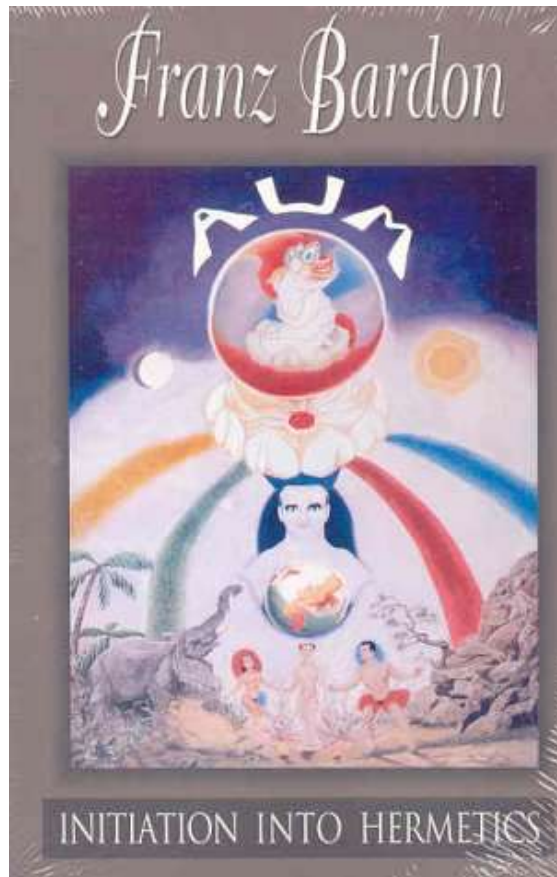


Top Ten Add-Ons to Franz Bardon's *Initiation into Hermetics*

By William R. Mistele



10. Astral Equilibrium



Astral Equilibrium: Since the water element as elemental energy has been ignored by civilization over the last eleven thousand years, it is not just impossible, it is completely impossible to attain astral equilibrium without a major supplement or appendix on the water element beginning with Chapter One of the training.

Question: How would one proceed in balancing their water element? What kind of work would one do? For me personally I feel like meditating on love is one of the best things one can do. Something I should do more :) It seems as though the sex chakra as you mention later is a very good place to cultivate a balance of the water element.

Response: My book, *Undines*, is a text book introduction to the water element. Below, *How to Speak Mermaid*, is easier reading and a plea for human beings to at least try to relate to the water element. The guys with a few exceptions who date mermaid women are totally unconnected to water.

<http://williammistele.com/howtospeakmermaid1.pdf>

In *Mermaid Tales*, I use stories and fairy tales to explore the psychology of the mermaid realm as it interacts with the human realm.

<http://williammistele.com/mermaidtales.pdf>

Basically, an individual meditates on water in nature over and over until it becomes a part of you. There is a surfer who used to surf for years. Show him a picture of waves on the ocean and he can tell you what ocean on earth it is from. Serena Brooke is a pro surfer and she can sense the particular electro-magnetic vibration of water wherever she is. These individuals are connected to the water element.

Mermaids tend to like those who work on the ocean like fishermen because something of the sea is in their auras. But these people still don't feel the sea as an energy. Water is not yet part of their consciousness.

But on the next level, in working with spirits simply make sure it is as easy for you to be friends with mermaids and mermaid queens and mermen as it is for you to connect to any other spirits. At least then you have a chance of filling in for what is missing from the collective human psyche and conscience.

In my essay, *Mermaid FAQs*,

<http://williammistele.com/mermaidfaqs.pdf>

I mention that—

In practical terms, what corporate executives and political leaders most lack is the graphic imagination that mermaids possess. This is an empathic ability that senses the future through direct intuition. When you think about goals and outcomes you are there within the future experiencing the future as if it is fully alive right now in this moment.

What human beings are now doing is using concepts, words, ideas, and statistical models to predict the future. They run simulations but all of

their risk management strategies are based on assumptions that they often fail to perceive due to their greed and narrow-minded perspectives.

With elemental water or graphic imagination you can feel if something is right or not before you think about it. This enables you to then pursue more carefully your objectives in a way that does not defeat your own purposes.

Warren Buffet, one of the richest men on earth, is more like an earth elemental. But he has a similar ability. He picks great managers for his corporations in part because he says he just knows if someone is right for the job or not. He can sense what is going on within another person in regard to that individual's character, work ethic, and motivation. This may not hold up at Harvard business school but it has served him well in accumulating his billions.

Meditating on love is certainly a lifelong practice. Again, when I met mermaids in women's bodies I realized that their experience and perception of love are outside of anything described in human history as love. So again if we are serious about astral equilibrium it would help to actually work with the "energies" of astral equilibrium that are "meant" to make up human nature rather than take for granted that human beings actually know anything about themselves in regard to their elemental balance.

From my point of view, the human race definitely does not yet know what it is and very definitely has not yet chosen a specific destiny of any value to pursue in contributing to the unfolding of the universe. We are in a reproductive phase and a birthing phase in defining ourselves. A lot of excitement is going on technologically but massive threats to human survival are just as powerful and present.

9. Control of the Elements.



In chapter three of *Initiation into Hermetics*, the four elements are treated as forces or powers to be condensed and dissolved by will. This approach leaps, like leaping across the Grand Canyon, in moving from the psychology of the socially balanced and successful personality analyzed in astral equilibrium directly into the realm of the four elemental beings. True, most people who make that transition do not see gnomes, sylphs, etc. when they begin training to be a gnome, sylph, etc., but the point is still well taken--students should be conscious of the difference, e.g., between an individual using will to accomplish his purposes in society and a mage using his will to command the energy of the astral and etheric planes.

At the very least, a student should have a strong grasp of current and historical individuals who embody strength in a specific element such as fire relating to will, air relating to intellect and artistic imagination, etc.

And then they should grasp the steps between that human level and the superhuman level of command Bardon is teaching in chapter three. Without this, you get these eighteen year old kids walking around busting clouds, melting snow, emitting waves of vitality, or controlling others' minds while they lack skills in dealing with a roommate, are too shy to talk to women, do not know how to listen to another person talk, or read basic body language in social situations.

Put simply, there is a prior exercise to imagining the universe filled with a specific element and then immediately breathing it in and out, and then next condensing and dissolving it. If you simply sit within a vast space filled with one element such as hot fire, weightless air, cold water, or heavy earth, there are numerous psychological, intuitive, and psychic states of awareness that come with each element. To be within a sea of water is also to feel that love is all that exists. Do you really want to skip over this? To sit within a vast sphere of weightless air is to feel absolute freedom at the core of your being. You want astral equilibrium? Take advantage of the nature resources the universe provides you with.

Question: I do agree, that one does jump rather quickly into working with the elements, yet speaking for myself I suppose I was prepared, by not only doing the work of Bardon's steps, yet also having a background in healing work (how I found Bardon). I could not wait for step 3, not just to work with the elements, but because it also has so much to do with energy work. If anything I felt there could have been more emphasis on visualizing colors before step 3 to prepare one for working with the elements. As far as the other points here, it is exceptional what you are saying about people having this high proficiency to wield the elements and yet at the cost or imbalance of being a super introvert. I have had this issue, and yet, at times it has come as an advantage on a good day :)

Response: The other point I would add in reviewing my above answer is that from my point of view there is an obvious issue in pursuing astral equilibrium. To the extent a vice is rooted in an element in the soul, to

that same extent or more you have to explore that aspect of an element in order to root out that vice and turn it into a virtue.

In other words, a little vice—say anger at being insulted, road rage, impatience at others' mistakes and stupidity, and desires for some form of revenge to teach others to not abuse you—such vices are treatable in a cognitive way that Bardon suggests: simply stop doing them from force of will; mediate on the opposite; explore and explain to yourself the importance of overcoming the vice and then prepare yourself to act in another way.

But what if your vice is, to put this in astrological terms, say Mars directly opposite Pluto in your natal chart? This is not a little vice and talking and persuading and commanding yourself is going to get you nowhere at all in dealing with it. It is a lifelong quest and perhaps part of your spiritual destiny to work through that aspect. In which case, you may need in fact to master a few cosmic letters like the letter A (for balance and wisdom and detachment), the letter U (for original insight into problems that arise), the letter S (for raw power) and the letter K (for original and divine sovereignty and will) to ever have the slightest chance of getting down into the roots of your astral vice and converting it into something positive.

For example, your Mars opposite Pluto could indicate that your personal will often is opposed to massive institutions that control society and the world, some of which are not transparent but obscure and hidden in their workings. And so there is the issue of justice. And you are in a unique position because the opposition also means you have an “insiders” understanding of these institutions because you have been working with them your entire life. Your job is to internalize Plutonic powers of some kind in yourself. Otherwise your life will be a barren wasteland because you will forever feel paralyzed and restricted by the powers of the underworld and the hidden forces operating around you and inside of you.

Or take Venus in Capricorn retrograde. When you try to express your personality, show your charm, and maintain pose and grace in social situations, you feel bogged down, rooted in the ground, and stuck in the mud so to speak. You can of course go to some sort of charm school,

join the best fraternity or sorority, get into the right crowd, etc. But external pose will never remove that inner sense of being earthy and perhaps feeling insatiable cravings, etc.

Again, as deep as the vice is in your astral body you will need to go equally deep to turn it into a virtue. Perhaps later on you master the cosmic letter AE—the most dense of the cosmic letters. It turns out that excessively earthly lust and crude desire had hidden within it an understanding of all vices and how to overcome all negative energies both in you and in other people as well.

So I would say that some of the things that come up in astral equilibrium self-reflection are actually lifelong quests, virtual Hero's Journeys of mythological stature, and not little nifty keen psychological traits that convert from negative to positive with some hard work, perseverance, and diligence. You may be one of those for whom it takes hard core magic to attain any kind of magical balance.

8. Breathing: The instant you start to condense vitality in the body through breathing, the vitality or life force changes from five elements into one element, namely, fire. Bardón breathing is one hundred per cent the fire element form of vitality--it is hot, intense, radiant, expansive, and pressurized. Consequently, work with the other forms of vitality in the body are ignored until much later on in the training. Duh? For example, the entire system of working with the chakras could be considered to be the earth element equivalent of Bardón's fire breathing. The mermaid women and mermen breathe and use watery energy to heal and not the fire energy of Bardón.

Question: OK, this is huge. So first of all let me say that I used to accumulate energy and go about my day without releasing it. And I LOVED the way it made me feel. I know everyone warns against this, but there were some days I was working 12 hour days and felt I needed it. Sure, I could have found time to do multiple sessions, yet it certainly lasted the whole day if I didn't release it. The huge draw back (as there are MANY) was being completely wiped out the next day and having to do it all over again just to get back to that level of energy from the

previous day. I do 0 drugs with the exception of chocolate and whatever they're putting in our water that I don't know about, but aside from that, energy work was and still kind of is like my coffee. I worked with negative people at my old job all day so it kept my spirits up. It also really attracted women because again my confidence was always high. Yet again drawback, sometimes it was too much. Also, on days that I could maybe count on one hand that I came to work without having done energy work, something bad always happened. So the people there were not only feeding off of it, yet depending on it, and because they are far removed (or at least were at the time) from these kinds of beliefs they had no idea that the whole time, they were simply interacting with my energy depending on what kind of ritual or energy work I had done for that day. Let me break down my findings:

Middle Pillar: Good for all around interactions. People gravitate to you so they can bathe in the energy you are putting out. They will often talk to you as much as possible in order to take advantage of this.

TMO (Rawn Clark's ritual): This is good for situations that require a great deal of MENTAL focus or strength. If you are going to be around smart people and need to be quick on your toes (I'm assuming this would be airy people) then this is the ritual to do.

Bardon's Classic Accumulation: I find this to be most effective at least more recently when I toss in 2 things. 1. Golden energy, not white light and 2. I recently read something on how to increase the power of ones accumulation by going to 50 (1 extra breath each day starting at 30). Then once at 50, descend back down each day until back to 1 accumulation which at this point, this one accumulation becomes as effective as the 50th one and from this point you start again and do it again over and over. Pretty cool!

Justin the Magician's technique: Accumulate from the solar plexus. He claims doing this spreads it through the body faster and I have to agree, it works very well. I have always loved the point of doing the middle

pillar when working with the solar plexus. I would always work on this one the longest as I knew it effected the overall power of the ritual and how confident I felt around people afterwards.

As far as the way the elements come out through energy work, I would be interested to know how one would heal with air and also how the mers are using the water to heal (I'm assuming all one would need to do is wield the element with the intent that it is being used for healing). I'm getting a book called 'Healing with form, energy, and light' which looks very promising.

Response: The mermaid women often naturally emit their watery auras about forty to fifty feet around them and anyone within that space feels charged up. The elemental water they possess naturally heals, purifies, renews, animates, brings to life, etc. whoever it touches. Some people get a kind of cocaine high when they are around these women and then they actually get physical withdrawal symptoms in leaving their presence.

The women themselves talk, however, of sending water energy to heal others or they also say things like sending colors or geometrical shapes of energy to others which they intuitively sense how to do.

The Sea of Love meditation is one way to learn how they use and send energy. <http://williammistele.com/seaoflove.htm>

Bardon mentions how the cosmic letter L greatly enhances an individual's health and how the letter Z will enhance stamina. I observe sylphs within women's bodies having a similar effect on people as the mermaids. These sylph women emit airy energy or vitality. It makes you feel incredibly relaxed and high. I haven't talked to any of them about how they use it to heal others consciously.

Bardon does mention, for example, that by practicing the cosmic letters such as letter A in the chest region you gain the ability to heal any kind of chest ailment. You develop a profound intuition and influence over

that region of the body in combination with working with the air element. But he does not discuss that further.

Note: For more on questions regarding breathing see the Addendum.

7. Bardon's Five Sense Concentration Exercises



From my essay on the Five Sense Concentrations:

<http://williamrmistele.com/uploads/fivesensepractice.pdf>

Bill: “But how can you make such incredibly god awful exercises inspiring without being bored to death in the process? Bardon writes as if he is a Vulcan writing about how to meditate as a Vulcan in a Vulcan desert.”

Master Yamamoto: “Simple. For each sense you must discover a pleasure, bliss, ecstasy, joy, rapture, wonder, and mystery.”

The five senses are the doors of perception. They are the instruments of pleasure, bliss, and ecstasy. They lead us to infinity. A Navy Seal uses his five senses to survive, stay alive, and to accomplish his mission. A mage uses his five senses to observe and to participate in everything going on in the universe.

When a Chinese martial arts master observes a crane and a snake fighting, he observes their moves as they fight. He always fails to observe the snake and the crane when they are living a normal life. In this way, he succeeds at learning to defend himself. In this way, he fails miserably in learning how to be fully alive.

Master the five senses simply by concentrating on them and you reinforce your bad habits because now you can fully observe and take in whatever you concentrate on. You have balanced your senses so they are equally strong. But you are still wearing blinders when it comes to observing or taking in what is not your normal pattern of observation. Therefore, a serious study is necessary at least of those in your society who are masters of specific sensory perceptions such as the wine taster, the chef, the one who makes perfumes, the screenplay writer, the photographer, artist, and musician, the sculptor, etc.

In addition, the pleasure, bliss, and ecstasy of each sense should be explored in depth. How can you make a mage from a human being if he has not discovered the wonder each sense reveals? Otherwise, you do not get a mage. You get a spiritual martial artist.

Comments: (...) the pleasure, bliss, and ecstasy of each sense should be explored in depth. How can you make a mage from a human being if he has not discovered the wonder each sense reveals? Otherwise, you do not get a mage. You get a spiritual martial artist.

This is absolutely true and something that I myself need to spend more time with. That's why I enjoy talking with you. Bardon's method as you've pointed out can be very fiery. I like this route, but am always open to new and different self-discoveries.

6. Shamanism.



Bardon training breezes through projecting your awareness into animals. Here too is a vast array of new sensory perceptions. But more importantly, there is a huge depth of instinctual knowledge as well of modes of perceiving and interacting with different environments. Read and understand animals and you can read and understand human beings. It is an old King Author Merlin concept of training. Experience with instincts and animal consciousness is prior and requisite for contact with the deeper, even more powerful energies and motivations of the beings underlying nature. Of course, a hermetic shaman is different from a native shaman. The hermetic shaman studies the entire biosphere of the planet taking in those animals that enable him to grasp life and nature in all the major environments on earth. In this way, his mind thinks global ecology and biosphere activity.

Comment: I just want to quickly say about Shamanism, that I'm not against it, but for the most part I stay away from it as much as I possibly can. I am very much interested in the Hermetic Shaman concept that you present. Yet as far as Shamanism in general I have heard many terrible tales about the drugs they take. Some people permanently go nuts. I know someone whose life has changed a lot since they got involved with it and it hasn't been good. I also had a teacher (before getting into Bardon) who is a Witch/Shaman. I later came to find after a year or so of

working with her (which was about the entire time I worked with her in all) that she was diagnosed as crazy. The question sets in that these are not crazy people, but those who are misunderstood by the way our world works. Then, like Bardon says with clairvoyance, you need to be able to turn off the ability. Many of these people constantly perceive life clairvoyantly as well. I don't know how much of a problem that is for the one living it, but a break now and then is probably good too. As far as working with animals, yes! I love animals especially cats and crows.

5. Astral Plane and Astral Immortality.



Chapter three again, you train to draw in, condense, and then dissolve the four elements. Much later on you are told to project your awareness

into the realm of the elementals whose energy underlies nature and learn all you can from them. And you are taught to project your astral body.

But the astral is around us in every moment of time. It is there when we daydream and dream at night. It is here when we relax and sense the energy of our body, mind, and environment. And it is present in every moment that we are in the presence of nature--trees, flowers, rocks, forests, sun and moonlight, etc.

The goal is not to jump into the depths of nature, study it, extract from it its magic, and then return. The goal is actually, if you want to learn all you can learn, to embody nature in the core of your being. The elementals are not strange beings, fairies from magical realms.

The elementals are we ourselves in another, more specialized form. They are our teachers. They already walk among us in human form. Master the elements truly and when you are reborn you do not have to relearn what you knew before. You are the same person only in a new body. Astral immortality--being joined to nature from within--means the elements within you are rich enough and have such depth that they do not deteriorate. And so you do not need constellations to imprint upon your astral body a new you next time around.

Comments: This, like everything else you write, is completely amazing. Yet I wanted to ask about this:

Astral immortality--being joined to nature from within--means the elements within you are rich enough and have such depth that they do not deteriorate. And so you do not need constellations to imprint upon your astral body a new you next time around.

So then this is the secret to immortality? It's interesting, in the Golden Dawn lineage, they seem to be all about the solar body, but I think, where's the balance in that? Is it possible that their method would only lead to minor success as it's so focused on what would seem to be the fire element?

Response: I think there are a great number of ways to explore astral immortality. Bardon mentions spirits of the earth, moon, and Mercury that teach physical immortality. So the sun too doubtless enables an individual who works with that sphere to greatly enhance life force and length of life.

My observations come mainly from working with the mermaid women. They say things like “I was the same person at age four that I am now as an adult and I am the same person I was in previous life times. I just have more experience.” And then there is their identity and ego structure. They have no ego and do not identify with a social personality. They identify with nature which they feel they are joined to from within.

For more on astral immortality see *Intimations of Immortality* at <http://williamrmistele.com/uploads/intimationsofimmortality.pdf>

4. Chakras and Kundalini.



The elements are in nature. They are as well in our breath. They can be approached somewhat through a study of the chi in acupuncture and Taoist yoga, etc. The four elements, however, are equally present in a

much more organic and healthy way in the first four chakras of the body. For example, the second chakra enables a person to turn into a mermaid or merman so that the body feels filled with the element of water from inside. You do not have to go out there or anywhere with your mind. You do not have to practice pranayama, breath of fire, go yoga (though that usually does not hurt to do so), or project onto the astral plane. The element is here inside of you and a part of you. Get to know your chakras. They are already imprinted on your nervous system and built into your brain.

A good requisite, among others, to working with chakras is to increase your awareness of your physical body and its energy systems. Projecting your mind into and breathing through different parts of your body is not the same as simply being aware of your body--its muscle systems, its internal organs and their functioning, and your metabolism. There is a non-magical level of body awareness that one needs, namely, to learn to observe everything you possibly can about your body and how it works before you start increasing or intensifying its energy.

For more on chakras see my eighty page essay, Kundalini for Dummies at <http://williammistele.com/kundalinidummies.htm>

I wrote those eighty pages in one sitting so it is not very edited and a little rough. Other people look around and are surrounded by friends and families on holidays. I look around and sometimes there is no one there and so I will write an extended essay with my free time.

Comments: For example, the second chakra enables a person to turn into a mermaid or merman so that the body feels filled with the element of water from inside.

Really?!

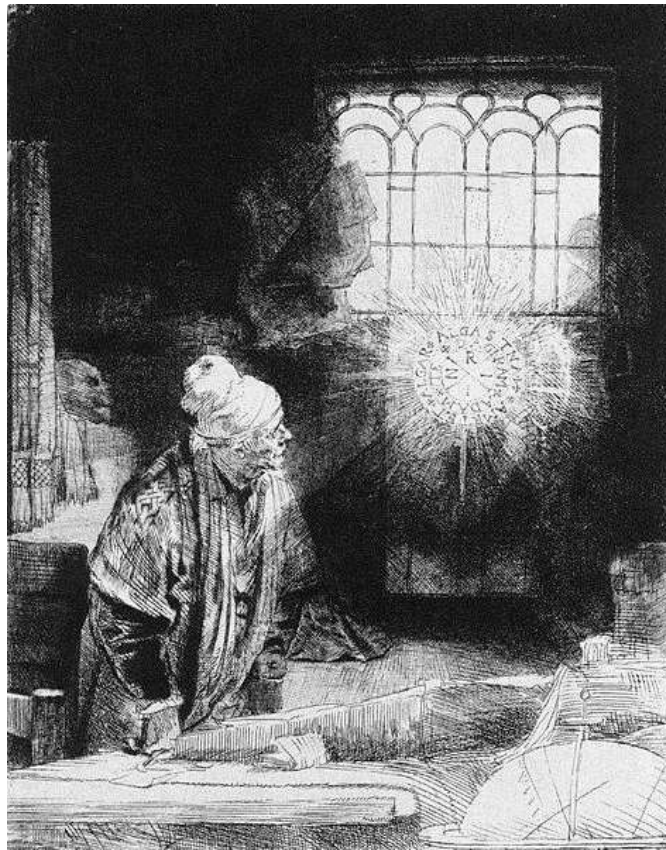
The element is here inside of you and a part of you.

That is what I've begun to realize with the step 6 work. It's all there inside you, everything in the universe is already there swirling around. Kind of an overwhelming sense of responsibility live up to.

Get to know your chakras. They are already imprinted on your nervous system and built into your brain.

I've been planning on studying this more. Bardon throws aside the chakras at the beginning, and Rawan Clark writes about how they develop naturally. I have the book 'Chakras: Energy Centers of Transformation' that I've owned a copy of for years, yet will now have to read.

3. Contemplation.



Bardon puts off till his third book on Kabbalah the cosmic language. This is a very good idea. Kabbalah, for Bardon, is all about power--creating things from nothing and to do that you must master first condensing and dissolving energy and concentration.

However, right from the beginning, if you are going to teach astral equilibrium without again simply creating spiritual marital artists, you need to present the training of a sage and a seer, not based on magically enhanced psychic perception, but actual wisdom. To do this, the student

needs to grasp the functioning and interaction of the four planes in some of the most basic aspects.

For example, take the cosmic letter A. Light blue color and air element as two of the three sense concentrations. How much intelligence does it take to grasp that the blue sky is like the opened, enlightened mind. Go into its depths and you grasp that everything, absolutely everything is in balance and that harmony reigns supreme. Bring the blue sky down into the individual's mind and you get an enlightened being--free of attachment--fully aware but without grasping after or being repelled by anything.

Bring the light blue airy weightless quality into the astral body and you get artistic sensitivity arising from a state of complete relaxation--fully present within, savoring every nuance, and delighting in sensory perception. And from that profound appreciation of the way the moment unfolds in its intricate details, like a gentle breeze moving through the leaves of a tree caressing and yet not disturbing, you have the feeling of wanting to celebrate the beauty of being alive.

Bring it down further into the physical world, and you become aware of air, of winds, atmosphere, and breath. You do not have to control the winds to contemplate and appreciate as a beginning student that you are already part of the harmony of the universe. Its being is reflected in your consciousness.

Similar, for cosmic letter M which is water; E or U which are akasha; S or SH which are fire; and B, F, I, O, or AE which are earth. Again, astral equilibrium is a study of the socially balanced and successful personality. The moment you start enhancing your powers over nature, you need in that same moment to begin enhancing your awareness of your place not just in society but in the greater universe. These cosmic letters are symbolized and embodied in nature that surrounds us—the M is the sea, the night sky as space is U, the blue sky letter A, the volcano and magma letter S, etc.

Comments: The moment you start enhancing your powers over nature, you need in that same moment to begin enhancing your awareness of your place not just in society but in the greater universe.

Yet again another lesson I've learned recently about karma. This summer was pretty dark for me in a lot of ways, and yet also quite awesome as well. I carried the belief that karma is not real, yet now am back to believing in it. I am at the point where I have mostly let go of my interest in the negative side of magic as it interested me a lot in terms of scholarship and also expanding my view on what magic can actually do (which is pretty much infinite). At any rate, I agree. One can advance, yet without being like most people in our culture i.e. having a job or living on their own, other people tend to look at them as lower. This is something that I've had to deal with. I'm actually planning on moving to Australia next year just so I can enjoy life more and get out on my own with some friends and do some things somewhere else in the world. Then peoples judgments won't matter as much, but also I can have a lot of fun too without being tied down by family stuff (and I don't even have kids).

Response: Perhaps a story again in regard to contemplation and the greater universe.



Charlie Brown: Hi Lucy.

Lucy: Hi Charlie. How is it going?

Charlie: Do you remember that time Schroeder, you, and I were looking at clouds.

Lucy: Not really.

Charlie: And Schroeder saw a dragon in one cloud and you saw an archipelago.

Lucy: And what did you see?

Charlie: I saw a little ducky.

Lucy: And so?

Charlie: Well, as long as I have known you you act like a grown up woman. You are intelligent, observant, and you have the wisdom of a family matriarch.

Lucy: And so?

Charlie: Well, I was wondering if you could teach me to contemplate. I thought some of your wisdom might rub off on me in that way.

Lucy: Contemplation instruction—five cents Charlie. Past life readings and meeting your spirit guides and angels will cost a whole lot more—up to sixty-five cents in some cases depending on the level of difficulty.

Charlie: No, I just want the contemplation instruction.

Lucy: Hand it over.

Charlie: Here is five cents.

Lucy: Now then, in the past people taught meditation and contemplation in a narcissistic and egocentric manner as if they had something to do with you. But they don't They are simply aligning your brain waves with the universe that already surrounds us.

That is why you only saw a little ducky in the cloud. You were using the old way of perceiving the universe.

Charlie: So how should I perceive it?

Lucy: Do you see the blue sky Charlie?

Charlie: Yes.

Lucy: The blue sky was put there so that in one glance anyone who bothers to look can perceive the very essence of the enlightened mind.

Charlie: Explain.

Lucy: The sky remains the same, unaffected, vast, clear, and open regardless of the storms or clouds that move through it.

Charlie: My mind is the sky, pure, clear, and open--is what you are saying?

Lucy: Exactly. Don't hold back Charlie. There are no points awarded to the timid. Don't meditate. Don't imagine your mind is the sky. Rather, reproduce in your mind not just the exact vibration of the blue sky—put the sky itself in your mind. It is right there in front of your nose Charlie vibrating with enlightenment. Only really stupid people invent religions, doctrines, metaphysics, ashrams, robes, statutes, rituals, and incense to disguise and to market what is perfectly free for all to see.

Charlie: I never thought of it that way.

Lucy: This is one time you are going to get your five cents worth Charlie.

Charlie: What else?

Lucy: Can you recall the night sky right now Charlie above you with its stars and galaxies?

Charlie: Yes.

Lucy: The night sky was placed there so that in one glance anyone can see that the mind has no end and can contain the entire universe within its awareness. It is different from enlightenment. The constellations, the illumination of lights, the phases of the moon, and the changing of the seasons—cosmic wisdom perceives the great harmony embracing all things, that each thing has its own nature, time, and season in which it unfolds and fulfills its destiny.

Charlie: Yeah, I can see that. Nostradamus, the Magi and their star, the Chaldean astrologers—the rise and fall of civilizations, ominous portents

of great events, the noble birth of world teachers and mighty kings—all on display every night as if the universe is telling everyone who listens a story before we go to sleep.

Lucy: You are a quick study Charlie.

Charlie: And you are on a roll. Don't stop now.

Lucy: The tree, Charlie, the tree.

Charlie: What about the tree?

Lucy: The green color of the leaves is the key, for green harmonizes body, soul, and mind. And in the tree we see all elements harmoniously combine—the radiant light and heat of the sun, the metabolizing of oxygen and carbon dioxide, the roots reaching down into the earth, the clouds and rain delivering water that flow through the tree's veins. And the seed that becomes the fruit—in the tree we witness the mystery of life unfolding before our eyes in a vegetative form. Don't just hug a tree Charlie. Don't just climb it or cut it down and use its wood or eat its fruits. Make the tree part of your mind. Learn and study its cycles of time. When you go to sleep, dream the dreams of the tree. When you awake, feel the bliss that exists within its leaves.

Charlie: Let me see. You have the light blue of the sky, the dark indigo and black and the stars of the night sky, the green of the trees. Do you have more color vibrations for me?

Lucy: Blue green, Charlie. The blue-green sea. The sea was placed before us so that in one single glance anyone who stands on its shores can perceive the source that brought life into being, that nurtures all things, that gives of itself totally in every moment holding nothing back, an innocence beyond human understanding, and a love that embraces and animates every living being. Don't just swim in the sea Charlie. Don't just play in its sand. Find the sea within your heart, for the sea in truth has no shores; its winds are bliss and its waves are ecstasy and its depths contain eternity. There is absolutely no point in anyone

incarnating on this planet of water unless when they leave they take the sea so it lives within them wherever they may journey throughout the universe.

Charlie: I get the feeling that if I name any color that exists in nature you have some sort of cosmic realization that is found within it.

Lucy: Is that a question?

Charlie: Yes.

Lucy: Go ahead, give it your best shot.

Charlie: Lemon yellow like the lemons that the little girl Sue down the street uses to make juice to sell for her lemonade stand.

Lucy: Ah yes. Lemon yellow will enable you to recall in perfect detail any past life so that its memories come back to you in such detail it is as if they happened yesterday. But you don't want to practice with that vibration Charlie.

Charlie: Why not?

Lucy: Because you are just a little kid. If you recall the horrors and suffering you caused others in past lives you will now have to begin karmic payment on those debts. It would be like fashioning lead balls with chains to both your legs.

Charlie: Okay. No lemonade past life incarnation evocation today. Anything else you want to tell me?

Lucy: The sun.

Charlie: What about the sun?

Lucy: The sun was put in the sky so that in one glance you perceive immortal being, eternal life, divine purpose, mission, and our final destiny—that we too will one day be so filled with light that the light within us like the sun's light shall shine to the ends of the universe.

Charlie: What mission?

Lucy: One glance Charlie—the sun is the realm of light from which all world teachers descend. They come down and take on mortal limitations

to meet us in our darkest places and walk beside us back into the light, for there is no greater or more sacred celebration of life. One glance Charlie.

Charlie: And the moon?

Lucy: Yes the moon. The moon was placed in the sky so that in one single glance you might perceive what it is to be fully awake in your dreams when you sleep, fully conscious of the astral plane and when and where every need is met and every desire satisfied, of why you entered this world where and when you did, and also this—an inner peace and oneness with the universe.

Charlie: You are talking Nirva-Kalpa-Samadhi now, aren't you?

Lucy: Yes, you are reading my mind again Charlie. The moon reveals an awareness of ages and eons of time as if all of your past and future lives are right now in front of you in this very moment.

Charlie: A Christmas feeling.

Lucy: Yes Charlie. Kind of like Christmas when you are a kid and everything is free and kind.

I will be watching your career with great enthusiasm Charlie. Great enthusiasm.

Charlie: You are not going to swear me to secrecy, have me sign a contract for a franchise, or demand I tithe one tenth of all my gross income to you from henceforth?

Lucy: No Charlie. The light, the water we drink, the air we breathe are free even though those idiots in Congress are trying to say the rain is not our property and they want to limit our use of solar energy so they can keep running their electrical utilities.

Charlie: Are you are reincarnated Magi Lucy?

Lucy: One can never be quite certain in matters such as this, though for stories about my past lives I charge a separate fee.

2. Empty Mind/Akashic Awareness.



Okay, let's just deal with this. Chapter one in *Initiation into Hermetics*-- no thoughts intruding in your mind for ten minutes. If I were teaching that exercise I would have the student practicing with the five sense concentrations beforehand. Each sense activates and silences a different part of the mind. With Bardon, you are trying to observe thoughts and then turn them off before running a basic diagnostic on the system of brain functions.

If through force of will you turn your thoughts off, there is the possibility of over stimulating the third eye chakra. Some students will never have this problem. The concentration Bardon develops is laser like and so not relaxed. For my practice, it is essential at this point at the very beginning to introduce akasha which Bardon puts off to much later in the book.

If you are going to teach the four elements, you should teach the five. Imagine the vast empty space around you as being your mind. Nothing is

in it. It is perfectly receptive like a mirror. There is no you and no central point. Just open space without form, energy, light, vibration, sound, or substance present. This too is the empty mind exercise. But it means you are not in the third eye chakra. Akasha creates and dissolves the four elements. It oversees, inspires, and guides them. Empty mind is your sovereign space and it too is present and active in different ways on four planes.

Comments: The akasha is very confusing. If it is this space in one's mind then what are we merging with? It gets confusing for me. Rawn Clark writes that you go into your center or depth point to establish this connection, yet you write of it being more focused on the mind. It could be considered that that is the location of the spirit, in your depth point and that someone goes there to merge with the akasha that is considered this violet black color. Then one can inhale it (though supposedly not accumulate it) and even project it. This seems weird to me. I suppose because it cannot stay in one place it can be brought into the body, but it cannot be accumulated. So therefore in order to project it, this leads me to believe one needs to constantly be flowing it in and out of themselves. Hope that made sense.

Response: I have a whole book on akasha from the point of view of the cosmic letter U. Bardon introduces the equivalent of the cosmic letter E in Initiation into Hermetics. See:

<http://williamrmistele.com/uploads/perfectionofwisdom.pdf>

I find that the letter U as akasha as simply a very big and empty space with absolutely nothing in it is also very practical. If you imagine it around yourself when you talk to a negative person they usually become calm and reasonable. I have gotten that simple meditation to work for a number of people. A big empty space with nothing in it also has no space and time. And so it reveals origins of what has come into existence out of nothing. The letter E by contrast penetrating through space and time and so is aware of everything as it now exists.

Sometimes a story helps. The story indicates that akasha is definitely a part of the universe, though obviously you find it in yourself as well. I remember sitting with a Zen master in Manoa Valley on Oahu who said, “When I look inside myself I find nothing.” For me when I look inside myself I find the universe looking back at me.

Sometimes When I Meditate



Sometimes when I meditate spontaneously I find myself inside a Zen Monastery. This is not quite your typical Zen Monastery. But all the same, it is certainly Zen and it certainly has monastic features in place.

And before my eyes a master and a student appear. And the master says to his student, laying out a typical Zen koan question, ‘If thoughts arise in the mind, from what does the mind arise?’”

And the student spontaneously replies, since in this Zen monastery

masters like to put you on the spot and require immediate response, “If I join my mind to Buddha’s mind, I notice instantly that he has joined his mind to the void. And like the void his mind possesses perfect clarity being free of all attachment. There is absolute freedom since it is free of all boundaries. And there is total compassion or love present since he is one with anything that he focuses on.”

The student goes on, “Now if I join my mind with the sylph Cargoste’s mind, one of the great air spirits of the atmosphere, his mind too is perfectly clear. It is more vast by far than the Buddha’s, for Cargoste is aware of the entire atmosphere, every wind, every storm, and every weather vibration including humidity, air pressure, and electro-magnetic interaction. But since Cargoste, unlike Buddha, is not a product of human history, it would never occur to him to pursue or to teach freedom from suffering. Cargoste’s perceives himself as the harmony of the universe in action.

“And if I join my mind to a spirit of the earthzone, say the spirit called Peresch, who oversees political evolution, I immediately perceive his great awareness of all politicians and government institutions on earth. His range of detail is astonishing. It is like he is inside of their heads. He is aware of various leaders’ childhoods. He understands the conditions under which they arose, gained power, and choose to rule over men.

“Now then,” the student goes on, “Let me consider someone who is a little less clear with a factor of difficulty built in such as the current Ayatollah who runs Iran.

“Now here is a mind that is outright hostile to the void. Like a spider web, it is sticky with all sorts of filaments in place to catch, to control, and to betray those over whom he reigns.

“Just a moment. Let me see. That vice of self-righteousness that leads him to think he already knows the truth—it is now gone. That paranoia that Iran will suffer a humiliating military defeat like it did with Iraq—

that too I remove. That hatred of those of a different ideological or theological persuasion—hated cannot exist within original awareness. There is nothing to hurl itself against and so it dissolves.

“That desire of his to torture and kill that derives from his ill will—in the void there are no enemies, nothing to control and nothing to kill. That vice too is gone.

“And his anger and rage because he feels he alone is entitled to all power—that rage slips away like night at the approach of dawn.”

“This is a very nice monologue,” the master says. “But where are you going?”

“I am almost there,” replies the student. “I am just saying, consciousness that utilizes thoughts to think some might say arises from out of natural history and the evolution of a species. But this clearly is not the case though these factors are always present to clarify the shape mind and thought take.

“No, there are countless dimensions around us that inherently possess consciousness. In fact I sense there are entire planets in this galaxy in which the planet is one intelligent being. If you touch its aura with your mind the planet responds to you with equal sensitivity and curiosity.

“And so right from the beginning of our species higher or other states of awareness were interfacing with our own to raise our mental vibrations and brain waves. We never really needed to use thoughts to think. That was just one of many routes leading to higher consciousness.

“So to answer your question, ‘If thoughts arise from the mind, what does the mind arise from?’

“The answer is that each person and species strives with its natural boundaries which provide the conditions under which it survives and which also stimulate its curiosity to learn more and to explore.

“But underneath all of this—the nearly infinite variety of ways consciousness expresses itself—there is one awareness that encompasses

the entire universe. You could never discover it or encounter it by using thoughts to think. All the same, it is inevitable to the extent it becomes impossible to miss.

“Buddha senses it as does the sylph Cargoste and the earthzone spirit Peresch. But the Ayatollah not. He is part of a theocracy. In which case, to the extent his actions harm others I will sit and meditate with him until he perceives what I perceive. You see, I like giving others options.”

“And what on earth would motivate you to do that, options aside?” asks the master of the student.

And the student replies, “I kind of think of him as being myself in another form. I too sense we are all one and I refuse to leave another, who I conceive to be like myself, to be so alone and so lost in the dark.”

“Ah,” says the master. “I see in you a mind free of doubt and also free of thought. You rely on direct perception. Now then, about those planets that are one intelligent being and that respond in kind to you when you sense them. Can you provide me with that experience?”

1.The Earthzone Conundrum.



We need a magical university. Every one of the 360 earthzone spirits would present *Initiation into Hermetics* in a different way, with a different emphasis, with different appendixes and supplemental chapters and entirely new chapters. Ever ask your self why there is no poetry in Bardon, no illustrations, pictures (well, there is one per book), no art, no music, no magical dance, no dramas, movie scripts, (well there is a sort of novel--that is nice), no schools, no seminars, no songs, etc.? I will tell you. Bardon flunked sylph and mermaid appreciation 101. He warns people about getting too involved with the undine queens lest you lose your desire to grow more. But without the undine queens infiltrating human culture Homo sapiens will soon be extinct and you will not have these bodies to incarnate in anymore. Duh? Hello.

The sylphs Bardon says are too hard to contact since they are aloof and do not much like mankind. Better to wait until you reach the earthzone spirits since they have all the same knowledge and more. Duh? Hello. Sylphs are wonderful. They are magnificent. They are beautiful. They are enlightenment and artistic awareness embodied. And I will give you a little tip on mermaids and sylphs. They really hate, that is, simply boycott people who smoke cigarettes. You may be able to command them and procure absolute obedience. But forgot about learning all that they know. A woman can pretend she loves you because she must but it is still just a show. Her soul you will never know.

And so if you had Pigios of the sign of Gemini who is “the patron of all poets on earth” teaching *Initiation into Hermetics*, you could bet your bitty that the training with the five senses would include poetry, metaphor, simile, and rapture.

And if you had a spirit who specializes in telepathy teaching, the first class the first day you would learn telepathy. It is as natural as breathing. As a ball and a piece of string. Imagine a string thin and composed of white light stretching between your brain and someone else in the class or a spirit too will do. Then send a little ball of light with a picture or question in it between the two of you and wait for a response. That is, sit there without expectation and observe actually the sensation and thought that returns to you on the string of light.

Some children bring this ability with them when they incarnate. They do not understand why parents do not respond to their telepathic send questions. It's their child's play actually.

Or a spirit like Cigila in Pisces who teaches divine missions. It is all about motivation. We enter life to serve. The blood of divinity flows through our veins. We are all one. In the stillness of the heart arise the actions that reduce suffering on earth.

You want access to the highest magic and wisdom that exists on this planet so that all keys to all mysteries are placed in your hands? Then right at the beginning, the first day, start making a plan. Before astral equilibrium, answer the question: what noble cause do you seek to fulfill that divine beings can look down at you and say, He seeks to accomplish our will. For those who serve, we are all one community and this community is infinite.

In other words, in a magical university, there is room for a vast variety of instruction methods from different professors. In a magical university, the student is empowered and inspired both by teachers who share his temperament as well as those who embody the opposite of his experience and outlook.

Comments: "We need a magical university." I am here, dreaming with you.

"Bardon flunked sylph and mermaid appreciation 101."

hahahahaha

"He warns people about getting too involved with the undine queens lest you lose your desire to grow more. But without the undine queens infiltrating human culture Homo sapiens will soon be extinct and you will not have these bodies to incarnate in anymore. Duh? Hello."

Well...I cannot speak anywhere near your level even at the humble beginners stage that you claim to be at. However, one of my first experiences with a spirit was with either Istiphil or Istiphul. I am unsure

of which it was because their names are so close in spelling, but the experience completely changed me and I now believe in spirits and their influence being outside of the mind. Or rather, they take the form of our mind's interpretation of them. Something like that. Also, it was pretty crazy because I was completely unprepared for it and just did my best to stay in control. I read her name on a friend's blog that she is an Undine and she came to me. This was before reading PME yet it happened probably a couple months ago. Your mermaid videos about the hierarchy really helped me a lot after that experience. It was amazing how accurate everything was.

I agree with what you're saying about the lack of culture in IHH. It is dry and Bardon was very focused on training and teaching and little else. So, maybe if anything it would have been good to add something like. Hey guys, add your own feelings and emotions into the work and how you enjoy life as long as you are still able to maintain your practice and continue your ascent. Something like that. People consider Bardon the skeleton that the student has to flesh out sometimes too. Your poetry is that kind of inspiration for me. It gives me a greater understanding of the freedom we have on this magical path. Thank you Bill!

Addendum

Hi Mr. Mistele. I have a few questions on breathing.

Question:

You write, *"The instant you start to condense vitality in the body through breathing, the vitality or life force changes from five elements into one element, namely, fire. Bardon breathing is one hundred per cent the fire element form of vitality--it is hot, intense, radiant, expansive, and pressurized."*

So, are you saying the vital force itself Bardon has you working with is 100% fire, or Bardon's method of working with the vital force is 100% fire, or both? In that case, would there be a different vital force for each element?

Response:

The five elements are in the air. Obviously there is a normal, ordinary metabolic action that occurs as you breathe. But I don't overcharge with fiery vitality as I do ordinary breathing. I can do "breath of fire" breathing in one of the many ways they teach in Kundalini yoga. That is more of an adrenaline rush and relates to fiery energy also needed to get that particular style of kundalini yoga up and running. I can do Aikido martial art breathing which is fiery but also very grounding and centering. So obviously I am getting something the yogis are not after and which is more than just fire.

The breathing in Aikido say during multiple attacks is a quick, shallow inhale and then a forced, faster exhalation repeated. If you hit your head on a rock Aikido breathing might be just the thing you need to stay conscious.

I can do the slow kind of breathing that naturally occurs when doing Tai Chi Chuan. One teacher of Tai Chi did a breath test when he was doing Tai Chi and his heart rate and breathing both slowed down while he was doing the form. So there again it is not breathing in of fiery energy. It is something else, more all five element breathing since the form itself goes through many kinds of energy expressions.

If I just do "raise hands," which is the first move of the Tai Chi Chuan form, some masters teach this movement as representing Wugi—the Taoist equivalent of the void or nothingness. In the movement you go from nonbeing or nonexistence which is the great feminine or yin into manifestation which is the great masculine or yang and back again into the void. Obviously I am getting more of an akashic kind of breathing.

So the five elements are in the air. If you use a certain method you are filtering out the other four elements and focusing just on the fire which is what Bardon's exercises emphasize.

Bardon could have said, “Now to work with the opposite of fiery breath that I teach sit in front of the ocean and you will notice if you are sensitive a thin kind of mist over the water which embodies the more subtle etheric and astral watery vitality or magnetic energy. If you imagine breathing that energy in and out you can compare its watery qualities to the fiery qualities in the bright light kind of vitality I teach.”

Or he might have added, “You may meet actual mermaids or mermen in human form. And if you do you will notice that they do not “breathe” watery energy in and out of their bodies and auras the way human beings do. They draw in watery energy directly into their astral bodies from nature without use of breath.

“And by jumping into the ocean itself they can instantly recharge themselves since the ocean realigns them to the larger magnetic field of the earth. In fact, if you are mediumistic or overly connected to the astral plane you can realign or join your astral body again with your physical body by placing your hand in water, soaking in a bathtub, or better yet jumping into a lake, river, or ocean. In some cases this is psychic ER—a quick remedy for an otherwise devastating astral imbalance.”

Bardon did say one time that soaking in a stream with just your head above the water is very vitalizing and refreshing.

Bardon tends to emphasize will as well as clairvoyance and telepathy over clair-feeling. Clair-feeling is based on the water element of feeling and psychic touch. That is okay. Others come along and add their own comments to the system. That is what you are supposed to do. It is a first-hand, try it, hands on system he is teaching. Not a follow the directions on the Campbell’s soup can kind of training system. Or that is my approach.

So simply put Bardon’s method of breathing extracts the fire element out of the five elements within the vitality that is in the air in the atmosphere that you breathe. Whether these five elements are all equally present in the air is a different question. For example, Bardon often emphasizes that concentrating a wish into food and drink has a very different effect than just concentrating that same wish in the air you breathe in.

Question: In addition, in one of your essays on pore breathing, you write,

“It is cool, serene, and calm and yet also energizing, dynamic, and radiant. It is soft, flowing, soothing, and healing yet also enduring and strong to the extent that it fully resists any negative or deteriorating influence. It is balanced, harmonious, and present evenly throughout the entire body and yet it is completely malleable--it can change its qualities to reflect any specific vibration or energy which is required to sustain health and equilibrium within the body.”

Would this description correspond to an ideal neutral form of the vital force? The first word you use to describe it is “cool” and because this is the most concrete word you use, I have focused on the sensation of coolness when doing pore breathing, however this does not seem to correspond with the fire element.

Response: I don’t recall off hand where I wrote that. It sounds like a description of the philosopher’s stone as a vital energy. In which case you arrive at that level of balance by “refining” and “joining” or “fusing” the elements together, not just bringing them together as they already exist. In Mantak Chia’s system of Taoist practice he has a refinement of the vital energy of the organs going on before you fuse them together.

In all cases, you want to become conscious of the nature of vitality so that you can observe it in every way possible—in breath, in the organs of the body, in nature, and in how all these various energies can be worked with combining, refining, and uniting them.

With the cosmic letters such as L Bardon says practice it and you stop growing old. But the cosmic letters themselves are not exactly parallel to nature on earth. They are cosmic building blocks of creation. To get them to work for you and make them user friendly you have to familiarize yourself with them, gradually exposing yourself to their more universal vibrations until your physical, astral, and mental bodies are

actually enhanced by them as compared to experiencing strain and stress on first exposure to them.

Question: The person you were talking to mentions visualizing the vital force as a golden light instead of a white light. Can you comment on this? It seems like he is accumulating the universal light instead of the vital force. I don't use any visualization but just focus on the sensation of breathing through my pores. I'm not accumulating anything yet.

Response: Different systems emphasize different goals, ideals, starting points, methods, and end results. Gold relates to the sun as does the metal of gold. Any particular color will have a different effect on each individual because each individual has a different energy system, karma, affinities already in place, etc.

One teacher got mad at me one time because I suggested working with other colors than white light for healing. He had a powerful assumption in his head that was useful for him but he was unable to "see" the individual in front of him or foresee that individual's path of development.

Again, in the cosmic language contrasts to say a periodic table of "best, user friendly, and most helpful healing energies for human beings on earth to work with." And in the cosmic language again various colors such as the light violet of letter B, the dark violet of letter CH, the green of L, the lemon yellow of Z, etc. produce astonishing expansions of health and vitality resulting in nearly god like powers. But again you have to find a way that works for you individually to explore and make these color and element energies effective. Gold is nice for lots of people who like that kind of Leo or radiant, benevolent, uplifting, inspiring, magnificent energy. But it is absolutely wrong for me to begin with for example. My path, emphasizing justice built on Virgo and Sagittarius and not Leo, follows a different route.

But in regard to your question, depending on how you approach the topic and with what results in mind, working with light clearly influences vitality. For Bardon, if you condense the element of air by breathing it in you end up being able to emit waves of light from your

body. At the same time, the astral and physical planes are more directly approach by working with the elements themselves rather than with light. Light is more effective on the mental and akasihc planes.

That said. the cosmic letters which are composed of a color, sound, and elemental sensation are applied to all four planes—physical, astral, mental, and akashic. Certainly for some people they will perceive light and geometrical shapes as a way of sending or receiving vitality in an elemental form. The light is then a hook, symbol, or way of capturing the vitality. But again you have to actually talk to or observe how individuals work with energy. There is no “one size fits all” or “one explanation will explain each individual’s experience.”

The example I sometimes give—the photography instructor has an assumption in his head about what a good picture is. But the student who knows nothing yet about the techniques of how to take a “good” picture may see things with his eyes when looking at what is in front of him that the photography instructor cannot even imagine. So the student can “learn” technique from the instructor but the student may be light years ahead of the instructor when it comes to actual perception.

That is, find what works for you through your own practice and observation.

Question: By the way, why are so many magicians also into martial arts? This seems to be a somewhat modern thing. Neither Bardon, Fortune, Mathers, Regardie, or Crowley were martial artists but if I go on an occult themed forum, there are bound to be many martial art related topics. Then again, maybe back then, they did not have the means to learn martial arts as easily.

Response: Yes, I studied with the first Caucasian to get a black belt in Aikido in Japan. Tai Chi was everywhere. And we had those Bruce Lee and Samurai movies we could watch every week.

Mars is Mars—the idea is to train to master the self. The problem with human masters in martial arts is that once they can beat all their opponents they do not know what do next. The spirits of Mars itself do

not have that problem. For them you have not mastered yourself until you have embodied some energy of nature and can focus it through your personal will as a creative power of creation which you then use in fulfilling various missions.

The martial arts represent discipline and self-mastery. But often the very best martial artists on earth are completely brain dead when it comes to magic or working with magical energies. Now there are some exceptions in various traditions. You just have to interview these people carefully after you gain their trust and confidence. Then they will tell you what they have observed and practice regarding ordinary human applications of power and the various siddhis or magical kinds of power they might have experienced and seen.

One master I practiced with for two hours every day for an entire year only slept three hours a night. The other four hours he spent meditating in a state of trance or semi-hibernation. You would think he would be very sensitive to energy and be psychic. But he was solely focused on “chi,” the kind of vitality he used in his martial art. And there was no exploration program built into his practice. He was not experimental in his approach. He was simply recapitulating what had already been accomplished in the past in his tradition.

By contrast, O’sensei, the founder of Aikido was exploratory. He studied with masters all over Japan. He had a vision and then invented Aikido from all he had learned. O’sensei’s energy or aura is the magnetic fluid. He used that energy in his martial arts. But none of his students were able to acquire that vibration. If anything they tended to develop the opposite and become very electrical using an instantaneous emission of energy to repel or throw opponents.

It is technology and the global community which are changing. Bardon never met what I call a mermaid woman. But then again he only met people in four or five countries and it was not as if anyone was writing to him with questions.

By contrast, I have a billion people out there on the internet and when one of them searches on google under “mermaid” and “woman” she will find my site without too much effort. So I am talking to women from Africa, South America, the Mideast, the Fareast, Canada, Europe, and

the U.S. as well. If a woman wanted to find me or someone like me she could find my books or email address in twenty minutes using the internet. And when they contact me they often say I am the only person they have ever spoken with who understands who or what they are.

So the global resources I have to work with, in addition to being able to actually go and meet masters from every tradition, are so much greater than Crowley, Steiner, or Bardon had available to them. I grew up after the atomic bomb had exploded. My world has different challenges than their world and so from my point of view it requires a different approach to magic and practice.

Question: The subject of kundalini and chakras has always been one that I've tried to avoid, partly because it's dangerous and partly because it's confusing. Some time ago, I read Mantak Chia's book *Awaken Healing Energy Through the Tao*. In it, he states that chi and kundalini energy are the same thing and implies that the microcosmic orbit is a superior method of working with this energy than kundalini yoga because in the microcosmic orbit, the energy is circulated throughout the body and does not rise up to the top of the head and get stuck there. I'm pretty sure he misunderstands kundalini yoga and things aren't that simple. It is hard for me to mentally synthesize the Taoist system of chi and it's centers, and the yogic system of prana, kundalini, and chakras. It is clear to me, though, that they are both valid and effective.

Response: The Bardon system, in order to pursue working with energy in a completely universal manner, uses the entire inside of the body as a cauldron or open/empty vessel for accumulating and dissolving energies of various kinds. He does add to this focusing on various parts of the body and organs analogous to the cosmic letters. But it is the whole body that is the basic focus.

Now there is something fantastic about the human *Homo sapiens* nervous system. Human beings are godlike beings in training and their bodies are fully capable of taking them to the highest levels. But individual systems have strengths and weaknesses and sometimes their

various emphasizes are not inherent in their methods but in their cultural or religious bias to pursue some energies and ignore others.

Yogis typically ignore the water element in the second chakra. They just don't get it. I asked Chia personally about why he was not teaching the water element in his seminars and he replied to me that it is impossible to teach the water element to Westerners. LOL.

I agree that it is indeed difficult. I had to spend loads of time meeting mermaid queens in order to write a text book on the water element, my book *Undines—Lessons from the Realm of the Water Spirits*. Mantak Chia has no magical training that would enable him to directly interact with the mermaid realm.

Contrast that to my videos on [youtube.com/emedetz](https://www.youtube.com/emedetz) where I have Kearstin and Aaron describe on video their experiences with the eight elemental kings and queens mentioned in Bardon's *The Practice of Magical Evocation*. I merely started reading Bardon's two paragraph description of each of these beings and before I was done reading the spirit had walked through the wall into the room and these two were describing their direct experience with the mermaid queens and mermen.

You will not find on earth yogis, swamis, or masters in any tradition who have that innate capacity to perceive beings of the astral realm that Kearstin and Aaron were born with. That is why your Kundalini, Taoist, and other magical traditions are weak at best. They are not using their full capacities to observe and experience what is inches away from their bodies in every single moment of time—these many magical realms that co-exist side by side with us.

So it goes in two directions. If you need supplemental assistance in working with Bardon's exercises various systems will fill in for the basics until you gain the experience you need to follow Bardon directly. For example, to learn to visualize better if you can't do it at all I often tell people to learn to photo edit where you can spend up to an hour editing one picture. It gives you the language and endless ways to perceive form and light that then greatly enhances your visual skills.

If you cannot do the empty, no thinking thoughts exercise in chapter one of IHH then go do Zen sitting or some other kind of Buddhist practice. You get people sitting inches away from you on each side who

notice any change in your breath or body posture. And the teachers are rigorously studying your mental activities.

So you get a kind of social pressure to conform to the ideal of “sit there and stop thinking you crude idiot” kind of feedback. And out of sheer boredom or humor you move on and go back to your own Bardon exercise because you no longer need that kind of external support at some point. Or maybe like me you end up writing countless stories about Buddha and Zen masters interacting with their students. This is a way to put in a historical context some insight or realization you have while meditating that cannot be communicated without relying on art.

On the other hand, if you do get the Bardon exercises then the practices of various traditions become very easy for you to do. You quickly recognize the energy and mental or astral virtues they are working with and also see through their bias that derives from their cultural and quasi-religious orientation.

For a little humor and insight into the ups and downs of working with human masters see my Rules For Bardon Students at <http://williammistele.com/rules.pdf>