction. This watery feeling is cool, magnetic, contracting, soothing, and calming.

We could say that peace, repose, calmness, serenity, happiness, contentment, well-being, delight, innocence, kindness, gentleness, affection, vivacious, empathy, sensuality, pleasure, bliss, and love are qualities that are present when water and the magnetic fluid are operating successfully on the astral plane.

If you imagine the inside of your astral body being empty and filled with cool, blue-green water, you may experience these feelings like peace, serenity, and a sense of oneness with all things, etc. And if you are around someone who has the astral water strong, you may notice the sensation of being immersed in cool, soothing water. It is similar to feeling you are out in nature far from society. Here you feel relaxed, accepted, renewed, and released.

And if the astral water is even stronger in an individual, that person is spontaneously extending her watery energy through you. I have made this vibration into what I call a sea of love meditation which allows you to create it in yourself.

You imagine you are surrounded by a vast, blue-green sea of cool water. You sense the sensations of flowing water, wetness, and being immersed in liquid. And you add to these physical sensations the feelings of healing, renewing, releasing, and a love that makes anyone who is near to you fully alive.

Then you imagine another person in front of you. See that individual as if they are a hologram and the inside of their body is completely open. Now imagine you are the sea of watery love and that as the sea you are flowing through the other person. You move down from the top of the head, through the entire body, and out the feet. As you do so, you free the other of tension and any disharmony. Your presence in the other is soothing, cooling, releasing, and healing. You have this power. Your energy is vast and inexhaustible like a sea.

The astral plane itself sustains the inspiration, motivation, health, viability, and life within all beings, all paths, all religions, and all

destinies. The astral water in an individual does this in a similar way with anyone who comes near. It is effortless like water itself that flows and purifies because it is its nature to do so.



The fire element has the dynamic force and power that initiates new actions, causing things to happen. The water element, as fire's balancing polarity, brings those objectives to life so that there is wholeness, harmony, and love within them.

## Physical Plane

### Etheric Body

The etheric body for me is vitality, life force, and the energy that is produced by the physical body but more subtle. It is what you use when you do some physical action. The etheric body is primarily sensed as physical sensations as opposed to astral feelings.

Again, if you imagine the inside of your physical body being filled with cool water, you may experience a sense of letting go, of flowing, and of the body purifying itself. These are the same as the astral sensations of water, but they are denser. They do not involve feeling and dreamlike moods but actual physical sensations. Here I often



feel like I am floating in a tide pool totally relaxed and experiencing complete release from tension.

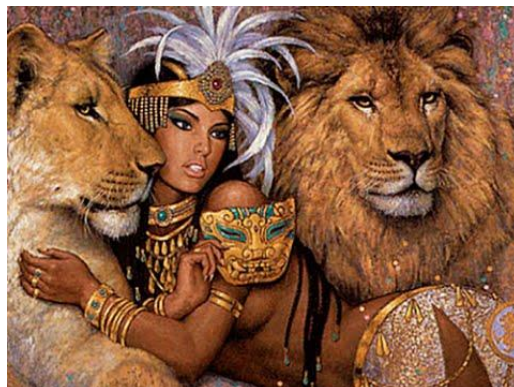
This water vibration in the physical world also involves more force of personality. It enables you to remain calm, serene, relaxed, peaceful, and to let go and go with the flow in any situation. It facilitates other's visions to come into their consciousness and find positive direction. And it has the effect on others of releasing their tension, enabling them to move through catharsis and attain transformation.

As I mention elsewhere, perhaps the one energy most missing from the attraction between the genders is this dense, physical vibration of water. Men need to not just "feel" content, relaxed, and happy. Their bodies need to actually be physically cooler, more relaxed, at ease, calm, and released. When men have this vibration, you can actually trust men to exercise excellent judgement and to protect and cherish those things that make us feel fully alive.

But this vibration and energy are missing from our world. As a direct consequence, we have national leaders who try to preserve their power through force as well as through lies and deception. We have economic systems where the key players consistently make assumptions about risk and reward that again and again produce disastrous results.

We have people who engage in risk taking, putting their lives in danger, because they feel half dead inside. And deep inside, people have an unease, a tension, an anxiety, and fear that never seems to go away. It is with them every single day.

### *The Queen of Sheba and King Solomon*



*Now the Queen of Sheba, like any king or queen, had duties and responsibilities. She had authority and power to some degree, though unlike a typical king, she was not seeking to expand her kingdom at any opportunity.*

*She was young. She was a beauty. And she did enjoy being who she was, for she ruled with a passion and true efficiency. She was not wise by any means. But this is certain. Everyone who met her was on their best behavior. And this is because she asked questions that went right to the heart things so that nothing could remain hidden.*

*And so, as the story goes, one day the Queen of Sheba met King Solomon. And she said to him, “You are a living legend. It is well-known that you are the wisest of men who are living. Your knowledge illuminates the world endlessly like the rays of the sun by day and the light of the moon and stars by night.*

*“When you sing, it is as if you have borrowed an angel’s voice. And with your ears you understand the language of any creature that dwells upon the earth.*

*“And so after much thought and contemplation, I have framed for you a question that requires nothing less than the full heights, depths, and breadth of your wisdom to answer it.”*

*And King Solomon realizing that this was her way of flirting, and indeed, it was working, said to her, “Go ahead. What good is wisdom if it is never tested. Ask me your question.”*

*The Queen of Sheba said, “The truth of the universe is veiled, concealed, and hidden from us. We live our lives with darkness before us and behind us, and to the left and right. Mystery surrounds us on all sides.*

*“Clearly in your eyes you see the future—civilizations one after the other shall rise and fall. Tragedy shall befall even the most noble and best of men. And we shall live our lives century after century repeating the same mistakes again and again.*

*“Therefore, answer my question. What is missing from life in that if we knew this one thing we might attain our highest destiny as human beings, live in harmony with the deepest purposes of life, and see with eyes so pure and penetrating that love will never fail us?”*

*And King Solomon, like many archangels themselves, love above all else a question that is well framed replied as he leaned slightly forward and gazed into her eyes such that she was nearly paralyzed. For now it was no longer a man or a king who was in front of her. Solomon was speaking with another voice and from that very place where the answers to such questions are veiled, concealed, and hidden:*

*“You are not the first to ask this question. The angels deliberate as to the purpose, the destiny, and final end of the human race.*

*“In the fullness of time a great being of light shall appear on earth wearing the flesh, blood, and bones of human form. He shall see and speak from a realm of infinite light.*

*“But it is his touch that shall reveal the mystery. Water of the rain, streams, lakes, and seas in him shall live. By his touch, the blind shall see, the lame shall walk, and the dead shall rise again. The feeling and vibrations within water shall heal and renew the body and make the soul immortal.*

*“From his point of view, human beings are at best half alive. They live their lives as if they are already among the dead.*

*“To be as water in your heart and mind is to take that infinite light and as love to let it shine. It is a feeling that is more real than flesh, blood, or bone. This is why it makes the soul immortal.”*

*The queen began to speak but Solomon already knew her next question. He raised his hand to calm her as he said, “It is already around us and within us.*

*“When you can feel that water in nature is part of yourself and you use it to touch others to make them whole then you will understand what is missing from life. With it, you attain the highest. Without it, the human race will end in darkness.”*



*When the Queen departed for her home, she was indeed satisfied, for all her questions had been answered.*

## The Water Element in the Human Realm

If we look at the element of water in nature, we see rivers, streams, lakes, and seas; rapids, mountain falls, and waves; mist, fog, clouds, rain, hail, and snow.

And the energy underlying water in nature? Water is cool, contracting, and attracting. It is soothing and calming. It is receptive as in utterly empty of form and completely open—able to receive and contain anything in itself, preserving, nurturing, animating, and making fully alive.

In psychological terms, it offers happiness, affection, contentment, and emotional support. It is empathic, sensitive and responsive. It draws together, bonds, joins, and unites. It accepts and affirms.

## Astral Equilibrium and the Water Element in Society and in Nature

The most basic characteristic is of an individual who is strong in water is that he understands other's feelings. He has both mental and astral empathy. He can feel what other people are feeling and he understands why they are feeling that way.

If someone shares with him their conflicts and traumatic experiences, with great clarity and accuracy he can summarize both the content of what the individual has said and also the feelings the individual has as he speaks.

There is no ideological or political agenda, no unconscious judgment contaminating or distorting what he hears. He is right there 100% with that other person. You can both trust him to keep secrets shared in

confidence and he is not pushing on the other person his favorite variety of solutions to their problems.

His sensitivity and empathy are such that he can fairly quickly perceive and understand what part of another person's issues present themselves as physical stress, emotional attachments and past experiences, mental confusion, and spiritual decisions that the other person needs to look at. He is sensitive to the whole person.

And, in extraordinary cases, an individual with strong water element in his aura has astral empathy. When you are with him, you feel an unusual level of connection. It is like he is inside of you feeling exactly what you are feeling. His receptivity is not a function of his mind. It is a direct soul to soul vibration.

The question now is does society, or the practice of magical equilibrium, require more in regard to the water element than mental and astral empathy?

On the Titanic, our highly empathic and socially adapted individual might be informed that the captain is going at full throttle even though there have been reports from other ships regarding icebergs. Our empathic individual would respond sensing the captain's perspective, "I think Captain Edward Smith knows what he is doing. This ship is nearly indestructible and he has a solid reputation and a life time of experience. I don't think you need to worry."

Or, as a therapist in 1931 in Germany, a client, who is a Jew, talks about how he had a terrible dream of being in a concentration camp. Our empathic therapist might have replied, "Taking into consideration your ethnic background, it is completely understandable that you might feel a kind of racial anxiety about making your home here in Germany. But we are a democracy and a modern society. The terrible pogroms of the past are gone. The economy is greatly stressed, but it will recover. You can put aside your nightmare. I assure you that no one is going to persecute you."

The water element is extremely dangerous. It accepts, heals, and makes whole. It wants to get you into the moment where you can let go and just flow.

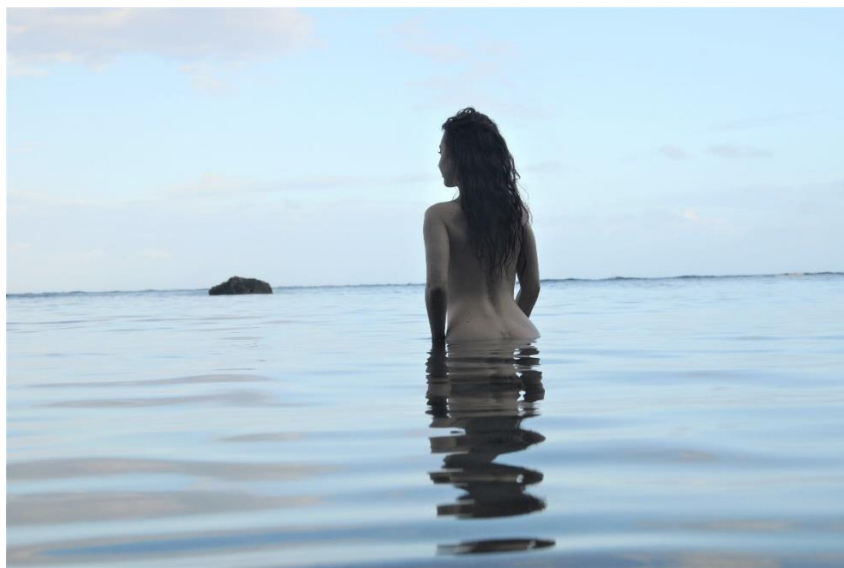
The great advantage of being in the moment is that you feel pure, clear, and renewed. A massive amount of anxiety disappears from your life. You are focused in the here and now. And this enables you to give so much more.

However, the risk is that water does not understand the extent the world is shaped by will. And so it does not understand whose will is in charge and where they are intending to take the world. The captain, in wanting to arrive in New York on schedule, wants to take you right into an iceberg that will sink his unsinkable ship. And Germany wants to initiate a level of genocide not seen since Genghis Khan ruled an empire from China to Iran.

The empathic, sensitive, caring individual is not able to assist you when your fears are real and the assumptions you make, though a mistake, are acceptable to many other people.

On the other hand, the empathic, well-adapted individual has never encountered elemental water in human form. He has no transcendence. He does not know how to step back out of society to sense where the entire human agenda has gone wrong.

Do we need more to be balanced in ourselves than mental and astral empathy? You have to answer that for yourself.



*“When I’m in the ocean, this world and all that I am in it goes away and then I am myself again. It is effortless and a relief. For the time that I am in the ocean I am home and I am my true self. There is nothing hidden and nothing to worry about. I am surrounded by strength, love, pureness, and I am at the core of my original being. There are peace and serenity in my heart—I find myself not wanting to regain my human self again; I just want to live in that moment forever.*

*“If I were to try to get someone else to understand what I feel in the ocean, I would have them hold my hands and float in the ocean letting go of all of their worries. I would place my hand on their forehead and let them feel how I am one with the water. I would have them use every sense to feel what the ocean is. I believe others can feel what I feel as I hold them in the water—that I flow through them as the water flows around them. They may not understand it, but they will feel it.”*

## *Check List*

*On a personal level, express kindness, affection, and emotional support. Bond in a healthy and fulfilling way with others.*

*As we interact with groups and society, develop both mental and astral empathy. With mental empathy, you understand what others feel and why they feel that way.*

*With astral empathy, you actually feel what the other person is feeling. This heightens your ability to feel close to and one with another person as in “every lover desires another to feel what she feels.” It enables a deep level of trust and connection.*

*In the section on Netzach/Venus, I emphasized it is possible to feel one with another person and yet also have the clarity of mind that comes from detachment. You can have astral empathy and also still be clear about which feelings are yours and which are the other persons.*

*As you explore the enhancements of the water element in yourself, make it a lifelong practice of creating in yourself your own sense of these feelings relating to water—happiness, contentment, peace, love, self-acceptance, and feeling whole and complete in yourself.*

*If peace for you is like a sea, then develop an awareness of your own inner sea. If love for you is “a secret sharing heart to heart” that is like an underground stream, constantly flowing but unseen by others, then make that underground stream a part of yourself. If happiness is like a mountain lake, clear like mirror, receptive, cool, and complete, then make that mountain lake a permanent part of yourself.*

*These are your feelings. Explore them. Create them. Maintain them.*

*See also the section—The Realm of Mermaids. There are three more tests with the water element: Be free of ego; learn to flow like water; and know how to embody pure receptivity that has no form or limitations that define it.*

## Meditation on Water

In the journey toward magical equilibrium, the water element enables us to feel whole and complete independent of how well we fit into society. It is refreshing, renewing, purifying, and blissful in ways that normal, social interactions may not produce.

Recall your experiences with the water element in nature. Imagine you are there experiencing them. For me, floating in a tide pool. The water is heavy with salt and my body floats higher. There is no current or waves in this pool. And yet the falling spray from the waves hitting the shore a few feet away splash down and vibrate through the water.

Here I get the sense of the edge of my body dissolving and the sensations of my senses extending outward across the ocean. And the sunlight on my eyes gives me the feeling that I have entered a realm of light where the wisdom is no longer human but cosmic in nature.

Floating in the pool, I let go. There is no longer a me present, for the water has become an extension of my nervous system. I become the

open expanse of the sea. I feel and do what water does—I flow; I receive and release energy and heat; I purify and nurture; I embrace and I unite; I heal; I am filled with life and I enable others to feel fully alive.

In terms of my perceptions and feelings, the water is alive. And I can sense within it a vast magnetic field of energy that is a love that surrounds the planet and sustains all life on earth.

Clearly, at this point, I am outside of the perceptions and traditions of Western civilization. Almost without effort, I have reached the edge of the mermaid realm, for I have joined myself to nature.

### *I Am Water*



*Recreate the sensations and perceptions of your experiences with water in nature. And then open yourself to the feelings and energies underlying these images of water.*

*If I imagine a small waterfall, there is the moisture in the air, a slight wind, the spray, the bubbling rising splashing crashing of water as it strikes the surface, ripples crisscrossing every which way, the current, and all the sounds. There are water drops falling through the air and the depths of the pool.*

*These are the sensations. But the feelings underneath the outer form—here is a sense of renewal, innocence, joy, happiness, letting go; refreshing, relaxing and purifying. The power of trancelike insight and*

*transformation occur when the physical perceptions and sensations unite with the feelings. The waterfall is physical experience and it is also an image of the soul.*

### *The Voice of Water (from Yesod)*

*I am pure and I purify. I am soothing, relaxing, and releasing. I am flowing, embracing, blending, and uniting. Infinite in adaptability, there is no end to my receptivity.*

*I am renewing, rejuvenating, and continuously giving. I reveal what is missing in others' lives so they can feel fully alive. My love is everywhere. I am even there in the empty space between the stars.*

*No wisdom, religion, or esoteric tradition on earth has figured out how to teach this. Elemental love revealed through the water element in nature is what is missing from the human conscience. Its absence is why people feel half dead, numb inside, and why they are so aggressive, wasteful, and every willing take increasing risks in order to feel alive.*

*Study nature. Find in the rain, clouds, rivers, streams, lakes, and the oceans images and vibrations that you can meditate on and use to create in yourself water's vivaciousness, bliss, nurturing qualities, rejuvenation, and empathy.*

### **Mermaids In Human Form**



It is possible to meet women who have the auras, sensitivities, and psychic abilities of mermaids. For example, between one shot and another in a photo shoot it seems as if the girl changes her appearance into that of a different woman. But she is just utilizing the magic of water to appear in a different way for each situation she enters. She can do this because she has changed the ways she feels—

One moment a child; the next moment an ageless goddess; then flirtatious and playful; then familiar like a life-long friend; next attractive enough that the physical distance between the two of you seems to vanish; and then innocent and free as if a butterfly or humming bird has just paused from its flight to land in your open palm.

The easiest way to tell when you are with such a woman is that when you are with her it seems that you are the only thing that exists in her awareness but you. But then you notice she gives herself to everyone in the same way without discrimination. However, unless she keeps her energetic giving in check, her actions are misunderstood and others often try to possess her or attack her.

On the astral plane, mermaids do not have a carbon oxygen metabolism. Consequently, their body temperature is much lower. I gave a “mermaid woman” an electric thermometer. She discovered that within a few minutes of holding it in her hand she can drop the temperature from 98 degrees to 40 degrees. And often when she meditates with me, her room becomes freezing cold.

A mermaid is not encumbered by a human ego—she is not dependent, needy, worrying, defensive, cautious, or wounded. She may of course acquire these emotions growing up as a young woman, but they are not a part of the nature of who she is.

## Astral Immortality and the Water Element

What is a mermaid whether as a spirit on the astral plane or in human form?



She is an immortal being—her emotional life is not subject to deterioration but rather is forever new. She is continually young and she never loses her innocence—she never stops giving of herself regardless of how much she may have been abused or hurt in the past.

How do you acquire astral immortality like a mermaid? Again, the mermaid perceives herself to be joined to the energies underlying nature. Her personal identity, then, is not fragile and vulnerable. She is united to a vast sea of love that encompasses the planet.

This awareness has nothing to do with human religions or theologies. Nature is embedded in her very core and so she does not rely on a need to think with concepts or use beliefs. She has direct perception of energy, of the auras of those she meets, and of love.

According to the mermaid queen Istiphul, the Chaldean astrologers got it wrong. Women in particular are not earth, air, fire, or water. They are primarily water. Within a woman's soul is the one ocean that gave birth to life on earth; the stream that nurtures and brings life to whatever is by its side and that can dream others dreams effortlessly without loss to herself; the water fall that knows how to let go and embrace the air without fear; the lake that reflects from its face the beauty of the universe; and the wave that always is in sync, always rhythmic, always a part of so much more than this world that we see.

For one woman, it is like the stillness of the sun blazing in clear ice—the present moment shines brighter and is more full of beauty than anything else the mind can think of or contemplate.

For another, she is totally in the moment and receptive. She is beyond the capacity to even think a mean thought ever; and she radiates watery vitality more than any master or guru on earth. In this sense, these individuals are more alive than other human beings.

In this particular definition of astral immortality—of having developed one's astral body so it is a direct embodiment of some aspect of nature—one's energy is continuously being exchanged, recharged, and united through the element of water in nature.

As one woman says, “Nature is embedded in my very core.” To be in their presence is to feel like you are out in nature. The very touch of

their aura on you tends to vitalize you and make you feel twice as alive as you are without being around her.

The main trait of mermaid women, women who actually have or embody the souls of mermaids in a woman's body, is that they feel the reason they exist is to love. This is not an intellectual idea or a belief. It is something they actually perceive in each moment of time—that they are within a sea of love and that this love flows through them to those around them.

As you acquire astral immortality with the water element, you will notice you acquire a vast range of emotional responses that appear according to each situation you enter and with each person you are with. Like water you adapt to each situation flowing and experiencing itself in endless new ways. Ever in the present moment whether calm and still, wild and surging, deep and serene, or daring and courageous. As gentle as a ripple on a pond or as forceful as a tsunami that extends around the world. Yet amid all this change you are the same—receptive, responsive, embracing, and giving.

Basically then when you look inside yourself you find neither a solitary soul seeking enlightenment nor is there a dark night you must journey through to find love out there and perhaps somewhere a human or divine union. Instead you find all the oceans, lakes, rivers, and streams, and the icy poles too vibrating and reflected inside of you. It is as if there is no longer a distinction between the inner and the outer worlds. Since nature is embedded in your very core, you are part of the planet and far more.

## The Realm of Mermaids

On the astral plane, there are many spiritual kingdoms, domains, and realms. The sensation of the mermaid realm is watery but lighter than water. The energy is vast and continuously flowing. Love is everywhere. It is unbelievable innocent—that is, it is completely open and receptive,

new, self-renewing, and self-purifying: it never loses its willingness to give all of itself in every moment. That is what I call innocence.

It is healing and tender. It is sweet, kind, and then the sensuality kicks in—the bliss begins running through your nerves saturating them. Here there are no inhibitions—what is deepest inside of you naturally and without effort flows through what is deepest within another. The exchange of energy is total and continuous. And the peace and the serenity seem so vast they encompass the universe.

If I imagine the mermaid queen Istiphul, her mind and mine immediately join. The vibration of her mind is a nurturing, ecstatic love. It is embracing, healing, creating oneness, fulfilling, satisfying, releasing, and strengthening whoever she interacts with.

Istiphul embodies a vast, watery expanse of love as pure astral energy and this energy flows into and through anyone she wishes. This is one embodiment of the water element in its full power and beauty.

As long as my mind is joined to hers, it feels completely natural for me to do what she does—to embrace, flow through, become one with, and seek to fulfill anyone I think about. My energy is within the other person seeking to make them whole. You will not find this energy among human beings as a pure, sensual, perceptual energy exchange on this level.



There are different kinds of gates. To get through the White House gate you only need to make an appointment to be part of a tour. I have done that. To get onto a U.S. attack submarine, it is as easy as belonging to a girl scout troop where one of the parents is a submariner who can organize a special tour. I have been on one of those.

To enter and stay in a monastery or gain access to the inner sanctum of a master you just need a certain vibration. It may be as simple as having the right body language—you act like you have been a member of their lineage for forty years. I have done that many times.

To get into Disneyland, stand in line and pay the fee. To board a plane? Go through the metal detector and have a boarding pass. To rent a vacation house from Airbnb and get through the door? They want a government issued photo ID and a whole lot more.

You get the idea. To get through a door, a gate, to again entrance requires a purpose. There are tests to be met and credentials to present.

So what tests and credentials are required to enter the realm of the mermaids on the astral plane? It is as if on some deep level of the collective unconscious of the human race there are kraken, gorgons, leviathans, and all manner of natural and supernatural beings assigned the role of guarding this realm. Humans in particular are warned off or guided to go another way if they wander to close intentionally or by mistake.

All the same, it is always fun to arrive at this point in an essay on mermaids. I pause from typing. And then I shift my awareness directly into the realm of mermaids. It probably took me twenty-five years to learn how to do this. Now it is effortless.

Still, I notice the same three requirements are in place. 1. You must be free of ego. That is, put aside all greed, selfishness, insecurity, anxiety, and especially any hint of meanness. To do that? Try Zen or Buddhist meditation or something comparable.

2. Change your brain waves so they have the vibration of water, flowing water as in a stream; ocean water on the surface as waves or in the depths as the North Atlantic current. To do that? Focus on water flowing without any distraction.

3. Become pure receptivity. This is a feminine capacity and perhaps the most powerful magic in the universe. It is the ability to become one with anything that exists. Its genetic—without the receptivity of the female body none of us would be here. And it is cosmic—without the receptivity of empty space, there would be no place to hang the stars and galaxies.

Get these three and now you are safe. The guardians will wave you by as if you have belonged here all along.

And so these sensations and feelings—the energy is like water except lighter in density. It is sweet, innocent, pure, and almost unbearably loving. I say unbearable because the love is so natural, effortless, and infinite in dimension.

But with any fairy or elemental realm, you must be careful otherwise it could kill you. Do not become enchanted such that you lose your survival instincts—that sharp edge to awareness that keeps an individual ever vigilant, feet solid on the ground and a keen awareness of your physical environment.

And the karma or destiny of human beings interacting with this realm is to produce men and women who have control of a dense, watery magnetism. The body takes on the physical sensation of peace, clarity, and purity. With it, your very presence acts to calm and heal other people.

It is not the mermaid realm's infinite love but rather a very grounded watery vibration: a person who acts without ego or selfishness in this world and who also has power over the rulers of nations. It is the innocence of doves joined to the wisdom of serpents.

Note: See also my textbook, *Undines: Lessons from the Realm of the Water Spirits* and my forthcoming book, *Mermaid Tales*.

## Summary

In my approach to magical equilibrium, I try to bring together the first two chapters of Franz Bardon's book, *Initiation into Hermetics*, with the third chapter. In the first two chapters, you work on developing a healthy

and balanced personality. This produces a mature and well-adapted individual who functions well in society.

In the third chapter, you practice embodying the four elemental energies of nature in yourself. These elemental energies have their own psychology, feelings, and perceptions. In many ways, this level of awareness is well beyond the personality traits and character qualities we encounter in daily life.

However, in most cases there is continuity. Will power is will power. A clear and open mind is a clear and open mind. Working hard and loving what one does is working hard and loving what one does. In those examples, humans and elemental beings share much in common.

It is however with the water element we encounter the unknown. Retaining a sense of pure innocence and spontaneously feeling one with another's soul is not part of daily life. Look around. Masters and gurus do not have the vibration of lakes, rivers, and seas. Those energies are not present in their auras.

Consequently, when I discuss magical equilibrium I am also exploring spiritual anthropology that asks these age-old questions—What is it to be a human being? What is human nature? What is it to be and to feel fully alive?

When we can harness the energy of subatomic particles and send satellites outside of the solar system, we have arrived at the point where we need to ask, What is it to attain maturity as a race that creates its own environments and oversees the well-being of the planet?

And the answer may well be that, among other things, we must take into account the transpersonal aspects of the water element and make them a part of ourselves. Otherwise, as the story about the Queen of Sheba and Solomon points out, instead of rising to the heights, our race might end in darkness.

# The Element of Earth

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## Introduction

The element of earth brings together and unites the three elements of fire (will), air (intellect), and water (feeling). The earth element is analogous to consciousness.

In nature, it is the forests, vegetation, mountains, plateaus, plains—the planet earth in its physical being. It provides stability, minerals, building materials, resources, shelter, and food.

As individuals, consciousness provides stability and continuity to our lives through work and enduring purposes. We have continuity in a community through our social identity and reputation.

Consciousness comprehends history. We are born and enter a family of origin in a location and with a tradition. There is language, gender, religion, nation, ethnicity, and race. Each of these comes with strengths and weaknesses, advantages and disadvantages. And each contributes in some way to our sense of who we are.

One of the tasks of an adolescent is to find a productive role in society. You find a place in the world where you belong and where you can make contributions through work, relationships, community, and family. Your presence makes a difference.

To do this you need skills acquired in various ways. These often involve the use of knowledge and intellect. And to succeed requires will. You have to make an effort. This can require courage, daring, risk taking, foresight, and ambition.

And to find where you belong you have to answer questions about what makes you happy, who you will love, and your career. You have to make peace with your desires, dreams, and passions. Your feelings are every bit as important as your intellect and will.

The three elements together—will, intellect, and feeling—enable us to be fully conscious. If we think too much, we may not act or we may fail to listen to our conscience when it speaks. If we are too ambitious or impulsive, we may act too quickly without considering the cost or laying the proper foundation necessary for accomplishing our purposes.

There are times to focus only on will. There are times to sit back and to think. And there are times to feel deeply about where we belong and what we wish to avoid. Being conscious is moving freely between each and all of these at once putting them together in the way that our conscience reveals.

A question we might ask pertaining to the earth element is

*What are my deepest core values and how do I express them through my choices and actions?*

The earth element when strong makes an individual solid, grounded, stable, steady, and enduring. The individual loves to work. He takes something and he makes it more valuable. He fixes it. He makes it better. He makes it last longer. He transforms it. The world is a better place because of what he accomplishes. We could say this person is down to earth.



## Akashic Plane

*The principle by which the earth element appears within akasha, the void, is—*

*Because it is the nature of the void to unite as one love, power, and wisdom, (the water, fire, and air elements), the void produces works that endure, enriching life in every conceivable way.*

*Ever surrounding us in deep silence, the void, in its boundless opportunities and endless possibilities, reveals all that can be accomplished in any age of the world.*

## A Little Humor

*And the Creator says to one of the seven mighty angels who oversee the unfolding of the universe, “Did I not create mountains, trees, forests, plants, hills, and plains?”*

*And the angel replies, “Yes.”*

*And the Creator says, “Why would I bother to do that? Does it not strike you that the earth with its material forms that change and fade away are separate from what is celestial and spiritual and so not worthy of serious attention or investigation?”*

*And the angel replies, “You created matter in its densest form so that men might have material to build a home where love, light, and life are celebrated in the ordinary moments of the day when they gather to eat, share, and sleep.”*

*And the Creator says, “There must be more to it than that.”*

*The angel responds, “Lightning is in the heartbeat, winds in the breath, seas in the bloodstream, minerals and the densest matter are part of the body supporting and sustaining consciousness. By being aware of the physical body, they shall realize that the forces unfolding the universe are within and a part of them.”*

Ok. Here I am now in a state of akashic meditation. I am within and joined to a void that is part of the universe. It is empty. There is nothing here, neither time nor space.

I now think—"the earth element." Instantly there is the sensation of compression, gravity, and density. From nothing, you get something. From non-being, the physical universe appears.

There are all sorts of fun quantum mechanic's observations and theories that arise at this point. Like how in empty space subatomic particles are constantly appearing and disappearing from nothingness.

But mainly I notice the void in no way compromises or limits itself by creating physical matter, the earth, and a world. The void remains fully in charge. And this is because its own awareness can easily materialize and dematerialize anything in existence.

Want to bring together the extreme yang and the extreme yin, masculine and feminine, stars exploding and absolute zero temperatures? The void brings opposites together with ease because they depend on it for their existence.

Want to comprehend malice, evil, destruction, degradation, and separation? The void wrote the rule book on this. It creates limitations through which beings acquire awareness and conscience. And it enables purification and paths to perfection and absolute freedom.

How can it do so? Because anything that holds you back will in the end surrender its power when your consciousness can penetrate its vibration.

Take the worse curse, the darkest desire, the inscrutable obsession, and evil inside that resists transformation. And while you are at it, take your worst enemy, the secret cabals running the world along with the nefarious and cruel. Sit with them in an akashic meditation on the earth element.

Here the gnome magician has the advantage. It is the magic of silence that rules the earth. In silence you find the will of the universe moving unobstructed toward its goals.

When it comes to silence and gravity, light itself, one of the fundamental laws of the universe, throws down its cards and leaves the game. When it comes to silence and gravity, you are inside of the core of the being of any person. And there you are free to say with authority, “This path leads back to nothingness. And on this other path you attain your destiny. Chose wisely.”

I have offered this choice to men of power many, many times.

## The Cosmic Letter AE

Cosmic “letters” in Franz Bardon’s kabbalah are created by concentrating on perceptual sensations—a color, an elemental sensation, and a sound. These “letters” are the building blocks of the universe from which arise matter, energy, life, space, time, body, soul, mind, and spirit. They operate on four planes.

### AE on the Akashic Plane

On the akashic plane, the cosmic letter AE is the color of loamy brown. The letter AE has the sensations of weight and density and so pertains especially to the earth element.

If I concentrate on its vibration, I immediately sense how the realm of spirit—the akashic plane—is completely comfortable with the densest vibrations of matter in the physical world. Here is a perspective on buildings of the past and the labor that went into making them; civilizations that arose, their beginnings, their accomplishments, and the circumstances by which they faded.

Here too are the lives of the great men of history and of everyone who has died. Here and there are graves, mausoleums, and bones. And there is an awareness of how the spirit, in letting go of physical form, moves on—

The soul on the astral plane incarnates, beginning as an infant. The individual grows, experiences life with its passions and desires, its hopes and dreams, engaging in work and social activities with other human beings. And then the individual dies, returning to where he was before. He has learned new lessons and acquired new experiences. Hopefully he has become wiser and more loving. The cycle goes on and on.

Some are thrown into life without a plan or goal in sight. Others enter the world to accomplish a mission and to fulfill a purpose that is sacred benefiting a community and the larger world.

With the cosmic letter AE, you perceive both this world and the next world with equal clarity. You perceive the soul on the astral plane free of physical limitation and space time restrictions. And you perceive the same soul as it operates within a physical body, filling in the pages of a biography with a life shaped by the events and the concerns of a historical society.

The negative principle does not have the perception and wisdom of the AE vibration. It is not free to incarnate as are human beings. And so the demons seek to take possession of the souls of those who are alive. These negative beings are obsessed with physical sensations. Exactly like human beings such as dictators, revolutionaries, or fanatics, they seek to dominate, kill, or torture those who do not obey their wills.

Like the Devil card in the Tarot, if you can control the body, then they feel you can control the soul and mind of the other. This is their way of connecting. It is all that they know.

However, with the AE level of awareness, your concentration is greater than theirs. You can place your mind in the densest vibrations and physical sensations, be at peace with them, and also feel completely free at the same time. The body, desires and cravings, sexuality, and physical matter are not barriers or limitations placed on consciousness.

## Mental Plane

The earth element with its focus on the physical world has a mind that produce plans of action, blueprints and designs (storyboards) of what it wishes to accomplish in the future.

If you talk to someone who has a strong, mental earth vibration, that individual is most likely a master of whatever area of life he is focusing on. He takes things a part and puts them back together. He gets to know something in all its aspects and variations.

If he runs into something he has not seen before, he gives it his full attention. He seeks to understand it so well that he learns from it and includes it in his plans.

This mind, then, is immersed in the vibration of the physical world. This is where it feels satisfied, at home, and this is where everything feels complete. Everything you need is right here. There is not a hint or the least desire to go anywhere else. If there is a spiritual world, then it is right here now in and around us.

The entire universe is a physical vibration. If you know one part well, then you feel connected to everything else.

It is conservative and preserving, down to earth, grounded, steadfast, and enduring. Do you need mystery and spiritual realizations? For the earth element mind matter itself holds all secrets that will be unlocked in time.

## AE on the Mental Plane

If you spend a lot of time with thinking using words, ideas, concepts, philosophy, metaphysics, etc., then you notice right away the difference between thinking about some subject and your actual connection to that subject. The mind in the Western tradition is trained to be an observer who is separate from what is being studied.

Consider the periodic table of the elements. We can review what went into the discovery of each element. We can recall the part that element

has played in technology, industry, military history, and science. We can understand its chemistry and atomic structure.

Gnome kings, by contrast, have placed their consciousness inside of the elements and studied them from within through firsthand experience.

One mermaid queen pointed this out the limitations of thought by saying that a man's mind, and his feelings as well, cannot comprehend the form of a woman. It is beyond his understanding.

Don't understand women? If you are a billionaire you can sponsor beauty pageants and then marry a beautiful model. Now in your mind you understand human women. But only in a social, artistic, and performing arts sense. The spirit of femininity still eludes you and so there remains a great separation between a thinking mind and what it is thinking about.

I know women who are so attractive that their beauty shorts out the minds of men who then immediately want to possess them. Their minds cannot cope with the intensity of sensations and feelings they are encountering—and they do not have a clue about what is happening to them. Their lower brain has taken over.

And so the separation between the mind and the physical world can give rise to obsessions, infatuations, and barely controlled or completely irrational cravings and hungers.

The AE vibration is present when the mind can change its vibration to mirror or duplicate in itself the vibration of whatever it is contemplating. It is as if you are inside of and one with what you are focusing on. But this is not an astral/feeling level of perception. You are connected from within to the physical being of the other person or subject matter.

Since this quality of mind has no separation in it, it sees through desires, obsessions, and cravings, overcoming the "distance" between the two.

## Astral Plane

The earth element in the astral body is a sense of inner silence and the feeling of being rock solid. With this stability, you feel you are able to endure until your goal is achieved. You are one hundred per cent focused on what you need to do as you build the foundation for your next move.

All gnomes know how to do this very well. They work for ages and eons without distraction or need for diversion. They sometimes work on just one thing. Every improvement or advance, no matter how small, is worth the effort.

As I place my mind on the astral plane within the earth element, I notice right away how this vibration is common to certain kinds of professions. When you work with physical things your aura can become saturated with its physical energy.

This applies to some people who are diamond cutters, jewelers, blacksmiths, goldsmiths, steel manufacturers, carpenters, sculptors, shipbuilders, those who run wineries, farmers, forest rangers, archeologists, zoologists, paleontologists, etc. Think of a geologist who has a hobby of searching in the wilderness for jewels and precious stones. And there are some yogis who are fascinated by the inner workings of their bodies.

Some people live in their head. Some people dream of happiness and of being fulfilled. The people of the earth element dream the dreams of matter itself—its changes, transformations, and what they can do with it.

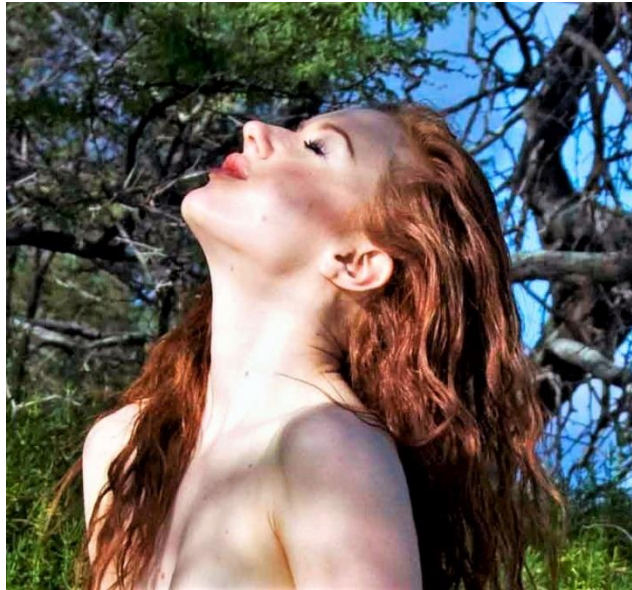
In general, then, the astral vibration of the earth element produces individuals who are sturdy, hardy, and who are very satisfied in working with physical things.



*There are pies in the kitchen to bake  
Every kind of recipe to make  
Come one and all  
The café is open  
Here you will find  
A piece of heaven  
The pie for today is blueberry  
No need for haste  
Why not pause and savor the taste?  
Just one bite is such delight  
You will feel you are  
Singing and dancing among the Sidhe  
Do not fear  
Here there is always good cheer  
A friend or two to sit down next to you  
And if you want love  
Something that endures and always stands  
She'll put her hand  
On your shoulder from behind  
With a touch that dissolves time  
As she whispers in your ear  
"I am always near.  
Anything you need  
I am here to set you free."*



## AE on the Astral Plane



*There is a joy in me raging, a joyous, magical feeling.*

*--Cirque du Soleil*

This is the repose and peace one attains when desires are completely gratified, missions accomplished, and victories are one. It is a feeling, a vibration in the mind, and a state of being.

It is being able to look back and say, “I was here in the physical world. I lived my dreams. My life is all it was meant to be.”

There is an ease when the mind is able to think about desire and immediately immerse itself in the feelings and sensations of that desire being satisfied. With this flexibility of imagination that penetrates desires, hungers, longings, etc., the soul attains independence and freedom.

## Physical Plane

Again, sense the physical body as empty inside and imagine it filled this time with dense weight. It is not so much a substance as it is with water. Instead it is a feeling of solid mass and gravity, that is, it is heavy.

Produce the sensation of being rock solid. Your strength is not in acting in and on the external world. It is in your inner cohesion—in the way you hold yourself together. You endure through time regardless of the changes in the world around you.

In the Battle of Bull Run, General Thomas Jackson held his position in the face of charges from the Union army. General Bee said, “Look at Jackson standing there like a stone wall.” And Thomas Jackson’s name change do Stonewall Jackson. There are times when the physical vibration of being rock solid has a part to play in human affairs.

You can work on the personality traits of being solid, enduring, down to earth, patient, and hard working. But beneath these and supporting them is a completely different level of consciousness—the physical level of the earth element producing sensations in your physical body that are solid and dense as a rock.

For a meditation on part of the body analogous to the feet see:

[https://www.youtube.com/watch?v=u\\_QCstd19hE](https://www.youtube.com/watch?v=u_QCstd19hE)

## AE in the Physical Plane

Aikido masters have a demonstration they all do. They are sitting on the floor relaxed. Grab hold of them and try to lift them off the ground and you can do so. But if they focus on being centered, you cannot budge them even a half inch. Weight lifters cannot move them. Tai Chi Chuan masters do something similar.

I have watched one person move small objects with her mind. Another walks into a fish store and the fish all stop swimming and stare at her. Others have control over clouds and rain. For one, plants move their leaves when she puts her hand next to them. And of course there are those for whom electrical devices turn on and off then they are excited.

On the astral plane, if you make an image in your mind of being solid like a rock, you feel solid like a rock without any distractions interfering with the feeling. On the physical plane, the sensations of solidity and density are much greater. Here your awareness has a stronger connection to geology and to matter than to human society.

There are no thoughts occurring. Your feelings are completely calm. You have a silence inside. You have stepped outside of human time.

And perhaps for the first time you feel your consciousness is immersed 100% in your body. Though you remain fully alert, there is a shift in your brain waves toward Delta—deep, dreamless sleep.

Being in this state of consciousness feels to me extremely peaceful. I feel surrounded by valleys, granite cliffs, mountains, hills, and ravines. If I imagine them to be conscious, then they share their consciousness with me.

And so if you have trouble getting yourself into a state of mind where you enjoy work, if you are impatient, feeling ungrounded, and unduly distracted, you might consider meditating on the vibration of the earth element. Deep down, that inner silence and physical sensation of solidity supports and enhances focusing on actions in the physical world.

## The Earth Element in the Human Realm

As a union of fire, air, and water, the earth element in society operates to produce wealth and to provide for the necessities of life. As such, its weight shapes our lives. We must do certain things in order to survive.

And, when it comes to survival, the earth element can easily become an obstacle, blocking us and holding us back. Hard work produces value. But it is very easy for a few individuals to dominate others, to take control of scarce resources, and to gather wealth to themselves.

Take a look at positive versus negative traits of the earth element within the human personality in society:

Positive qualities are being respectful, solid, grounded, conscientious, thorough, sober, punctual, responsible, reliable, circumspect, frugal,

focused, discerning, adaptable, practical, straightforward, dedicated, strong, enduring, persevering, attentive to detail, and consistent.

Negative qualities are being phlegmatic, insipid, tardy, unreliable, unscrupulous, lazy, conscienceless, melancholic, irregular, dull, idiosyncratic, eccentric, fixated, stuck, inert, oppressed, hedonistic, carnal, and greedy.

In the physical world these three things—will, intellect, and feeling—are mixed together both in their positive and negative qualities.

The mermaid vibration, pure and loving, easily produces a kind of cocaine high that may destroy your survival instinct. The sylph vibration does something similar. Though far more detached, its ideal of freedom may destroy your inhibitions. Under its influence, you do irrational things that with a sober mind you would never consider.

The fire element, filled with visions and the overriding desire to take command, focuses only on moving forward toward its goal; everything else is a distraction.

And so with humans we often see hard work combined with greed. There is a desire to take and to exploit in order to acquire wealth. We meet responsible individuals who are, nonetheless, blind to other's feeling because of their desire to be meticulous or exact.

They balance their accounts and increase their revenues, but they do not care if they destroy the world or spend the wealth of those who follow them. They can be solid and grounded, but also fixated and stuck. Highly successful in the past, they are unable to change.

Honorable, dignified, with a strong reputation, they are also bound to a tradition whose mistakes and errors they are unable to grasp.

The challenge of the physical world, of Malkuth in Kabbalah, is *Find something worth doing that is right for you and totally captivating*.

“Worth doing” means it uplifts other's lives and produces something of value to society. “Right for you” means by doing it your life is enhanced, your values furthered, and it is satisfying just to be involved with it. “Totally captivating” means that the ecstasy within those three

things—feeling, will, and intellect—are strengthened, deepened, and working harmoniously together.

You will need to make peace with reality. If you have bills to pay, you will need a job. And yet, as Warren Buffett points out in the next section, never stop searching for work that you love. The assumption is that if you find work that you love, you will succeed (success including happiness, health, and well-being) far easier than you would at anything else.

Find something worth doing that gets you out of bed in the morning and gives you a sense of belonging because you are a productive member of society; and yet also deep inside you are so grounded and solid you have that sense of peace and well-being that makes you feel you are a part of the greater universe.

## The Gnome Personality Versus the Human Personality

The difference between the personality of spirits who dwell in the earth—gnomes—and the human personality comes down to the extent you can immerse your awareness in the vibration of physical matter.

Let's take a look.



Marie Skłodowska Curie, 7 November 1867 – 4 July 1934, was a Polish naturalized-French physicist and chemist who conducted pioneering

research on radioactivity. She was the first woman to win a Nobel Prize, the first person and only woman to win twice, the only person to win a Nobel Prize in two different sciences, and was part of the Curie family legacy of five Nobel Prizes. And she was also the first woman to become a professor at the University of Paris.

She shared the 1903 Nobel Prize in Physics with her husband Pierre Curie and with physicist Henri Becquerel. She won the 1911 Nobel Prize in Chemistry.

Her achievements included the development of the theory of *radioactivity* (a term that she coined), techniques for isolating radioactive isotopes, and the discovery of two elements, polonium and radium. Under her direction, the world's first studies into the treatment of neoplasms were conducted using radioactive isotopes. She founded the Curie Institutes in Paris and in Warsaw, which remain major centers of medical research today. During World War I, she developed mobile radiography units to provide X-ray services to field hospitals.

The Curies undertook the arduous task of separating out radium salt by differential crystallization. From a ton of pitchblende, one-tenth of a gram of radium chloride was separated in 1902. In 1910, she isolated pure radium metal.

The point is the extent she was willing to go to isolate new elements. This required a massive amount of experimentation and refining. The scientific establishment did not believe she was on the right track and with the greatest reluctance was finally willing to honor her for her achievements.

Now obviously, from a scientific point of view, she engaged in rigorous scientific experimentation utilizing the limited resources she had at her disposal to accomplish her aims. But from reading her aura, she was attuning her mind from the beginning to the vibrations of physical matter.

After all, she was trying to fill in blanks in the periodic table without knowing the defining characteristics of what she was after. She was dealing with something inscrutable and unknown and she worked it until

she made it her own. “If” you had a gnome in a human body, this is exactly what such a gnome might do—It would take a look at science as society understands it and then offer a gift to mankind by filling in the blanks of what is missing from their knowledge.



The gnome personality has the vibration of astral immortality within the earth element. Warren Buffett (born August 30, 1930) is such an individual. Warren Buffett is one of the most successful investors in the world. He is widely followed because of his long-term ability to beat the performance of the broader stock market.

He is the primary shareholder and CEO of Berkshire Hathaway. He usually ranks among the top two or three wealthiest men on earth. And he is called the “Oracle of Omaha” being noted for his wisdom in investing over the long term in solid, down to earth industries. His great skill is in buying companies with reliable, trustworthy managers which he has a flair for picking.

Buffett lives in the same house. He does not surround himself with lavish treasures. He is also noted for his personal frugality despite his immense wealth. And he likes to remind his managers to be content, for they already have all of their physical needs in life met far beyond what any king in past history might have imagined.



## Buffet's Million Dollar Bet

Buffett has long taken issue with hedge funds' promises of outperforming the market and their high fees that take away from the returns their clients earn. The invention of exchange-traded funds has made it cheaper and easier for investors to buy into just about any group of stocks.

The Berkshire Hathaway chairman in 2007 bet \$1 million that the S&P 500 would outperform a selection of hedge funds over 10 years. After ten years, the S&P 500 index fund (for example, one is listed for trade under "SPY") had compounded a 7.1% annual gain over that period. In other words, the SPY index fund had over a 100% return on the original investment over ten years.

The basket of funds selected by Protégé Partners, the managers with whom he made the bet, had gained 2.1% in the same period of time, according to The Wall Street Journal. Buffett won his bet and gave the prize money to Girls Inc. of Omaha, Nebraska.

So far Warren Buffett has given away \$46 billion of his wealth to charity. Of billionaires, this puts him at the top of charitable giving along with Bill Gates.

Warren Buffett—extremely gifted at generating and maintain wealth and yet incredibly benevolent—is like antimatter to matter when it comes to communistic criticisms of capitalism. For communism, individuals like Warren Buffett should not exist. The theories and



practices of Karl Marx, Lenin, and Stalin are annihilated by his work and life.

Some of Buffett's ideas



I insist on a lot of time being spent, almost every day, to just sit and think.

The thing to do is to keep your mind when the world around you is losing theirs.

The people who are most successful are those who are doing what they love.

I get up and have a chance to do what I love to do, every day. If you learn anything from me, this is the best advice I can give you.

When you're associating with the people that you love, doing what you love, it doesn't get any better than that.

He advises people to first create a list of the top 25 accomplishments that they would like to complete over the next few years of their life, and to then pick the five most-important list items. Buffett stated that people need to "avoid at all cost" the other twenty items on the list, as it would hinder the achievement of the top-five.

Knowing what to leave out is just as important as knowing what to focus on.

The greatest investment a young person can make is in their own education, in their own mind. Because money comes and goes. Relationships come and go. But what you learn once stays with you forever.

The best asset is your own self. You can become to an enormous degree the person you want to be.

The one piece of advice I can give you is, do what turns you on. Do something that if you had all the money in the world, you'd still be doing it. You've got to have a reason to jump out of bed in the morning.

You only have to do a very few things right in your life so long as you don't do too many things wrong.

You don't need to have extraordinary effort to achieve extraordinary results. You just need to do the ordinary, everyday things exceptionally well.

Buffett said that when he was seventeen years old he bought his first stock. His life was completely different after that. He also says he always knew he was going to be wealthy. He never doubted it.



When I read Buffett's aura, he has the vibration of a steel ingot. He is ready to give one hundred percent of himself, adding strength and durability to whatever project he undertakes.

### A Gnome Woman

Can we contrast Marie Curie and Warren Buffett to a gnome incarnated in a woman's body?

I said to one girl, "You have the vibration of a gnome."

She asked, "How so?"

I replied, "There is this feeling in your aura of being in a cave beneath the ground that is perfectly silent and still. And yet there is also a sense that you are a part of and within everything physical, as if matter itself is alive and imbued with spirit waiting to be awakened."

She said to me, "Yeah. That is the way I feel all of the time."

I was able to interview this girl extensively. I have not had the chance to interview Warren Buffett or Marie Curie. But you can notice similarities. All three have an immense, single-minded focus on being here and working with the physical world.

## Checklist

On a personal level, learn to be grounded, consistent, organized, free of distractions and needless worry. Be patient. Cultivate your sense of being connected to the earth, feeling at home, and a deep feeling of well-being.

In interacting with society, become persevering, stable, hardworking, and reliable. Find things to do that you love. Be useful, adaptable, committed, down to earth, and practical.

Be aware that improving and transforming oneself is part of what we signed up for when we incarnated on earth.

As we connect more deeply to the earth element, we have a sense of being rock solid. We find a quiet ecstasy of doing what we love most with all of our heart. The ecstasy of the earth element gives us a sense of accomplishing work that is of enduring value. With this inner sense of worth comes a great feeling of humility and also honor and dignity.

One result of acquainting one's consciousness with the earth element is that you appreciate the physical world. You enjoy working with material things. You find it enjoyable to take something physical into your hands and to change it so it is of more value.

## *Meditation on the Earth Element*

*Take a few moments and switch out of human time and into geological time. Imagine you are a mountain, a boulder, a stone, a tree, or a valley.*

*Recall for a moment when you were working at something you loved doing with all of your heart. Add to this the feeling that you are rock solid, enduring, and persevering.*

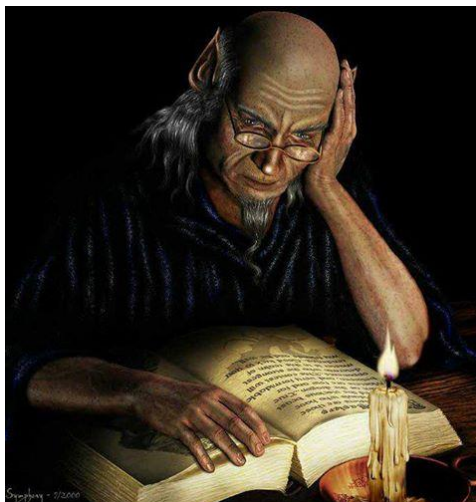
*Each day our consciousness passes through alpha, beta, theta, and delta states of awareness as when our minds are open, problem solving, falling asleep, and in a state of deep, dreamless sleep. Penetrating and encompassing physical matter with our awareness is very similar to being fully alert and awake in a state of deep dreamless sleep. Our bodies contain such knowledge. We just need to learn to sense it.*

*When dealing with the unknown it is wise to move slowly, systematically, and from the familiar to the unfamiliar, from what you can fully control to what is new and challenging. It is a gradual process.*

*Physical matter contains great energy. Matter is dynamic, powerful, and intense. But all of this is wrapped about in a quiet grace, a silence, and an immense stillness.*

*Meditating on physical being, the personal fades. You remain aware of the physical and yet from within a place of great stillness. The body is a temple. Herein are taught the divine arts of creation.*

## Astral Immortality and the Earth Element



*If you think like a gnome, perceive like a gnome, feel like a gnome, act like a gnome, and have the inner silence of a gnome, then you are a gnome. Welcome home.*

*See: <https://www.youtube.com/watch?v=vqoaC7JMPUM>*

You will notice when the earth element has become a part of your consciousness--

You work at things in terms of your own time frame. Sure, work in the world has schedules and deadlines. But the things you really care about have no deadline because you love what you are doing. The very best things you can work at forever.

You have a memory that can easily recall what you have done in the past. It is diligent, circumspect, thorough, and accountable.

You feel rock solid. You may feel ready to engage, to get things in motion, but you are never impatient.

Inner silence. There is no need to speak, communicate, or interact with others in order to feel “normal,” to validate, or affirm oneself. There is no insecurity as if you are in danger of losing something or as if you need to play a role in society to maintain some status quo.

*A test: Gnome Silence*

*Can you spend a few minutes without thinking any thoughts? Look around. Notice how you feel with no thoughts arising, no distractions, nothing demanding your attention.*

*It is like you are in another world—the silence here has limitless opportunities waiting to be seized, treasures of spirit waiting to be revealed, and the desires and passions of noble beings. The world of ordinary reality is still present but simultaneously you are in an altered state of reality. You have multidimensional awareness.*





*You will know when you possess gnome silence. When you relax and focus on the present moment you will feel a quiet ecstasy—you are a part of the universe and the universe is a part of you.*

## Gnomes

Gnomes are spirits on the astral plane that are composed of the one element of earth and have very close ties to the densest forms of matter in nature. In nature, the earth element is seen in the forests, vegetation, mountains, plateaus, and plains—the planet earth in its physical being.

For example, the gnome Erami could give lectures at Harvard on horticulture, genetic engineering, biochemistry, and longevity. I think he could translate his direct perceptions of life, matter, and energy into scientific language without too much effort.

## The Realm of Gnomes

*The Voice of Gnomes: Entering the realm of gnomes, here beneath the ground silence reigns. It is deep and still. I am where ages and eons have no meaning. All the same the essence of my being is to take matter in hand and make it something more than it was before.*

*I love chemistry and study endlessly how molecules bind. And I love atomic vibrations. Every element is constantly singing of the joy of creation, of having come into being.*

*Trees, shrubs, flowers and plants—I love to watch them grow. Their inner essence I go out of my way to make my own. Precious stones enchant me—I am drawn to them like a moth to a flame. But unlike the moth, I go right inside of them and there amid a crystal palace I sit and meditate.*

*Crystals I am sure as you must already know can contain the light of planets, stars, and constellations. I listen so well I hear those songs and I sing along. When I leave a crystal, the song I sung within it continues to be heard as long as the gem exists in physical form.*

If the gnome Mentifil walked the earth in human form, he would not stop until he taught us how to extend our life span so we live two or three hundred years longer. And this he would do simply by showing us how to increase our awareness of our bodies, of water and food, and of the life force in breathing. For Mentifil, a still mind in combination with concentration and imagination can reveal the deepest keys to understanding health and vitality.

When I attune my mind to Mentifil, I have an instant awareness of what a gnome senses about the human body—he is aware of the electromagnetic waves of the brain, the biochemistry of the metabolism, the electrolytes in your blood stream, and the blood circulation through your legs and different parts of your body, the functioning of your lungs and



your renal system. He is aware of what enhances, sustains, and detracts from the health of your body.

A gnome like Mentifil can look at someone and feel how every organ is functioning and what herbs and remedies could be used to make them healthier. In practical terms, then, the gnome awareness allows you to feel one hundred per cent part of the physical world.

## The Four Elements—Autobiography

### Fire

At age 25, I started practicing Franz Bardon's *Initiation into Hermetics* and so began my study of magical equilibrium. Ten years earlier, the problems I had with the fire element (with will power) came down to how strong the fire element was in my environment in comparison to the other four elements. My father ran his own company and had an incredible work ethic. My mother also had an exceptional level of will.

Coupled with this was a strong Baptist tradition and German heritage. As a result, both my parents possessed a kind of cold, hypnotic ferocity of will. I am not exaggerating. Their will expressed itself in a great many kinds of actions that I did not notice other people doing. Their focus on work, accountability (my mother was a CPA and triple major at the University of Michigan), innovation, and industry, all of which involved fire and earth, made for great success.

But what was missing were the air and water elements. Obviously, in life we are limited by your traditions, background, and experience. Their weakness in air meant that outside of business activities, there was very little if any reflection. They were able to think with great clarity and creativity when it came to business. But they did not notice when they were doing something negative.

Jimmy Hoffa, president of the Teamster's Union, once told my father that if he needed a favor he was there for him. A mafia don respected my father, probably because my father could get his employees to work for forty years to an extent better than he could motivate those under him. And the mob had nothing on my father in their "book" of things they blackmail people for. And a presidential candidate once asked my father to be his press secretary.

I could write books about how the fire element operated in my family. My grandfather was a combustion engineer who designed, built, and manufactured engines. Fire was in their blood.

Years later I would identify the fire in my father's aura as the cosmic letter K in kabbalah. This vibration belongs not to mafia dons, CEOs, or generals. It is the kind of will that sometimes appears in dictators or presidents.

They have a sense of sovereignty—the light in their eyes is so bright they perceive the original purposes of a nation and with great authority seek to accomplish those purposes. They are tenacious, filled with conviction, and seek to "own" that part of the world that they control.

Obviously, this can be done in a positive or negative way or a little of both at the same time. On the one hand you can have an individual who has a nearly prophetic vision of the future and what needs to be done. And in the same individual you can encounter a psychic vampire. When he needs energy to lift up his spirit, he simply hazes, degrades, and demoralizes others to make himself feel better. This demonstrates to others and to himself that he is in control.

Kim Jon Un of North Korea has the negative fire. When he feels insecure, he simply executes one, two, or fifty people. Stalin executed tens of thousands for no reason whatsoever. Even a CEO may make loyalty the foremost characteristic of those he promotes. And he is constantly checking on his employees to insure his control over them.

And so in regard to magical equilibrium—A concise, unembellished description of the opposite of a vice in my soul mirror might read: "I am

always fair and consistent in my dealings with others. I never argue; I am a skilled listener who works with other people to find mutually satisfying solutions. I never feel hostile, angry, or seek revenge. I am always considerate, friendly, and innovative in maintaining harmonious relations.”

Consider anger. Having difficulty with it? Affirmations and visualizing positive outcomes now working for you?

You do not have to reinvent the wheel. Study anger management. There are curriculums on this topic. In fact, I have taught anger management classes. Those in my classes were court ordered to be there. I had to sign off on whether or not they learned anything. One student was a professional assassin, an unrostered agent for the government.

In one approach, you observe your behavior routines and note triggers for anger. Then refine your observations and educate your emotions. Observe on a scale one to ten your emotions relating to anger beginning with mild annoyance and leading up level by level to total, out of control rage.

And correlate the emotions with the physical sensations beginning with a mild physical discomfort increasing in levels of tension until your body is flooded with adrenaline, your parasympathetic system is in full control, and a lower brain fight/flight response kicks in.

Then learn amid a situation in which you feel anger to take a “time out.” Withdraw to a neutral location where you can calm yourself down and think clearly about how to solve problems rather than create them. Then you return and try again now operating with a clear head and a relaxed body.

Use whatever is helpful to you for working with your specific vice. Or you can do the textbook kind of positive affirmations imagining your positive qualities are growing stronger and stronger and the vices growing weaker and weaker until they disappear.

There is a sense of humor here. I have a still, small voice in me that points out in its very detached and transcendent way that a nearly divine

level of will has been deeply imprinted on my soul. And this voice enables me to search for the original meaning and intentions in any tradition.

At the same time, welded to this virtue is a vice in which I have also been imprinted with a kind of psychic power that seeks only to devour the energy of those around me. This vice is below consciousness but all the same still observable in an individual's actions.

The joke is line up fifty men. A woman who has had an alcoholic father will date the one man in the line who is an alcoholic. Similarly, you could line up fifty masters or gurus and I would pick the one guru that tries to possess his student's souls. It has taken me decades to figure out how to purge this negative aspect of fire from myself.

To what extent does a priest in the Spanish Inquisition share in common the cold, hypnotic ferocity of will of the Ghost of Christmas Future from Charles Dicken's *A Christmas Carol*. This is a being who has the power of spirit to directly intervene in another's soul, revealing and to some extent thereby shaping that individual's fate and destiny.

Can you "see" the vice in a president who is charismatic, warm, and always friendly but who sustains his energy, like a vampire, by absorbing the feminine essence, the yin jing, in young women?

Can you "see" a reformer who actually dreams of a world in which the races live in harmony with each other? Can you "see" a reformer who has all the right words and the charm but lacks any empathy for those whose cause he champions?

The problem with reformers is that they often only work on half of the problem. It is great to pursue civil rights, but how about getting people jobs, strengthening their families, and getting rid of ghettos? The second set of problems you will not solve through being charismatic and filled with dreams. It will require you to understand economics, job creation, and how to reinvent cities.

Can you distinguish between an actual "agent" of Saturn who wields a high level of magic power to subdue national leaders who abuse their

power and an individual who reduces the energy level in national leaders when those individuals cross whatever “red lines” he sets before them?

What is the checklist one must possess if you are pursuing justice (as in “justice and only justice shall you pursue”) so as to insure your actions are always in accord with divine order, law, and harmony?

It would have been helpful for me if Franz Bardon had a footnote that read, “In regard to virtues and vices in your soul mirror, some of them may involve karmic issues that require extensive consultation with earthzone spirits in order to be resolved.

“In this sense, you are not just establishing a magical equilibrium in yourself. Changing yourself will require that you reconfigure the relationship of the archetypal energies in the global unconscious; for example, some individuals will have the task or quest of uniting divine love and divine power first through their own personality and then later in the world in significant ways.”

Kim Jong Un and other dictators are there for a reason. They are a test of the political will of the nations to see if they can cooperate in dealing with rogue nations in order to further peace. There are certain gifts that can only be given to the human race after this level of global cooperation is accomplished. The negative principle exists to challenge us to rise to a higher level of consciousness.

In other words, some personality vices are not going to go away with positive thinking, affirmations, or rigorous and persistent meditations. In this case, a vice in yourself may be the beginning of a divine quest. The earthzone spirits themselves require students to first pass through their inner darkness before their wisdom is available in a workable and practical manner.

My point is that passing through one’s “inner darkness” may entail discovering treasures and encountering dangers far more than what one imagines at the outset.

Feeling—the water element—was also very weak in my childhood, family, religion, and culture. The question, “What do you feel about this?” was never asked and, like other topics, it simply had no meaning. My parents could honestly say, “We want you to be happy,” but they could not conceive of happiness existing outside of working for the family business.

I think of my family as adrenaline junkies. Fun for them was driving nonstop from Detroit to Florida. It did not bother them to drive in the rain at 70 miles an hour two feet behind the car in front of them with visibility extending eight feet past the windshield. And these were people who did not wear seat belts.

What is a level of water element or magnetic fluid one must master to balance the mind of fire I was exposed to when young? About fifteen years after college, I had the means to do a serious study of the water element as it is embodied in the mermaid queens on the astral plane. And another ten years after that I began interviewing incarnated mermaids who were in women’s bodies.

My observations are that our entire Western civilization is vastly more developed in fire and electricity both in technology and in character attributes. In comparison to the mermaids on the astral plane, human beings with their religions, wisdom traditions, lineages, etc. know next to nothing about the water element—its capacity to give without ending, its primordial innocence, and its planet embracing love.

So it is not a matter of doing affirmations and meditations such as “I am calm, serene, and peaceful.” What was being asked of me is that I do original research into what is missing from life. And so I have written a textbook on the magical qualities of water, *Undines: Lessons from the Realm of the Water Spirits and Mermaid Tales*.”

For me, as with the incarnated mermaids, there is a magical attainment where you feel that you are joined to an element in nature such that it is part of the core of your being. “I am serene” takes on a different meaning when you study with the mermaid queen Isaphil who says, “No

being on the astral plane of the earth is more a part of serenity than I am.”

In my book, *Mermaids, Sylphs, Gnomes, and Salamanders*, I describe the backstory of Isaphil involving how she became a mermaid queen. The serenity she possesses is a gift that will one day be given to the human race when someone appears who is strong enough to meet her in her own realm and then bring her gift back to our world.

And happiness too. If I focus in a certain way on my second chakra, the Svadhisthana chakra, I can generate happiness in myself greater than what I will ever meet in any woman. This happiness is a siddhi or power hidden in our nervous system. Yogis in caves can create that kind of happiness. You have seen the look of bliss on their faces.

But there is another kind of happiness as in “your life is all it is meant to be.” This happiness is more like a radiant joy—your entire life in all aspects is in harmony. This joy can also be produced through meditation and it may come to you spontaneously from time to time. But most likely that level of happiness belongs to a different you—the person you have made yourself into after years of practicing magic or successful living.

It would have been nice if Bardon had said in the Epilogue to *Initiation into Hermetics*—“To arrive at this point in your training will require of you a near superhuman patience. But the effort is worth it because now you also possess a radiant joy that only arises from having made the best choices in life.”

Finding the benevolent aspects of the water element in yourself does to some extent neutralize the negative aspects of the fire element. If you feel a profound sense of serenity, obviously you are not going to get angry or carry around the intense levels of stress that are inherent in the fire element. But the question then arises: How do you relate divine qualities of fire with divine qualities of water?

Is it like a gear shift in a car? Shift into first gear and you are moving forward. Shift into reverse and you are moving backward? Is it like the

Magician card in the Tarot? The mage has the four elements laid out on a table in front of him. According to his situation, he picks up one element—creating it or dissolving it freely according to his needs.

The water element as I have mentioned elsewhere can be extremely dangerous to your daily routines and spiritual activities. For one, water is so innocent, loving, giving, and at times carefree that you can easily lose your survival instinct. You feel you are in a state of bliss precisely in that moment when you are about to fall off a cliff or you need to turn out of the way when another car is changing lanes in front of you. You drop your guard because you are in a “zone” of peace and happiness.

And water has no sense of tough love. It wants to heal and to give when these actions may produce negative results. Sometimes people have to learn from their own mistakes. You can feel close to and one with others, but they still need to make their own decisions.

And so with water and fire, with love and power, there is a joining of the two that we do not yet see in our world. Who has empathy that can read another’s life as if you have lived that life yourself? And at the same time speak with the voice of fire, of the other’s inner spirit, as you point out, “This is a time of choice for you. Go this way and attain the highest in life. Go this other way and everything you do will fail.”

It is not just the words themselves. To speak with the voice of fire is to offer the light (the insight) and the power to make a better future. Your presence, as Bardon says, “modifies and changes their karma.”

As it stands, you will experience perfect love when you are dead as, for example, in a life review experience after “going into the light.” But the fire with its divine will seizes hold of you while you are still alive. Here you have the equivalent of a “near death experience.” Instead of you being immersed in love, it gives you the chance to begin again so that now you can offer gifts of love to others who are still alive.

When you do an affirmation “I am relaxed, content, happy, and peaceful” as part of practicing magical equilibrium you are focusing on creating feelings right now within your personality. I will grant you that.



But certainly for some there are simultaneously multiple kingdoms within the astral plane that draw near when you meditate. And equally it is possible that unresolved issues in the global unconscious awaken and begin to enter your consciousness, displacing and coloring with their intensity the ordinary events of your daily life.

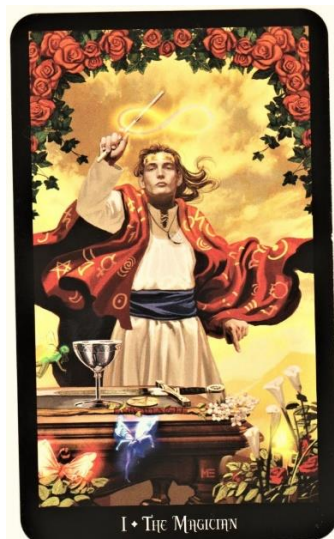
That peace that you have developed inside—do you drink of it until you are full and then move on to another practice? Or at some point do you wish also to extend it to the world?

Will you be like a flower blossoming whose scent is caught by bees miles away? Or will you create peace amid war and harmony amid conflict like a divinely appointed judge who is “shifting out the hearts of men,” showing them their alternate futures, for “all the great battle of life are first fought within the heart.”

Water purifies and flows. Fire makes things happen. Air clarifies and balances. Earth insures that the results are stable and enduring.

As the voice of fire says, “My glory is infinite. Find me in yourself and attain your destiny.”

For the magician who has the four elements before him on a table, sometimes he channels an element to balance himself. And sometimes he channels an element to establish justice on earth. And so there is no end to the practice of establishing magical equilibrium.



# Air



The air element is about intellect, an appreciation of sensory perception and art, and also an awareness of overcoming conflict and establishing harmony.

## Religion

In high school, I mentioned how I read ten different books that interpreted the book of Romans in the New Testament. I realized by the tenth book that the authors had no interest in reading the book of Romans. They were just using the text as a way to promote their own theological views.

For a people who emphasized the importance of reading the Word of God, their reading skills were extremely compromised by fear, terror, insecurity, attachment to fictitious, man-made traditions, and, above all else, the self-serving desire to sell/pitch/promote their own interpretations. And they had this crazy idea that there is only one true interpretation and that they happened to be the one whom God had chosen to share it.

But that was okay. Later in life, I would discover that every religion is plagued by power struggles—each leader or sect strives to dominate all others. In Tibet at one time they had a contest that went on for two years in which opposing positions argued to see who was supreme. After declaring a winner, they burnt the books of the loser. And dominant sects often banned other sects' meditations.

How then do you interpret ancient texts and derive some sort of theology from them? Slowly I developed, as I did for politics, a kind of meta position. It is not about the specific beliefs and interpretations.

Rather, there are more essential questions. What do they say they believe? What observable differences do those beliefs have in their behavior other than determining who is in and who is banned from their community? What do they say their practices are for? How many hours a week do they spend on them? What are the results you can observe for those participating? And what of anything that they do is of value to others who do not share their belief system?

For example, Protestants (my background), have a powerful work ethic, a strong morality, and each denomination has specific beliefs to be believed as a requirement for church participation.

But from comparative point of view, Protestants have absolutely no spiritual practices of any kind if you define spiritual practice as entailing some sort of work on one's own body, soul, or mind. It is a completely extroverted religion void of contemplation or meditation.

Then again, people can formulate their own meta positions regarding religion and theology. Mine serves my purposes. I am "ordered" to probe the depths of the soul in every aspect, but my religious background abandoned that quest from the very beginning.

Religion is important. It includes celebration and establishes community. But there should be some sort of honesty and self-awareness when it comes to who is making an interpretation and especially where they derive the authority for their interpretations. Theologians often write theology as if they are in a creative fiction writing contest. Those

who win the contest will have their writings proclaimed as “the truth.” Those who lose will be exiled and their writings burned.

From a meta position, where there is coercion or even competition, theology is not about religion, God, or anything spiritual. It is about power—who gets to control the world.

## Opposing Ideas

Democrats versus Republicans, Communism or Socialism versus Capitalism, Pro Choice versus Pro Life, States versus Federal Government, tradition versus experimentation, industry versus the environment, short term gain versus long term gain, risks versus rewards—in so many areas ideas strive with each other for dominance.

This often plays out as a “zero sum game.” One side wins and the other loses. The side that wins gets corporate and government funding. The side that loses has no sponsors, no lobbyists, and no supporters.

In science, scientists sometimes say that an older, dated scientific theory only dies when those scientists who were attached to it have died. In 1869, scientists did not believe Dimitri Mendeleev’s discovery of the periodic table of elements until the evidence became overwhelming. We often have to make decisions amid ambiguity, uncertainty, and an absence of established knowledge.

Again, in high school I was fortunate to be on a high school debating team with an excellent coach. I learned to argue both sides of any position with equal clarity and enthusiasm.

Discussion was treated as a performing art. The mind is neutral. Given a body of information, the question is what can you do with it?

As John Nash pointed out in his Princeton thesis on economics that won the Nobel Prize, there is a point of harmony between opposing positions. You just need to clarify the vested interests each side has and then show that certain outcomes achieve the best results for everyone.

Historically, it was Aristotle in philosophy who with great intuition could account for the strengths and the weaknesses of the many different Greek philosophers. He then set forth one integrated system of concepts that contained all the insights and wisdom of the different positions.

Aristotle's method presumes that the mind is capable of holding before its gaze all aspects of whatever it is considering before it begins any act of interpretation. Derived from this is a basic meta position regarding dialogue: Can you follow not just what others are thinking but why they are thinking those thoughts? And can you understand why their thoughts are important to them and exactly what their feelings are?

I live in a world where politicians, newsmen, and theologians are not conscious of why they hold certain beliefs or positions. Ideas are tools to help you solve problems. They are descriptions like signs on a freeway pointing out how to get to different destinations.

You do not attach yourself to a hammer and treat it as the supreme tool when you also need a screwdriver or a saw to get other work done. And no one says, "The sign on the freeway that says "Los Angeles" is the only true sign. The other signs should all be torn down."

Yet this is how people treat ideas in their minds. They cannot step back and consider the merits of an opposing idea or point of view. They are too insecure to do so. And so the value of humor and Monty Python.

Monty Python's *Argument Clinic*

[https://www.youtube.com/watch?v=yTl9zYS3\\_dc](https://www.youtube.com/watch?v=yTl9zYS3_dc)

For my version of the Argument Clinic, see *Department of Absolute Truth*

<https://www.youtube.com/watch?v=3dqP1ShYgqk&t=295s>

If you were to contemplate an issue considering all sides before evaluating them? If you were to practice active listening with someone who is fixated on one point of view?

To do so you may discover you have to step outside of Western civilization. Its entire history of philosophy presents ideas as if a new idea must destroy all other opposing ideas in order to insure its survival. But truth itself is not produced through selfish, narrow-minded, and aggressive motivations.

All of which to say it has been a struggle for me just to get my mind clear. Or, put another way, we could add to the goals for a soul mirror in regard to the air element:

*Learn to perceive without thoughts intervening.*

*Which is to say, every few days just sit and make your mind as clear as a mirror that is receptive without any bias, selfishness, or distortion occurring—to remind yourself what a clear mind is.*

*Learn to argue both sides of any position with equal clarity and enthusiasm. Otherwise, your own position will lack clarity and persuasion.*

*Learn to contemplate all aspects of a problem before engaging in evaluation. Otherwise, your solutions can be vulnerable to what you have failed to consider.*

## Mind Versus the Will to Power

Carlos Castaneda describes a problem in his writing about the Yaqui sorcerer Don Juan. If he were speaking in hermetic terms, Dan Juan states that in order to survive contact with the fifth element of akasha, a student usually has to train under a “petite dictator.” The petite dictator is an individual who seeks complete domination over the student.

Nothing is about reason, tradition, procedure, or the need to survive or succeed. Interaction is simply a matter of will—to what extent he can

take control over you. As I mentioned earlier, encounters with such individuals have been a recurring theme in my life.

Perhaps it is my Mars in Aquarius in my natal chart in exact opposition to Pluto in Leo. My personal will is almost always in opposition to some individual who has the full support of a powerful institution behind him.

Consequently, my lifelong koan—a kind of mental exercise—is to imagine what kind of clarity of mind I would have needed to retain my own sense of balance and integrity when working under the authority or influence of these dominating individuals.

I imagine my soul mirror practice might have read: “Stay calm, relax, keep your clarity of mind, and sense of self intact when interacting with powerful individuals.”

But the above soul mirror affirmation pertains only to the personality of an individual. What I was dealing with was, like Don Juan insists, a training that would enable me to enter and deal directly with akasha—in this case, the source of the air element and of mind itself.

And so the real life koan or mental exercise is to imagine the kind of mental focus I would have needed in the past in order to defuse negativity, dissolve malice, and neutralize abuses of power occurring in my presence. After all, we are all, if not entitled, at least authorized to be free of negativity in our personal space.

As I write about in many articles, the remedy or mind state I wanted (but had to invent for myself) is identical to the cosmic letter U. Imagine an empty space with nothing in it. If there is nothing present, then there is no way to measure space or time. You are “outside” of space and time. But this is not subjective. This spaceless space and timeless time is a quantum field, like the Boson field, that extends everywhere throughout the universe.

If I attune my aura to this vibration, then malice and the will that abuses power cannot operate in my presence. They either become calm and reasonable or else they have a way of destroying themselves. Kind of the Ghost of Christmas Future who with the voice of silence points

out to Scrooge—“This path leads to happiness and success but this other path leads to utter annihilation. Choose wisely.” Except your presence manifests the future outcome so it happens now rather than later.

This void or cosmic letter U is closely associated with the air element in that, like the air element, there is no gravity present. You are weightless, in a neutral state free of all influence. Even karma cannot survive here, for there is no linear time and so no causation, no one thing following another thing.

Looking back at my youth it would have been really nice “to be” the voice of conscience that helps others to be calm, relaxed, and focused on those things which are of greatest value to them. But a Mars opposite Pluto connection is a learning experience. The tension and feeling of paralysis are so great that a certain point, in order to survive, you are forced to find in your mind “quantum fields” that extend throughout the universe.

“All power is given from above” says the prophet. The resolution of the mind versus the will to power is to become that source from which power itself originates.

And so the affirmation to work on for my soul mirror? It was “Stay calm, relax, keep your clarity of mind, and sense of self intact when interacting with powerful individuals.” This becomes instead “Become so empty inside, so receptive without form attachment of any kind, you feel you are joined to the universe. You are that the awareness of nothingness from which space and time arise.”

It might have happened like this: a mysterious man rents a room in Goose Pointe and teaches meditation sessions at the local Unitarian Church down the block. Perhaps he was a 32<sup>nd</sup> degree Mason, like my father. But this man is not an extrovert. He spends thirty years of his life studying in Tibet, China, India, and Japan. I imagine sitting and meditating with him for an hour once a week.

He would say cryptic yet poetic things like this:



Make your mind exactly like a mirror so that fear is instantly dissolved when it comes near.

Make your mind like the night sky so empty and utterly receptive that it gives the stars and galaxies a place to shine.

Make your mind like the blue sky by day—so open, vast, and clear it can artistically and playfully take any conflict and transmute it into harmony.

Make your mind like water—rivers and streams, rain, mist, and clouds, mountain pools, lakes, and seas. Be so giving that life itself comes into existence in response to your beauty.

Make silence your friend—so quiet and still inside that any being that wishes to speak can turn to you to find a voice.

Make your mind into a sea of motionless time where any moment as it occurs can become frozen so that the heart, mind, and soul of any person can appear before you in its entirety, revealing all that is hidden within it.

Or, in regard to the conflict between mind and the will to power—find in your mind the source of all power and will. Then you will have the means to “Protect the weak, the needy, and the oppressed and to deliver them from the hands of the wicked.”

## Other Air Element Problems

I have previously mentioned that energy would get stuck in my third eyes in my forehead. The concentration exercises in Bardon’s practices tend to do that to me. Consequently, the meditation on the void practices as in the cosmic letter U kept this from happening. If you are not associating your consciousness with the form of your body, there is no third eye for energy to get stuck in.

Extensive training in magic probes the extent to which neurological functions and brain waves can be united and amplified. I have met

women whose brain waves are the vibration of water, that is, they have the intelligence of nature, of mermaids who are water in human form.

My brain waves did not go in that direction. They were more like a laser beam or the vibration of steel. But an excessive focus or overemphasis on one set of mental vibrations can produce physical symptoms. The intensity of concentration, in this case, interferes with the flow of vitality in the physical body. And so again it is extremely important to be aware of one's body and to know how to relax.

The air element also relates to the chest region of the body. Here breathing with the lungs sends energy circulating through the entire body. And the movement of air in and out of the lungs extends one's awareness spontaneously into the surrounding atmosphere of the earth. These are things I should have sensed from the beginning of my practice, but instead it took me decades to understand them.

The air element operating on the astral plane heightens one's sense of playfulness. Again, this is the freedom from tension and from feeling bound or limited.

My whole life has been excessively tense as if I have always felt driven. I acquired a feeling of freedom inside largely through creative writing. A "bardic magician" is one who, like an ancient Celtic bard, brings together magic and the spoken or written word.

When I meditate I often gain insights that are derived from having entered some invisible or unknown realm of the soul. "The magician calls many realms his home and many races of beings consider him one of their own."

And so the question, "What did you do today?" I might answer, "I spent three hours in an invisible realm mostly unknown to the human race."

And then the question, "Can you tell me about that?" and I reply, "Yes. I have three books of short stories and a screenplay that go into great detail on my experiences in altered states of consciousness. After all,

what would be the purposes of experiencing some wonder or remarkable beauty unless it can be brought back and shared with others?”

## Recapturing Project

I have a separate essay on recapturing projection. Basically, you feel an attraction to the opposite gender on a personal level. But on an archetypal level or in a karmic sense the girl appears in your life as a messenger, but she is not the message.

I met three women who are incarnated sylphs. But it was not the girl I was attracted to. With the first girl, the attraction was to the entire astral plane. Now I feel connected to the entire astral plane and the attraction to the girl has vanished.

I met a second sylph woman. The attraction to the girl is not really about her at all. The attraction is like a quest: Be aware of the vitality in your breath, of the immortality hidden within it, and the entire atmosphere of the earth that it reflects. I am still working on that one.

A third sylph woman embodies the sensation Bardon mentions—become so relaxed, so united with the air element from within, that you no longer feel your body. She is my teacher on this. I am almost done with my lessons.

Imagine the horror and pain in meeting someone when no matter what you do on a personal level it never leads to satisfaction. But once you understand that the girl is a learning experience then you walk with wonder and beauty by your side. You just have to understand—



*The enlightenment of the air element—*

*Touch life with tenderness. Never grasp or possess.*

Water



Previously, I summarized the main characteristic in the positive soul mirror of an individual's personality as he functions within society. The most basic trait is to be able to understand other's feelings. Such an individual has both mental and astral empathy. He can feel what other people are feeling and he understands why they are feeling that way.

Accepting and supportive, he is 100% with other people in the present moment. You can both trust him to keep secrets shared in confidence and he is not trying to persuade you to adopt his favorite solutions.

What more does he need to work on for his practice of magical equilibrium? Part of the answer is to make it a lifelong practice to create his own sense of happiness, contentment, peace, love, self-acceptance, and feeling whole and complete.

This description is fairly straightforward and perhaps reasonable for most people. What then are possible conflicts we might run into as we deepen our understanding of water? And what conflicts might water have with other elements?

Typically, we find individuals who have mental and astral empathy turning these abilities to their own ends. Empathy attached to an ego produces a friendly and warm person who is also predatory. He uses his connection to you to create a feeling of obligation to him. Car salesmen, insurance and investment counselors often employ this strategy. I have mentioned store front psychics who possess marvelous psychic powers. They read your aura with great intuition. But from the moment you walk through the door everything they do is to get you to buy their more expensive readings.

An individual with only astral and not mental empathy can feel your feelings as if they are a part of herself. But she may have no idea what is going on in your mind and she may well lack any curiosity about why you think the way you do. I can say, "Try looking through the other's eyes to understand how they see you." But this mental empathy of adopting the other person's point of view has no meaning to them.

Also, empathy based on the water element usually does not understand tough love. It wants to give and to heal without realizing that sometimes others have to learn by making their own mistake. At the same time, oversensitive empaths have no “off” switch. They feel that other’s pain and hurt when they hear about suffering anywhere on earth. I tell them, for example, “Your first responsibility is to take care of yourself. The world will get by quite nicely without you feeling sad for it.”

And yet without water, mind/air loses motivation since the sparkle of life is missing. Without water, fire/will loses sensitivity in using the graphic imagination that is essential to planning.

Graphic imagination experiences the future as if you are there within it right now living it. People often think of the future in abstract or general terms, in terms of possibilities, probabilities, and opportunities. Graphic imagination takes you there like entering a lucid dream in which you can walk around, talk to people, and take things in.

Without water, earth loses its fertility; the absence of feeling fully alive results in being over serious, ponderous, and rigidly fixated on details.

In my explorations of the mermaid realm, I encountered ways of perceiving and feeling that make no sense in terms of human experience in our world. There is a sea of love enveloping the entire planet—physically, the magnetism in the oceans and the magnetism in the atmosphere encircle the planet. Within and beneath this physical vibration is the astral mermaid realm.

In a world where governments are constantly at risk of political coups and nations are at risk of civil war or foreign wars, who has time to stop and perceive that love is everywhere saturating everything on earth?

And yet this planet has an astral plane. This astral plane sustains and nurtures the soul of every person when they die. But there is no theology or doctrine attached to it, no ferryman collecting tolls as you cross the river Stix, and no angel at some pearly gate requiring you meet specified requirements in order to enter his heaven. The benevolent influence of the astral plane, like the magnetosphere, is part of the package of gifts you receive when you incarnate on earth.

The water element makes things fully alive. The incarnated mermaids do not use the fire element, bright white light or a surcharge of vitality in order to heal. They use the water element. Water circulates through them into anyone near to them. And this water is reviving, renewing, purifying, making whole, and uniting. You cannot find a religious community on earth that has this level of generosity, innocence, and giving.

Women write me and ask, “Am I a mermaid?” I used to read their aura by feeling their energy with my hand. If there was the one element of water present and not the other four, then I said, “Yes. You are an incarnated mermaid.”

But now if a woman writes and asks this question, I simply ask her, “Tell me about your relation to water? What do you feel when you enter the sea?” And if she is a mermaid she says something to the effect, “I feel I have come home. I feel renewed, made whole, like the sea is my mother and she is hugging me. I am one with the sea.”

I do not hear human beings talk this way about the ocean. Something is very wrong with the human race’s relationship to the element of water. They do not feel the primordial connection to water that is meant to be a part of their souls.

For me, I consider that any serious soul mirror practice seeking magical equilibrium should definitely include learning mental and astral empathy without abusing it to sell something or to control someone else. Individuals should definitely learn to take responsibility for creating their own feelings of happiness, peace, serenity, and contentment.

But such students of the mysteries should also take the next step and work with the affirmation/meditation/contemplation—“Water is a part of me. It is in my body and I equally am also a part of rivers, lakes, and seas.”

Fail to accomplish this and you perpetuate a flawed human being, the human being of history, who creates wars, poverty, terror, fear, hatred, destruction, exploitation, and greed. All of this boils down to graphic imagination: when you look at the future, do you have the sensitivity of water that can feel that it is right there in the future living in graphic detail whatever it envisions?

And again, if you simply increase empathy while removing ego, the individual uses the empathy, the super friendliness, to exploit other people.

The water element is the *sin qua non*, the “without which nothing” of hermetics. In spite of the dangerous, deadly, and annoying aspects of the water element, without its primordial innocence, love, and giving we are left with the Tower Tarot card—whatever we establish will come falling down—because water can “feel” if something (whether past, present, or future) is right or not. And without that feeling of knowing things intuitively from being inside of them, conscience is defective.

Some of my previous comments on water:

In 1996, I had studied the auras of the mermaid queens and also interacted with them in a variety of ways. In 2009, I was editing my book, *Undines—Lessons from the Realm of the Water Spirits*. It is a textbook on the magical properties of water and on the realm of mermaids.

As I was rereading my manuscript I finally “heard” what Istiphul and Isaphil were telling me—that in order to better understand their race, they promised me I would meet mermaids who had incarnated as humans in the form of women. In other words, the “concept” for my project of meeting incarnated mermaids originated with the mermaid queens. Without their suggestion, I never would have looked for incarnated elementals.

What have I learned? Fifteen years ago, I could sit and meditate in a state of trance and then visit the mermaid realm. Now I can do this instantly. I am not using my mental concentration as a magician. Rather, my astral body is connected to the inner planes and the water element.

That is a huge step forward for me. Through my life was in many ways very exciting, I still felt so numb inside it was like being half alive. Now I sense beauty is in the air I breathe and love is everywhere—I only need to focus to perceive it and to feel it.



Very frequently a man who interacts with a mermaid women experiences what I call a “cocaine effect.” When he is with the girl, her aura saturates him and he feels larger than life and fully alive. When he is not exposed to her aura, he often suffers physical withdrawal symptoms.

But in interactions with any fairy or elemental realm, you must be careful otherwise it could kill you. Do not become enchanted such that you lose your survival instincts—that sharp edge to awareness that keeps an individual ever vigilant, feet solid on the ground and a keen awareness of your physical environment.

The water element accepts, heals, and makes whole. It wants to get you into the moment where you can let go and just flow. The great advantage of being in the moment is that you feel pure, clear, and renewed. A massive amount of anxiety disappears from your life. You are in the here and now. And this enables you to give so much more.

However, the risk is that water does not understand the extent the world is shaped by will. And so it does not understand whose will is in charge and where they are intending to take the world. The captain, in wanting to arrive in New York on schedule, wants to take you right into an iceberg that will sink his unsinkable ship. And Germany wants to initiate a level of genocide not seen since Genghis Khan ruled an empire from China to Iran.

With the water element we also encounter the unknown. A primordial sense of innocence that is never lost and spontaneously feeling one with another’s soul is not part of daily life. Look around. Masters and gurus do not have the vibration of lakes, rivers, and seas. Those energies are not present in their auras.

And yet it seems that what is missing from our civilization is not the mermaid astral sea of love that surrounds the earth and in which we are all immersed. What human women and world teachers have never been able to give to men is the dense magnetic vibration in etheric water that calms, soothes, purifies, contains, inspires, and transforms them.

The absence of such love is why men fight their wars. This is why scientists and corporations risk destroying the earth with their reckless

experiments; because of their blind, insatiable hunger for excitement and for new experience in order to overcome the numbness and lifelessness they feel inside of themselves.

This internal conflict in the soul of humanity is based on a conflict between different elements. Many men are actually joined to the fire element in nature. They burn with the volcano, seethe with the magma beneath the earth, and explode from within with the nuclear fires of the sun. There is always in every generation some man trying to take control of the entire planet and a whole lot of other men very happy to support his cause.

The water element puts an end to this insanity. It can contain the soul of any man transforming him from within. And it offers him the experience of being one with another and also joined to the timeless peace and serenity of nature.

This is what I have learned from my mermaid project. I could never have seen this clearly without undertaking this journey.

And so it is not a more feminine and enchanting woman or a magical race of beings that are needed to assist the human race to evolve. Rather, it is up to each man—to you and to me—to bond with the love within the element of water in nature (in fact with all five elements) that enables us to unite the opposites that are within us.

For example, you review all your experiences with water in nature. You recall and memorize these sensations through concentration. And then you explore the feelings underlying the physical sensations.

A mountain pool has the sight and sound of water falling, splashing, bubbling, ripples spreading out, water flowing. There is the cool temperature, the sensations and scent in the air of moisture. And there is the underlying connection occurring between water evaporating, rising, forming clouds; of precipitation, rain, mist, and fog as drops and then streams form flowing downhill and over cliffs, forming the pool where you sit.

But underneath these outer sensations are the feelings that accompany them—the sense of letting go, flowing, releasing, soothing, purifying, healing, renewing, reviving, and making new.

Again, the one energy most missing from the attraction between the genders is this dense, physical vibration of water. Men need to not just “feel” content, relaxed, and happy. Their bodies need to actually be physically cooler, more relaxed, at ease, calm, and released. When men have this vibration, you can actually trust men to exercise excellent judgement and to protect and cherish those things that make us feel fully alive.

With the water element operational, the spiritual quest paradigm changes. When you look inside yourself you find neither a solitary soul seeking enlightenment nor is there a dark night you must journey through to find love out there and perhaps also find here in society a human or divine union. Instead you find all the oceans, lakes, rivers, and streams, and the icy poles too vibrating and reflected inside of you. It is as if there is no longer a distinction between the inner and the outer worlds. Since nature is embedded in your very core, you are part of the planet and far more.

## Earth

In the family business, it was typical to work minimum a sixty-hour week. In the beginning, this was hard manual labor, but upward mobility was guaranteed as long as you had the right religion and political beliefs.

It was a stressful work environment. And though my relatives may have attended church three times a week, it was clear to me that for the most part their religion was worshiping cars. Listening to them talk about cars had that kind of excitement you encounter at a Hoosier’s home basketball game. It was all about the adrenaline rush and the intense competition—a zero sum game where winner takes all.

Career has always been a problem for me. I was pulled in the direction of wanting to spend 100% of my time on metaphysical studies. On the other hand, I had a family to support. And then again, though the coal and oil aspects of the family business were not in my blood, uranium and plutonium were. I felt personally connected to these two elements and was profoundly disturbed that nations would take these elements and build weapons with which to threaten other nations with annihilation.

In some ways I felt an incarnation like mine with the opportunities I have had only occurs perhaps once every thousand years. I have had the opportunity that those before me did not have of meeting first hand and studying with the heads of the four Tibetan sects, with numerous famous yogis, Sufis, the head of the largest druid order, hereditary wiccans, shaman, parapsychologists, etc.

If I had pursued a career just to “fit in” and be successful in the normal meaning of those words, I would not be able to justify that choice during a life review after I was dead. It was left to me to find a balance between the purposes of my spirit and the needs of my personality. There were missions assigned to me by my higher self. And yet all the same, we are social creatures. If you go your own way, you take a huge hit to your motivation and energy if there is no one you can share your spiritual path and vocation with.

I often tell people that there are so many better things to do with yourself than to study magic. You are in the most exciting moment in the history of the human race. Entire university curriculum are on line. You can talk to people all over the planet.

To study magic, on the other hand, I feel an individual needs to be “called” by the divine world. Or else have a lifelong commitment to a purpose that cannot be accomplished without the use of magic. Being “called” and having a purpose that requires magic—these I had in no small measure.

The thing is, I am constantly hearing from individuals who made some sort of “mistake” in their magical practice and now want me to give them back the life they had before they began studying magic. And this I am unable to do. Physical and psychic injuries can last the rest of your life. So proceed with great caution.

You can break your neck swimming at Sandy Beach because of the way the surf pounds the beach as the ocean floor takes a sharp turn down. There is no sign on the shore saying, “Sandy Beach is also known as Breakneck Beach because it has the most injuries to swimmers of any beach in Hawaii.”

The wave breaks, currents, and riptides within magic are so much more dangerous. There is no one who can guarantee your safety. You have to be constantly vigilant in your practice.

I did get a Masters degree in Linguistics from the University of Arizona in 1975. I went there because there was a Hopi Indian on the staff with whom I could study the Hopi language and culture.

The Hopi Indians had the oldest continuously occupied settlement in the United States. In magic terms, they had been practicing ritual magic in the same kivas for nine hundred years. This fell under a vocation I pursue which I call “spiritual anthropology.” I am trying to understand as best I can what a human being is. And so to begin with I study the oldest esoteric oral traditions on earth. These have unique practices that explore human nature. Among these were for example the Nyingma lineage of Tibetan Buddhism.

In this pursuit, I had studied with very different social, ethnic, religious, and business groups. It turned out that studying linguistics was a great help to me. Social linguistics and semantics made it very clear what someone was saying, why they were saying it, and how well their message was understood. If you train your ears, you hear communication occurring on multiple levels.

At the time, however, I simply could not figure out what to study in pursuit of a PhD thesis. Looking back, perhaps something like:

“Ethnography, Journalizing, and Story Telling—Choice and Decision Making as Semantic Domains.” But the emphasis on choice determining meaning in life was not well developed at the time.

Putting career considerations aside, I had a strong psychic connection to the planet earth. I think this took the place of religion for me. Intuitively, I wanted to feel a part of the universe. None of the religions I ever studied offer that as an option.

I could sit down with a Hopi shaman and evoke the spirit of the earth in a brief meditation. And then he would do what he said he would never do: he began teaching me, a white man, about his method of healing. If he had spoken, he might have said, “If you have this vibration of the planet earth, then the plants, flowers, roots, stems, and leaves are already alive within you. You have that degree of receptivity.”

At the same, I had a great deal of difficulty with the earth element in moving toward the realm of gnomes. I should have felt that if a gnome ran into me he would say something like, “Your father has been in mines. He has shipped coal by freight trains and freighters from all over the country. His trucks delivered it to homes, schools, and factories.

“The vibration of fossil fuels, of plants and forests, from other geological ages flows through your blood. All you need to do is close your eyes and sense that a thousand different coal fields of ancient geological eras surround you and are a part of you.”

But it was not that way. At the time, I knew no one who when he or she sat still you could feel the silence of the planet earth alive within them. Recently, I have had the opportunity to get to know several women who are incarnated gnomes. With one of them, every single time I talk to her, I write a story about the interaction. In just talking to her I am not in the aura of a human being. I am in the aura of a gnome—her light saturates me with the earth element.

Another woman I had the opportunity to spend a week with. Sitting next to her out in nature with our backs against a stone butte, the mountains around seem to wake and speak, “We stand ready to serve.”

On the other hand, I have met women that I call steel gnomes. Their souls are from the core of the earth which is solid iron and nickel. Though they appear to speak in New Age terms about love, the immense gravity at the earth's core—that inner cohesiveness—shapes everything they do and think. I am very cautious and on my guard around them.

I have mentioned being in a Tibetan monastery. One time the lama told a student who was talking too much to go into the temple and concentrate on the Tibetan sound of “ah” for seven hours. This was an epiphany for me. If you can focus on a Tibetan letter for seven hours, then you can concentrate on anything in the same way. Like the Kabbalistic Tree of Life that had much more meaning for me as a Westerner.

And so another earth element conflict—the earth element representing the integration of consciousness. My uncle told me he invented the automatic transmission for General Motors. In terms of spiritual anthropology, you notice how much time people spend on their various activities. The Voyager space craft that left the solar system took fourteen thousand man hours of work to send it off. This is the Western world's focus on mastering the external world.

Kalu Rinpoche for example had put the same number of man hours into his meditations. Once culture goes outward into the world. Another goes inward into the mind. I sat next to the Dalai Lama's weather controller. He was known to be able to hold off a storm for three days so it did not interfere with an out of doors Kalachakra Initiation. This weather controller had spent ten years in solitary meditation in a cave in Tibet. And then there are those like my uncle or grandfather who invent and manufacture engines, trucks, and set up car factories around the world.

How does a Westerner who is not inclined to meditate in caves for years on end shift gears? One moment you are engaged in the normal, externally focused Western world activities and the next moment you are focused with all of your being on some invisible world that no one around you knows exists?

Franz Bardon used to go out at night and do evocations in a graveyard where he knew he would not be disturbed. We have his book, *The Practice of Magical Evocation*, as a result. How did he do that? Engage in activities that have no meaning to anyone in his life?

How do you maintain a normal, fully functional personality—friendly, warm, assertive, balanced, and empathic—and in a separate moment participate fully in another world, a world that has no human institutions, moralities, traditions, languages, art, or culture?

Some of the masters I studied with had marvelous levels of concentration, but only on inner states of awareness. Some of my relatives had equal or better levels of concentration than these masters. But their concentration was only on external activities.

Which is to say that growing up I did not meet anyone who had a psychic “transmission” so that one gear focused them totally on accomplishing something in the real world in a specific time frame. And then, shifting gears (in a moment or in a few minutes), they could focus totally on an inner state of consciousness with the same levels of concentration in both instances.

It is a great pleasure, but no small challenge, to read Franz Bardon’s books. In the cosmic language, for example, you work with the basic building blocks from which everything created is derived—the building blocks of matter, physical energy like electricity and magnetism, biology, space, time, and history.

And you work with the building blocks of soul, mind, and spirit and every kind of psychic and spiritual realization. In one moment, you are in your human personality. In the next moment, you are creating as a divine being creates. Your consciousness interacts with multiple planes from external through astral, mental, and akashic at the same time.

But the Kabbalistic practices take immense amount of repetition to learn them. And this is as it should be. The universe is complicated. You have to get to know what you are working with inside and out in order to master it.



## Problems in the Study of Magical Equilibrium

Emuyir is a spirit of the sun who specializes in health and magical equilibrium. From his point of view, as we master the elements, we are creating five different personalities that are each autonomous and fully operational. And then through a kind of omnipresent contemplation we hold in our awareness all five elements at once.

We are both tender, nurturing, and accepting as well as commanding, passionately dedicated, and tenacious. We are objective, detached, and artistic as well as fiercely practical, down to earth, and productive. We are all of these equally and at once though in each situation different ones may come to the front.

How does this work? Sometimes people want me to do psychic readings for them. And I might say something like, “Right now I am editing. Editing takes one hundred per cent of my energy.”

To do the job right so I complete what I am doing, there is no extra energy to go around. This is the earth element involving work. Such work makes me completely a part of the physical world.

It is true. I can pause from editing. I can take a relaxation break which is *“to focus on the present moment, appreciate the familiar, and savor the wonder.”*

Doing this takes me into the air element. It is more artistic, sensitive, focused on the nuances of perception and on converting conflict into harmony.

I can go further. I can take a sylph break. Now my sense of relaxation goes off the charts. I am barely aware of my body. I am looking at life with the detachment of a mirror and from the vastness of the sky. Beauty is everywhere. It reigns supreme. From this perception, every conflict can be exchanged for harmony. It is the nature of the air principle—it balances opposites.

From Emuyir's point of view, the one who is editing and the one taking a break are different people. The entire personality is based on different principles.

Yesterday I was writing about how contact with the mermaid realm produces sensations and feelings that to me seem totally outside of human experience on this planet. Just a moment. There. I am "in" the mermaid realm now.

My clairsentience and the inspiration with which I write are often a function of the water element. But at this point I am not thinking using thoughts to collect my impressions. I am feeling. I am one with what I am focusing on.

And again I notice the quality shift in vibration. As I sit and edit, I am part of the vibration of society. I am productive. I am making something of value. Everything I do is meant to be familiar and user friendly designed for others to appreciate.

But the mer realm? The air itself around me seems to change. It is slightly denser than air, watery, cool, and blue green. Here there is no need to produce anything. Love is everywhere. Everyone within this vibration is one with everyone else. This is the nature of this "quantum" energy field.

It is hard to even think about human beings from within this space. The human race is a disaster zone, as if invisible kraken, leviathan, gorgons, and such, like military units, guard the border to prevent human beings from trespassing, bringing their greed and desire to abuse and violate along with them.

To incarnate in human form, it is like a mermaid has to obtain a special visa that reads, "Here for the human experience" or "Here to demonstrate that love remains effective under all conditions and circumstances of life."

And the fire personality? I think to myself, "When I have time and energy I will meditate on either North Korea or Iran." Okay. There is like this huge flame, as big as the sun, that appears out of the void of empty space. And from it I look down upon the nations of the earth. And I hear the voice of the Judges of Saturn in my ears saying, "The human

race is ordered by Divine Providence to fill the earth with justice as water covers the seas.”

It would be a great mistake for me not to speak to various national leaders with the voice of their own conscience pointing out to them, like the Ghost of Christmas Future—“Here are your best options in life. But understand that everything with form and mass will soon cease to exist. The void—infinite nothingness—even now is inches away from your body. It surrounds you. It watches everything that you do. Therefore, seize your best opportunities while you are still alive and have the chance.”

The mermaid realm knows nothing of such will and fire, nor does the copyeditor or the artist with his visions of beauty and harmony. Fire is a totally different person, something perhaps, like water, totally different from what we are familiar with and what we call human.

And so again we have the image of the magician. Before him, the four elements. He picks up one and uses it according to his purposes and needs, and then sets it down again when he is done.



Some people email me and expect me to be respond in the role of a magician. But as I point out in my chapter on Tipareth, there is a huge difference between an individual's personality which he uses in daily life and his magical identity that he uses when doing magic. My magical self is not very responsive to requests to solve personal problems. He is focused completely on a mission.

I imagine an individual might be in his magical persona for a half hour, an hour or two, or maybe four hours during the day. The rest of the time he is operating as a normal human being. Having a magical identity does not make him unusually insightful, wise, or harmonious when he is writing bills, talking to his neighbors as he walks the dog, or taking out the garbage.

But at times the individual can call on his other side to assist him with a problem. On the other hand, the magical side is totally dependent on the ordinary personality to put aside time and energy so it can do what it does.

If you meet someone who is all the time in their magical self, then you have more likely a guru or "master" in front of you. But when an individual is all the time in their spiritual persona, their capacity for learning new things is greatly reduced. Such individuals are often "root bound" by their lineage or tradition, thinking the thoughts other masters have churned out hundreds or thousands of years ago. But you have to assume a "beginner's mind" in order to learn new things.

For me, the only way to tell who a "master" is in any group of people is by observing who is learning the most. That person is a master. The others are students looking for reassurance and direction. They have not yet found the fifth element of akasha within themselves which often looks at every experience as being magical and a learning opportunity.

The four elements as they operate in the biosphere are not in harmony with each other. When the salamanders unleash a volcanic eruption on the Big Island of Hawaii, they did not inform real estate agents or the governor twenty years ago not to place a subdivision in that area.

The salamanders did not inform the sylphs about the acidic vog that would be carried by the trade winds for months or years extending

downwind to Guam. They did not inform the gnomes of the trees and plants that the ground would soon turn into black, volcanic rock.

And they did not inform the mermaids of the surrounding sea that “Here we are planning to extend the beach by adding a few extra square miles of land.”

It is up to the magician to get the four elements in his own soul to work together, blending them, and then extend his awareness of harmony into society, and then into the biosphere itself.

## Methods for Exploring Magical Equilibrium

There are many ways to bring together the four elements with the fifth element of akasha. In ritual magic, a magician stands at the center of a circle. The center represents akasha, the fifth element. In four directions around him are the four elements. In one tradition, to the East is the air element. To the South, Fire. To the West, water. And to the North, earth. Other traditions may align the elements in different ways.

In each of my descriptions of the four elements, I began with how the element originates in akasha. Then as it becomes denser, it takes on different qualities on each plane—the mental, astral, and then physical.

You could, for example, think of yourself in akasha. And around you, as in a mandala, each element appears on all four planes. Then again, you could just as easily have started with the element here in the physical world and then followed it as you ascended through the planes.

This is more of a contemplative approach. In Bardon’s third book on the cosmic language, the student meditates on the cosmic letter from the akashic plane on down through the three lower planes. And Bardon mentions that some of the cosmic letters such as “B” and “U” can be used to “modify” your own or someone else’s karma.

With letter U, you are aware of the original purposes behind all things. Here you are within and a part of that formless awareness, outside of space and time, from which all things arise. Consequently, you gain the intuition to cancel karma that depends on linear time and attachment to form.

With the letter B, you embody in yourself the extreme opposites of the electric and magnetic which are in such dynamic polarity that they can overpower the energies that bring together the circumstances, situations, and consciousness involved in karma. Letter B is in itself like what Bardon calls a “magic volt” placed in akasha.

I have a couple of manuscripts relating to the letter U. My interest is in modifying the karma of entire nations and the geopolitical configuration of international politics. There has been a kind of spiritual pressure on me, to the say the least, to write manuals on ending wars on earth. But the content of such manuals was left to me to fill in. I have virtually nothing to guide me from the writings of the wise men of history. See my manuscripts *How to Speak Saturn* and *The Perfection of Wisdom* at [williamrmistele.com](http://williamrmistele.com)

In chapter IV of *Initiation into Hermetics*, Bardon does give an exercise for establishing a magical equilibrium within one’s body. He says of the practice, “He will experience the comforting influence of the entire universal harmony not only for a few hours but for days, which is creating and keeping in him the feeling of peace and happiness.”

To review briefly, you breathe in the four elements one by one into corresponding areas of the body. All of this assumes, of course, that the student has successfully completed the previous exercises set forth in the book.

“The feet up to the thighs, pelvic bone including the genitals correspond to the earth; the abdominal region with all the internal organs such as bowels, gall, liver, stomach to the midriff correspond to the water element. The chest, the lungs and the heart to the neck correspond to the air element and the head with all its organs to the fire element.”

Bardon has the student breathe in each element into the corresponding part of the body using seven breathes to draw in. Later, when done, you exhale seven breathes for each element to return to normal.

In my practice with the body and especially after contacting Bileka of the earthzone, I tend to favor a preliminary exercise used prior to accumulating energy in the body. My nervous is hyper sensitive and so I

need to possess deep awareness of my body prior to engaging in exercises that intensify and add stress to the nervous system.

See my essay on Body Awareness:

<http://williammistele.com/body1.htm>

Put simply, from my feet up to the pelvic bone and buttocks I focus on everything I can observe—pulse and flow of blood, heat of body, moisture and texture of skin, sense of bones, muscles, tendons, etc. I am using one hundred per cent of my awareness to focus on my body.

And like Bardon I go on through the abdominal, chest, and head regions. In the end I end up with a heightened awareness of the physical being of my body. And there is a little bit of the artist and poet in this. If I am focused on my feet and leg region, there is an awareness of the earth element with its density. And with that density I quite easily feel a connection to the earth element in nature.

Now it is not necessary in working with the elements to connect to nature. You can master them in yourself without associating them with the biosphere. For me, however, that is a little bit like emailing a romantic partner but never adding the audio and video channels of skype or other live chat tools.

There are my legs and feet. And then there is also the sense of solidity and weight of the roots of a Redwood tree, the age of a stone circle, or the mass of a granite cliff or a mountain. My individual nervous system works best when I feel joined to the universe. I have participated in a great many groups, but they do not produce in me the feeling of being a part of nature. I do have a human body. But this body is meant to be understood as a microcosm of the greater universe. Call it the poet, bard, and artistic in me; or the “bardic magician”—an artist who uses words and metaphors in a magical way.

Each student can of course share their own journal of experiences with such exercises. And equally, at different stages in one’s development an exercise like this can deepen and go in a variety of different directions. Here is the meditation as I experience it.

I usually begin a practice like this by concentrating on a tiny dot in the center top of each big toe. Then I concentrate on the big toe itself and

finally both feet at once. Sometimes as Bardon suggests I will place my mind inside the foot as if I am there with toes ahead of me, heel behind me, top and bottom of foot above and below me.

I start with the foot because my entire life the energy in my body centered in my head. My parents and relatives possessed fantastic levels of concentration, though always only on the external world.

Consequently, I used to hike a lot, walking off the trails exploring on my own. Just walking or jogging in the wilderness tends to bring the energy back down.

Energy being focused in my upper body comes from being a part of a family that lived in Detroit going back four generations. My father knew Henry Ford. My mother lived next door to the man who invented the spark plug. My uncle one time had all the plans of General Motors production during World War II in the trunk of his car for safe keeping.

It was a dynamic city for a long time. Extremely productive and wealthy. But I needed to go back before the sound of the roar of the Packard 4,500bhp engines in Gar Wood's Miss Americas and the PT boats.



(Picture: father's hobby was finding old, abandoned Miss Americas and Miss Canadas and restoring them)



I lived in the house with a boat well underneath where Col. Vincent built the Packard Marine V-12 used in the PT boats of World War II. The house was haunted with the memories of engineers and welders drinking coffee and the rumbling in the boat well like the stirrings of a dragon awakening from slumber.

I needed to go back before the buzz of the Cessna's carbureted and flue-injected six-cylinder 230 hp engine, back before Edison set up shop and Westinghouse financed Tesla's electrical grid. Back before the English arrived on the shore of the Detroit River, before the French, and before the Indians canoed up stream.

I needed to go back before the last ice age that scooped out the basin of the Great Lakes as the mile deep ice moved south. That is what I sense now in the bones, muscles, tenders, and blood of my feet. The earth herself is here inside of my body. And there is a great silence in which the mountains rise, the forests grow, and the seasons unfold.

I am not accumulating of energy in my feet. I am just aware of what is there and the connection between the feet and the earth.

I move upward slowly through the lower legs, upper legs, genitals, buttocks, pelvis, perineum, and first chakra. There are so many different energies here it is like walking down the corridors of the Library of Alexandria. There are also themes of survival, fight/flight, and sexuality. You can spend a life time reading the manuscripts and still only touch the surface.

With all the places I have been and all the things I have done with this body, there is a silence in my feet, legs, and pelvis. It is like the stillness of the night sky in the dead of night. It is very quiet. I imagine the response is to either love it because you sense the beauty or flee from it and never look back, because it is not a part of human society. You are in geological time where ages and eons walk by.

On to the abdomen. Bardon describes this section of the body as including intestines, stomach, liver, kidneys, etc. It is the water region including the second chakra whose element is water.

If I focus in this area, I sense the kidney's filtering, the stomach digesting, the peristalsis in the intestines, etc. There are "hollow" organs with liquids flowing. The themes are about taking in, absorbing, breaking down, nurturing, and purifying.

And so too the astral component aligned with the body—affection, giving and receiving, and love, tenderness, and kindness.

What man shines as bright as the sun? What woman is as loving as the lakes, streams, and seas?

I once studied with a Taoist master. She was from perhaps the oldest lineage of Taoists in China. As a test, the first thing she had me do was to imagine a cool pool of water behind my navel. And then for seven nights I was to go sit on the roof and observe the clouds, stars, wind, and moon. The "good" energy was to sink into the pool and the "bad" energy was to flow through and out again.

For her, the wind is like a dragon and the clouds like a tiger. The two are contending and also mating. After a week, I told her my experiences. I passed the test.

Other Taoists practice imagining a cauldron in the abdomen below the navel. You gather the yin and yang energies of the body and cook the chi. One Tai Chi Chuan master sits and "sinks" his chi down into this cauldron for three hours each night. He too like me was trying to find the balance in the lower body for all the upper body activity going on in his life.

Concentrating on one of the "petals" of the second chakra will fill the entire body with the vibration of water. Gurus do not usually pursue the water vibration of the second chakra. When I focus on this part of the body, it is easy for me to feel that I am within and surrounded by an ocean that stretches out from horizon to horizon.

Bardon has the fire element in the head. Perhaps it is just me, but I prefer to work with the water element in the abdomen below the navel and the fire element in the solar plexus area above the navel. The third chakra relates to fire.

If I focus above the navel up to the diaphragm, the energy is the bright light of the sun. It is nuclear, though also friendly and gentle, the light of

a warm summer day. The third chakra area gives us a direct connection to others. For me, the fire element here supports and enhances being assertive and forthright.

(This is where I can repeat a disclaimer. I have to interpret, evaluate, modify, and reverse engineer Bardon's exercises to get them to work for me. If I practice some of the exercises as they are presented by him in his books, they would destroy me. My nervous system is totally different from his nervous system. Do I find this disturbing? Not at all. I have a tolerance for ambiguity. "The little things do not bother me.")

I move on to the chest region. Focusing on the chest, lungs, arms, and hands, I am immediately aware of the air and energy of the lungs and heart streaming vitality all through the body. And the breathing—there is the moisture, changes in pressure, and temperature of the moving air.

Awareness of air in the chest for me is very similar to being aware of the winds in the sky. You breathe in, the air flows in response to the lower pressure in the chest—a low front in the sky moves by. So very similar.

I am surrounded by a sea of air with currents and tides. There is a kind of ecstasy in breathing. The air itself is overflowing with good cheer and joy.

We could present a scale for self-reflection on breathing. At zero the chest feels greatly restricted as if a weight is pressing down; you feel nearly paralyzed or else desperate, hyper ventilating, struggling to breathe.

Then at level five you are relaxed, breathing normally without any tension. And at level ten breathing is effortless. You have that degree of relaxation where you are no longer aware of your body. You have the "My mind is the sky, pure clear, and open. Its air flows through my chest. Its winds are my breath." Or as the sylph Cargoste says, "The universe is on the verge of exploding because of the joy it contains."

As Bardon says, concentrating on a part of your body dilates the blood vessels so there is more warmth and increased blood flow. Just being ware of your body without condensing energy can at times evoke astral feelings that are amazing to experience.

Onto the neck. It appears Bardon includes the neck with the chest region. Sound originates in the throat and is carried by air. When I concentrate on the throat, I experience a kind of akasha. It has the feeling of “I am without form and I am everywhere.”

As I move to the head, I can appreciate Bardon assigning the element of fire to this region. That will work for most people really well. I, however, have to avoid any focusing of energy through my third eye. It is a karmic thing and also a requirement for what I do. When I focus on my head my entire body disappears and I am within and united to a vast void. Here there is no third eye, no head, and no body where energy can get stuck.

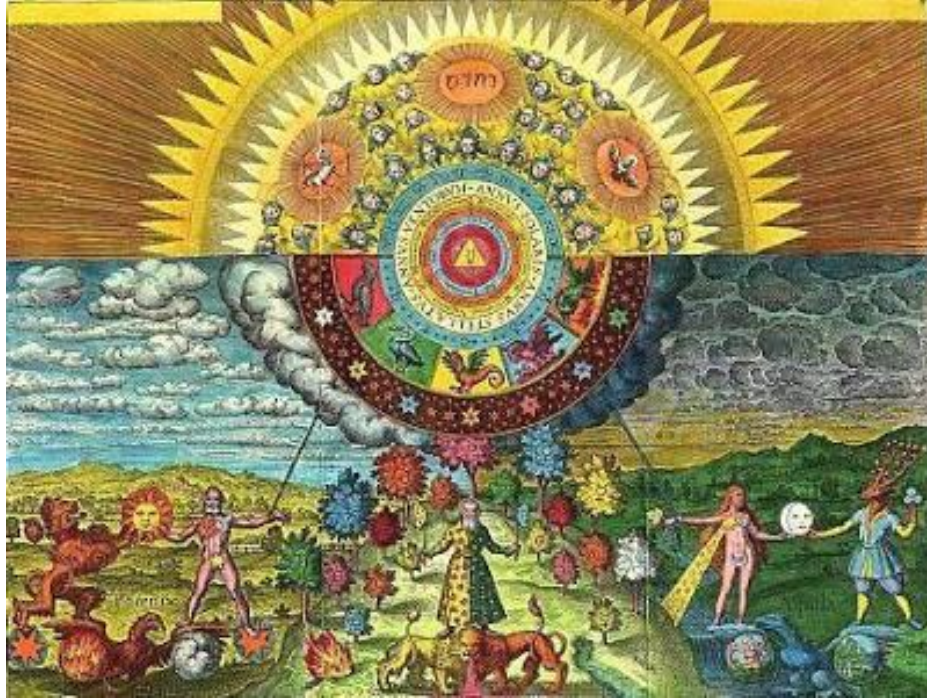
Again, each person can decide for themselves exactly how to proceed, especially when Bardon’s instructions are perfectly clear.

What do I have so far? In terms of experiencing “the comforting influence of the entire universal harmony not only for a few hours but for days, which is creating and keeping in him the feeling of peace and happiness?”

I have the four elements corresponding to my four lower chakras. I have the adaptability and keen alertness of the throat chakra, ready to respond quickly to whatever is before me. And I have the void to which I am also joined. The void is the transcendence. The lower four chakras and elements are the part of me that is incarnated and operating as a personality in history.

This fits what I summarize as Bardon’s overall objective—to produce individuals who can operate with the siddhis of earthzone spirits and yet who are fully functional and a part of their historical society, giving their full attention to their daily responsibilities.

And so I can appreciate too the alchemical symbols such as the male-female balancing energy surrounded by nature and guided above by Divine Providence:



For me, in this practice there is definitely a sense that “this is life at its best.” It is a reminder, a reference point, of what it is to have the elements within the body and within nature also in completely balance and harmony.

And it also brings with it a great sense of wonder. The transcendence, the being joined from within to the source of all things—and the power of the four elements through which we are totally engaged with life and feel fully feel—this practice seems to bring all of this together.

The body is a temple. In this exercise, we can pause from life’s journey and enter a place where you can sip from a cup of joy and celebrate being anointed with beauty.

## Earthzone Spirits on Magical Equilibrium

Timiran: earthzone spirit of 9 degrees Gemini, harmony and magical equilibrium (see write up at end)

Outer Aura: A brilliant, commanding sense of harmony because he subtly takes hold of you from inside and understands you in all aspects.

Inner Aura: He is very intuitive. He is right there inside of you and a part of your own process as you feel your own feelings and think your thoughts.

On magical equilibrium: Timiran is like someone who sits down with you who has counseled thousands if not tens of thousands of individuals. Their problems are similar to your own. Consequently, he grasps right away your situation and yet his suggestions are original and new. If you follow his advice, it feels as if you are getting results almost without effort.

The way to reproduce in yourself his insight is to meditate on harmony as being part of the laws of the universe. Akasha in one aspect is harmony and it can create harmony amid any situation. You add this to your list of goals to attain in meditation.

Then, from this state of mind, in which harmony prevails over all conflict, you then meditate on whatever weakness or problem you are working with. For example, lack of success in publishing becomes seeing myself getting really great results. It just takes finding the right form of magic to produce the achievement/promotion I want.

Pigios, 15 degrees Gemini. (See write up at end).

For Pigios, human nature is so diverse in regard to elemental temperaments that an introduction to this topic would be like taking an acting class. You prepare to play different parts. In one drama, your character is Shogun or a king or an army commander.

In another drama, you play the opposite: you are so sensitive you can get inside other's dreams at night and, like the ghosts of Christmas past, present, and future, you review and then redream the other's dreams.

In a third drama, you are hardworking, down to earth, practical, and an absolute master over some area of production in the physical world.

Your motif is that you know everything about your profession so well that when something new or out of place appears it immediately catches your attention and becomes your fascination because you want to understand its place in the world.

And in the fourth drama, you are the intellectual/scholar/artist. You tell stories. You research and experiment. You test ideas against reality and you investigate to uncover truth.

And for the fifth element, you are conscience—you are there to help others when they are about to make life defining choices. Or, in terms of dramatic production, you play the part of the writer or director. Or as a producer, you design and oversee the entire production including casting.

If you can play the part in an artistic production, improvise, know your lines, and write the script, then you are ready to play your part in life. But imagine trying to understand and master one of these five elements without any previous practice, experience, or performance?

And so art has a part to play in discovering your elemental balance. Pigios would say that his emphasis supports the other approaches to magical equilibrium the way a class in communication might help you in pursuing any degree program.

I once had to speak before the state Board of Education. Being a total introvert, public speaking was not a normal activity for me. So I practiced in a way that Pigios would recommend. I imagined I was an Israeli commander who had trained his men to prepare for a mission. And now I was giving a final review before we boarded our planes to take off. I was supremely confident, convinced of how well prepared we were for our task, and yet I was totally relaxed.

This demeanor came through as I spoke to the State Board at a public hearing. It was very funny because someone who came with me could not believe that the person speaking was me. The magician evokes the element he needs in order to accomplish his purposes.

## Jvar, 3 degrees Leo

For Jvar, your task is to coordinate the five different elements so they are all active in terms of your social and personal identity, your career, your family, and with friends.

This may not make you wise, but you do need your conscience to be fully operational so you always know your best course of action. The result is that you have your life together.

Jvar is not the Magician card in the Tarot that Bardon emphasizes, but rather the Strength card. You move from a radiant center.

Under the influence of Leo, Jvar has a strong sense of identifying with the light. By balancing the five elements, you develop a strong character, are loving, pursuing noble ideals, are gracious, and kind.

It is essential to reach a level where you trust yourself. This means you know what it is to live a good life. And this sense of internal moral compass derives from possessing something of the wealth within each of the five elements.

The negative is like living in poverty. In poverty, you are always short on the essential things you need in life like love, respect, appreciation from others, job opportunities, engaging activities, etc.

With wealth, your own personal needs are met and you are in a position to assist and offer assistance to others. With the water element, you are loving and caring. This is a part of your inner being. With air, your mind is always open, non-judgmental, and you are endlessly curious and accompanied by wonder.

With fire, there is no end to your determination. You feel an inner certainty that you will accomplish your goals. With earth, you love to work because you work at what you love. Work is almost effortless for you because you consider everything you do to be valuable.

And with the fifth element of akasha, you are keenly aware that every action—mental, astral, or physical—has consequences. Everything in life is part of an on-going movement between spirit seeking to manifest in the physical world and the physical world, through work and guidance, becoming upgraded and embodying spirit.



If you have this “wealth” of the five elements, then everything you do in life will be noble, respectful, well-founded, and valuable. Your love will not fail because others will see in you the best in themselves.

Geriola, 6 degrees Sagittarius, magical equilibrium, recognition of akasha principle, morality, powers in introspection, for self and others

Outer: very intense, active, dynamic, wise.

Inner aura: very receptive—the deepest voice of conscience can appear here.

On magical equilibrium: Part of introspection, reflecting on one’s strengths and weaknesses, is entering a deep state of inner silence and stillness in which you listen to your inner voice. This is different from actively reviewing, analyzing, and contemplating your actions. Those are more mental body activities.

By comparison, this is taking a few minutes each day to check in with the fifth element, the akasha in yourself. Kind of like saying, “I am here. I am listening. What are your thoughts and perspectives on the life I am living?”



*Once a day just sit and listen.*

*In what other activity can you so quickly create relaxation, peace, and serenity?*

*You get answers to questions you are not yet asking.*

*You become your own counselor, mentor, and guru.*

*Your life becomes like a symphonic performance and you are the director setting the tempo and shaping the sound; your interpretation creates beauty as your life unfolds.*

This is entering a state of being silent and still. No mental activity is occurring. Like sitting down and meditating with a wise mentor or master. Just the act itself of sitting quietly in the other's presence will give you answers without any question being spoken. Nothing has to be said to convey the insight you need.

This silence/stillness has gifts to give to you—insights into your life, and realizing who you are, the truth about yourself. But you have to be in a receptive state to receive them.

Because you are giving akasha a place in your daily schedule, you end up feeling and thinking differently. It is like going into a confessional or perhaps more accurately like sitting with a Zen master.

Except instead of having to voice or discuss anything, suddenly you are sitting on the other side of the screen or you are the master sitting on the mat in front of you. And you are the one listening who is in a position to offer advice and insight. You become your own counselor.

Bardon mentions with this spirit as well as with Timiran that you can also awaken conscience in others. This can be done for example by simply imagining the other person and seeing, feeling, and thinking that this individual is also entering in a state of inner silence and stillness and listening to his own inner voice of conscience.

Ikon: 24 degrees Sagittarius. Magical equilibrium.

Outer aura: balance, harmony, justice. Elements integrated into a sense of maintaining your inner power.

Inner Aura: very much focused on questions of magical equilibrium derived from introspection.

You look at your habits, routines, best and worst actions and you ask, “How much energy am I in putting into this activity? How and when did it originate? What am I getting out of it? What effect does it have on my overall energy system and quality of life? Is there something else I could easily do or learn to substitute for it?

“To what extent would my life be different if I replaced the weak and negative with the strong and positive?”

And the big question: “To what extent are my will, strength, and power being supported by those things I choose to include in my life and by those things I choose to exclude?”

“What is my mental, emotional, and physical learning curve? In what areas is my life improving and in what areas is it deteriorating?”

There is this inner feeling of power. And so the theme of introspection in regard to magical equilibrium circles around this question: “Is my true will being furthered or held back by the choices I make and the way I choose to live my life?”

If I present Ikon with the problem about how some vices or weaknesses in the soul actually require a mastery of the dense, etheric vibration of an element, his response is: “If you feel something is important for you to develop and master in yourself, then gradually over a number of years focus on it in whatever ways work for you. Proceed in a safe manner without causing yourself damage through misguided enthusiasm. You can then completely master whatever it is you are after.”

## Bileka, 24 degrees Pisces

You actually need etheric control of each element. Otherwise, your astral equilibrium is just an actor on a stage or in a movie. He sits down with the director or writer and says, “I need changes in my script or these scenes so that I am more convincing and motivated in my actions, more appealing.”

If your performance works well, then you do not actually need to be that person in real life to play the part. Just presenting yourself effectively is quite enough.

If you appear loving and caring to someone, then are you loving and caring. Whether you really feel and intend that is not another consideration.

You can use an affirmation and visualization for example to feel protected and not vulnerable. The image changes how you feel. But if for example you imagine a freezing cold iceberg next to yourself and get that coldness on an etheric level, then a dog that is always lying next to you will get up and leave the room. And the unwanted attention of certain individuals disappears. There is a physical body to body effect and not just a matter of subliminal communication.

Some weaknesses or negative personality attributes arise from an etheric and not an astral level. You can do all sorts of affirmations and visualizations but until you get the denser vibration of the element the negative trait remains intact.

Again, if you get the freezing cold vibration of water and make it part of yourself, then a whole host negative emotions vanish such as feeling insecure, jealous, craving, feeling incomplete, anxiety, needy, etc.

You may come from a family or society which is at odds with nature and so anxiety and lack of peace are part of the fabric of that society. But if you get the earth element denser, then you feel a part of nature so that within you is the source from which feelings like belonging, peace, and home arise. You move beyond the limitations of the social world into which you were born..

Bardon's *Initiation into Hermetics* presents the Magician Tarot card where you take control of and direct each element. For Bileka, it is more

like the Emperor Tarot card in which the elements are fully integrated into your personality and united in accomplishing whatever purposes you are pursuing.

You do not need to actively direct the elements. They are already united in you. The Bardon exercise of placing the elements in different parts of your body does emphasize this emphasis of having them harmoniously integrated in yourself.

Zhevekiyev, spirit of the 24<sup>th</sup> lunar mansion

Note: I am including Zhevekiyev here because the lunar sphere has a wonderful feeling of being joined to each of the four elements in nature. You meditate in the lunar sphere and you get a natural high or sense that “I am water, I am fire, etc.”

But also on a more magical level, the lunar sphere emphasizes getting the denser, etheric vibration of each element. It is a lot of fun and excitement to have the “feeling” of romance, intimacy, and rapport with another person.

But what, for example, men really need which they almost never get on this planet is the etheric vibration of water—of the serene, soothing, cooling vibration of water on a dense level that enables them to calm down and feel truly from inside that they are a part of nature. If you want magical equilibrium, as something stable and powerful, then at some point you will need to get a richer, denser connection to each element.

Outer aura: very dense, powerful, astral presence

Inner aura: very dense etheric power.

On magical equilibrium: Look around you. Everything has an astral, etheric, and physical vibration/energy/oscillation. Be aware equally of all three planes. Place your consciousness in the flower, the cloud, the

mountain, the river, the volcano, and the sea. Become sunlight and moonlight.

Study human character and personality as if you are Carl Jung, Shakespeare, and Steven Spielberg combined. Gaze and perceive how the astral, etheric, and physical are vibrating within them.

Study also the array of animals. Each species has its own habitat and spectrum of perceptions and instincts that operate in its environment.

Study nature—see the biosphere inside of yourself. Understand why water evaporates, clouds form, rain falls, and lightning strikes. Understand why there are trade winds, hurricanes, tornadoes, and the four seasons.

Perceive the physical, etheric, and astral as if these three dimensions are a part of your awareness. In this way, the intricate matrix of matter, energy, and life find balance and harmony within you.

### Meditating on Zhevekiyev

The moon said to me last night, “A wise man will not exist until he has internal stillness to perceive directly that he is himself a reflection of the universe. Find all things in yourself—the cloud, the rain, the stone, the forest and seas, the sun and moon, the stars and constellations; and in every person you meet greet yourself in another form.”

And this got me thinking. What if caregivers had that ability with water—to spend an hour gazing at a lake so that when you look at them afterwards you see the beauty of the universe shining from their face?

What if he could gaze upon a river or a stream so that in his soul he knew how to totally let go and flow, to feel in any moment should he please peace and release? What if she could gaze upon the sea so that the oceans of the earth became the vibration at the core of her being?

I have met such individuals in human form. Love, wonder, and beauty walk among us in disguise and the human race knows it not.

Pahaliah, #20 Mercury sphere, under sign of Cancer

Outer Aura: very intense, penetrating, and exalting in the sense of being independent and integrated. That strong sense that “I define who I am.”

Inner Aura: He enjoys company. Part of the purpose of religion is to bring people together in celebration.

Magical equilibrium: As Toni Robbins points out in his life coaching approach to achieving success—“Sometimes it takes a massive amount of effort in order to succeed.”

And Robbins says, “You are responsible for how you feel.” For Pahaliah, you have to ask yourself, “Who is in control of the way I feel? And who is in control of my body?” It comes back to you.

“How much effort is it going to take in order to say, ‘I am no longer going to be angry’ or ‘I am no longer going to be sad, depressed, anxious, unhappy, vulnerable, insecure, etc.’” These feelings occur within you. At some point, you take responsibility for how you feel and how you respond to your instinctual desires.

Magical equilibrium arises from the core of yourself which operates on the level of akasha. To bring yourself and your life into balance, harmony, and equilibrium requires a tremendous act of will. You have to say, “I am in charge of my life, not my emotions and feelings, not my desires and instincts, and not the thoughts that other people think.”

So similar to Franz Bardon’s emphasis on will power, Pahaliah’s approach which is typical of the sphere of Mercury reduces to “I am what I choose to become.” It is very intense, strongly emphasizing will and the power in conviction and certainty about what you can achieve.

Nemamiah, #57 Mercury sphere, under sign of Capricorn.

Among other things, Nemamiah enables a magician “to overcome any passion.”

Outer aura: complete command, will of steel, rock solid, superhuman determination.

Inner Aura: This is very unusual. This is a very cold and realistic Capricorn style outlook on life, kind of like the viewpoint of King Solomon in the book of *Ecclesiastes* where he writes, "All is vanity."

Nothing permanent remains; everything is subject to change. All that is accomplished by those in power shall be lost in time. Those who sought glory and fame that will live forever shall be seen as slaves to their egos, someone to pity, having wasted their opportunities while alive.

Life is fragile. The way easily lost. We live our lives as a story that is told. We live and move among shadows, illusions, and broken dreams.

From the physical world point of view, people who live on the astral plane seem to live and move among dreams. From the perspective of the astral plane, people in the physical world are barely awake, using only a small part of their brains. Anything they hold to be dear will soon disappear.

What is the point of Nemamiah's outer and inner aura in regard to magical equilibrium? It is somewhat similar to Pigios (the great writer and poet). If Nemamiah were teaching a class on astral equilibrium at a magical university, he would teach it as a kind of psychodrama.

You would look at your life story as one variation on many different alternate lives you might have lived. What were the major choices you made in life? What if you had chosen or invented other ways to go?

Like a drama. Your homework assignment is not just to describe in detail and analyze a few of your worst faults. Instead you would write a story about how that vice, if left unchecked, determines the course of your life. It becomes a skeleton in your closet, a serious handicap, or a debt that left unpaid keeps accumulating interest.

You look into a mirror and see your alternate selves there, the many who went on to attain fortune and fame, and the many who fell, lost in delusions, turned into slaves.

You put that story on stage. You act your part in a play and others play you and you play them. You take a character impossible to change like



Mr. Scrooge and you become the Ghosts of Past, Present, and Future who awaken his inner voice of conscience.

By the end of the course, you have your own version of “All the worlds a stage. And all the men and women merely players. They have their exits and their entrances and one man in his time plays many parts.”

Whatever your circumstances in life, whatever cards you have been dealt, whatever fortune awaits, you can make living your life your art. Live your life well so it is a story worth telling. Take artistic license—improvise, try new things, be creative. But live a life of excellence. Dream your best dreams.

In regard to deep rooted passion, as with obsessive compulsive disorder, sometimes you have to change your brain chemistry. This can be done by making very small gains one after the other.

Bardon would say, “Visualize the opposite of your vice—what it would be if I were changed into a virtue, if lust became love, if trying to control others was converted into acceptance and emotional support?”

There is real art and imagination in visualizing the opposite of a vice. You have to imagine in great detail what that would be like. And there is foreseeing the process and time in which that transformation occurs.

You have to both accept yourself and have compassion for yourself. And yet you also need that superhuman determination that says, “I am going to take what I am and make it into what I wish to become.”

Emuyir, 20<sup>th</sup> spirit of the sphere of the sun

Emuyir is speaking of magical equilibrium from the point of view of the sun in which all opposites are fused within oneself. To reach this level, you would have to follow through with Bardon’s insistence in *Initiation into Hermetics* that the student explore thoroughly each elemental realm.

From Emuyir’s point of view, then, whatever your approach or however you do it, you must fully enter each elemental realm including mastering its elemental vibration in its full density and also the entire spectrum of feelings and perceptions it embodies.

You have to know these realms so well that each is like your true home. You feel you belong there and are one of its inhabitants. Without limitation, you can operate as a sylph, gnome, salamander, or mermaid/merman of high rank. We are talking about the nuclear fusion of the sun that unites all opposites in itself in order radiate brilliant light.

As a man wishes to know a woman and everything about her life and a woman so loves a man in the same way, you love each element and through your love and understanding you become one with and fused from within with your opposite. That is, there is a transformation and unification taking place that only all-embracing love can comprehend.

But in practical terms, in a way far more intense than what Pigios offers through a course in acting and directing, you are creating five different personalities which are autonomous, separate, and fully operational. And then through a kind of omnipresent contemplation you hold in your awareness all five elements at once.

You are both tender, nurturing, and accepting as well as commanding, passionately dedicated, and tenacious. You are objective, detached, and artistic as well as fiercely practical, down to earth, and productive. You are all of these equally and at once though in each situation different ones may come to the front.

Over time, through enduring practice, the light within you begins to shine.

## Appendix

### The Shadow (from Tipareth/Tips)



*In a dark time, the eye begins to see.*

—Theodore Roethke

*Blessed are those  
Who pass through their inner darkness  
Without fear or shame,  
For they shall attain freedom.*

Light casts a shadow. The shadow in psychology is the part of oneself that is denied, suppressed, or simply ignored. It is a weaker, inferior aspect or a negative impulse that we are unable to integrate into ourselves. If you focus on it, you may be aware of it, but it seems foreign or in opposition to who you are.

When it asserts its presence, you may feel awkward, embarrassed, ashamed, or even afraid that it is there. By definition, the shadowy part of oneself is hard to accept.

For Carl Jung, the shadow is a dark, primitive, and instinctual part of our personality. It is ever with us as part of our motivation, emotions, and drives and yet it eludes our understanding. For Jung, human beings deal with the reality of the shadow in four ways: denial, projection, integration and/or transmutation.

The shadow has no conscience and no awareness of your overall objectives. All the same, the shadow contains things that are hidden in oneself. If this content is denied, the individual may lose a degree of vitality, spontaneity, charisma, and creativity.

One way you can observe your own shadow is by noticing when you dislike or hate other people. This is projection. The very thing in them which you find obnoxious or evil is a reflection of what is in yourself.

Take a look at what do you not like in other people. What do you complain about, blame others for, or excuse in yourself? What habits or cravings do you have that you feel you must hide from others? What skeletons are hidden in your closet? What haunts you? What disturbs your peace of mind?

If you give into the shadow and surrender to its demands, you act in gross and unwholesome ways. If you deny or repress it, again, you lose your creativity and momentum, for it has the power to undermine your motivation.

The shadow requires of us that we invent new ways of living and being. And this requirement that we acknowledge and redirect these shadowy, instinctual desires continues through our entire life; the shadow points out to us in what ways we find ourselves restrained and inhibited by our conventional life styles and normal ways of thinking.

Imagine that your life is bright, productive, healthy, satisfying, and fulfilling. Here you are “in the light.” But what happens then if you step into your shadow? How would that happen?

A sudden failure of health, an unexpected transition such as change in job or location, a serious problem in an important relationship, cognitive dissonance (your ideas contradict your experience), questions arising about your faith, your goals and plans, etc.

Now there is the sensation of standing in quick sand—you feel you are being pulled down. You feel off balance, disoriented, or lost. Those haunting memories from long ago that you buried suddenly awaken and stare you in the face.

The emotions are not just shame, humiliation, or social embarrassment. You are in a dark place.

It may require a life long search and massive effort to reconcile who we are in our social identity with what we are inside of us. Like so many things in life, the shadow demands that we give it our full attention if only because it has important things to teach us. And it requires we remain ever vigilant so that it does not end up laying traps that defeat us.

## A Few Poems

*In a dark time, the eye begins to see,  
I meet my shadow in the deepening shade;  
In broad day the midnight come again!  
Dark, dark my light, and darker my desire.*

*A man goes far to find out what he is*

—Theodore Roethke

*The dead are not dead.  
They are asleep and dreaming.  
Do you want to see ghosts?  
Look around you at the living.  
The dead are those among us  
Who no longer dream.*

### A Parable on Light and Darkness

I came to where the road separated going off in two directions. One path lead to the left and into darkness and night. The other road went up the mountain and into the light. It was a time of decision requiring wisdom and insight.

I spoke to the road where the light gradually diminished. I said, “What can you teach me?”

The dark road replied, “I know your shadow, the secret things within you that your mind cannot grasp. And it goes without saying that it is I who provide the dark night of the soul. You will find that this rule operates throughout the entire universe—“In order to ascend, you must make darkness your friend.”

“When the light grows dim, the season becomes the winter of the soul. To walk beside me and to receive my gifts, you must pass these tests:

“Can you proceed in your path without one single friend?

“Can you pass through your inner darkness without fear or shame; otherwise you will never attain inner freedom.

“Can you turn off your mind so that, while your five senses remain fully

alert, you no longer use thoughts to think? It is precisely here where another world than this one appears—a world in which all things shine with their own inner light.

“Can you become that space darker than dark, so empty, void, and apart that evil itself can never enter or survive?

“Can you create love where love does not exist. This is the final test. Accomplish it and you attain not just personal but cosmic freedom. All gates to all realms, all initiations, and all mysteries are then open to you.

“Can you become like a woman who in her body reflects the greater universe—she is so open and receptive that like space itself it provides a place for the stars to shine?

And yet far more than these, “Can you meet others in their darkest place and walk beside them back into the light? For there is no greater or more sacred celebration of life.

I turned from this dialogue with the voice of darkness to the path that enters the light. I spoke and asked the light, “What can you teach me?” The light answered, “My light is so bright, so expansive my sight, my glory is infinite. Truly, my love shines to the ends of the universe. There is no limit or end to my being.

“Join me. Become as I am, a brother of light who guides and guards all paths of evolution and, when it is necessary, creates paths of light for others so that they can fulfill their dreams and, in the process, attain perfection.”

I ask, “What is the price I must pay to go this way?”

The light answers, “What you see as two paths I see as one and the same. Follow one and inevitably you will find your feet walking on the other one.

“To become as I am learn to see through my eyes. In me there is no separation. My eyes see with the same perception, the same clarity, freedom, and embracing compassion—the sorrow, the suffering, the loss as well as the love, the joy, and all the delight that is found in being fully

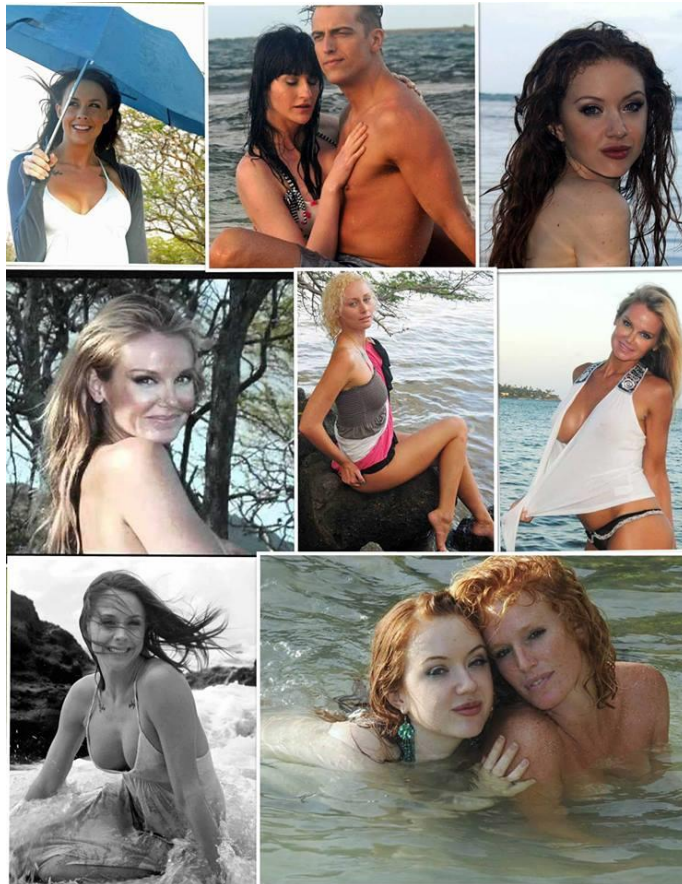
alive.

“In the darkest night the eye begins to see. Inside of the brightest light there is an empty space, a void, and a nothingness that is pure ecstasy.

“In me, masculinity and femininity, all opposites as well, are joined—to this extent: I see all others as myself in another form.”

I considered carefully the voice of each path. What I am to learn is that in each moment is the feeling of coming home. And in arriving, here beside me is a brother and a sister whose love is forever.

## Recapturing Projection



Projection: you are attracted to another person because that individual reflects back to you what is hidden in yourself.



Let me give you an example. There is a girl in Siberia who for me has the soul of a sylph, an air spirit. She is very spontaneous, loves play, and has a marvelous sense of independence and freedom.

She is not frivolous because in fact she has a strong work ethic. She holds down three jobs. Rather, in her soul she feels free. She can give herself totally to the sensations of a moment without worrying about what other's might think. This is sylph air spirit energy. Those above descriptions belong to the realm of the personality—how an individual thinks and feels.

If I look at her magically and try to reproduce her energy in myself, it is the feeling of being high up in a blue sky. I feel totally weightless, floating, and free of any restricting influence. And though I sense my body I also feel more relaxed than I have ever felt before in my life.

If there is turmoil or trauma or intense things going on in my life, it would be exactly like being up there in the open, clear, blue sky and watching on the horizon a thunderstorm's lightning pounding the earth with its shock waves. It would seem beautiful and full of wonder in its own way.

What I just did here is take a woman and translate my attraction to her into an awareness of being in and a part of nature. So a man may look at the woman as being more of nature, a natural feeling he wants in himself.

For most women it is usually the opposite. She looks at the man as being a part of society—productive, making his own decisions with confidence and a strong sense of self. Of course, with the actual girl we can do very creative and fun things together. But I do not feel a sense of loss if she is not available. On this other level I sense how she is within and part of me.

That is an example of taking a hard look at what another person means or feels like to you and reproducing that individual's energy in yourself. In psychology, this is called “recapturing projection,” though psychologists may not turn to nature to find those energies.

Though the above example involves the air element and the realm of sylphs, I also study the water element and incarnated mermaids. When I



was younger, I always felt that society was hiding the nature of the feminine spirit from me.

It was not until I was 29 years old that I met a woman whose aura reflected the element of water in nature. It would be another thirty years before I would meet a second incarnated mermaid. And during those thirty years I did not even know how to describe this aspect of femininity that is missing from society.

In a real way, the incarnated mermaid personality is the most alien in terms of human society, personal identities, and psychology. I sit with one of these women and try to match her aura and vibration. I mean really. How do you do what she does?

She is totally in the moment, totally receptive, completely giving of herself. There is no ego weighing upon her, no guilt, no loss of innocence, and no insecurity that might awaken jealousy or bitterness.

Her energy is literally that of a stream, a mountain pool, an ocean bay, or the entire ocean itself. I was once meditating with a mermaid queen and she said to me, “Shut up and give me ten minutes in which you just immerse your consciousness without any thoughts in the experience of being inside of an iceberg.”

Because I was using a high level of concentration, this was not difficult to do. She was pointing out a basic hermetic rule—“Perception without thoughts intervening is the foundation of all magical traditions.”

And this is one thing I must master if I am to recapture what I project on mermaid women. For me literally their brain waves are the vibration of water. They are like I say flowing, releasing, soothing, calming, purifying, healing, nurturing, giving, without any ego being present.

To become flowing like water in your feelings without your thoughts arising or evaluating the process is nearly impossible for a human male to accomplish. He would have to forget about the girl and go spend a great deal of time studying and imagining he was water in nature in one or more aspects. And this is not something men do. It is not something gurus, masters, or teachers in any tradition on earth do either.

You want to recapture projection in regard to a mermaid in human form? Then forget about the women. Find nature at the core of your being.

But to be fair to the process, I actually do not want to become a merman equivalent of an incarnated mermaid. I want the watery sense of flowing, being in the moment, and giving, but I still want to maintain all my other elemental capacities.

Because the one element is so dominant in these women, in general they do not understand the idea in the earth element of hard work. Through work we contribute something of value to this world so it is a better place. That idea is beyond their understanding. They just give of themselves as if they are still living within a mermaid realm. They do not observe whether the love they are giving is actually effective and helpful to the people they love.

Also, their empathy is primarily on the level of emotions. They feel what other's feel. As I mentioned earlier, they often have absolutely no understanding of what is going on inside of the other person's mind. Mental anguish and despair are things they often totally miss.

And they have no sense of will. They do not take on challenges, set strong goals, or demand that what is unacceptable be changed. The kind of loving, nurturing, going with the flow kind of innocence I wish to embody would in no way compromise or limit my use of will, mind, and accomplishing work in this world.

Recapturing projection, then, is not just reproducing in yourself what you are attracted to in the other person. It is also integrating it into yourself in a harmonious way.

Question: Is it possible to mistake projecting our Anima/Animus onto another and thinking the other is our "soulmate" or "twin flame?"

Have these individuals made a mistake by inaccurately imagining that other person has something that gives completion and wholeness by offering what is missing in themselves? I am confused on the topic of projection and the philosophy of twin flames.

Response: Certainly it is possible to say such and such a relationship is that of a soul mate. There are common things individuals experience. A very high and unusual level of sympathy for each other as in a high regard for each other's feelings. An ease in communicating and a sense

of what is going on in the other's mind. A feeling of being attuned to each other, in sync, and that the affection is steady and deep. These are observable qualities we might well associate with a soul mate.

Is this soul mate relationship stable and enduring or is it something that extends only until the hormones wear off? That is another question. Even soul mates conceivably can outgrow each other.

A twin flame is more a concept I imagine that is unique to Homo sapiens as a species. The twin flame idea assumes the existence of human society—you are a person with a self-image, social identity, responsible, possessing strong social skills, strong empathy, self-reflective, good problem solving skills, etc. Without basic skills of self-knowledge and social capacities for interacting with others, the twin flame would be reduced quickly to turning into your baby sitter and nursemaid.

On the other hand, just how much a part of the other person do you want to become? This question separates the twin flame and the soul mate. With a twin flame you feel you are one with each other, inside of each other to such an extent that the other person's life is also your own life.

So does that inner connection grow to the point where you do not miss each other when you are physically separate? Can you feel that your twin flame is inside of you right now in this moment?

At some point in development or perhaps from time to time individuals look inside and feel that both masculine and feminine are joined. As the *Teo Te Ching* says, “You have the wings of a man and also the wings of a woman.” We would expect nothing less from a true master, otherwise he would be defective, and his wisdom would be incomplete, narrow minded, and lacking in creativity.

Projection is part of the growth process. Attraction is perhaps the most stimulating educational tool in this solar system. All of which is to say that to have a really great master? This would be a person who is everyone's twin flame.

