

# MYSTICAL ALCHEMY

## THE PATH TO ENLIGHTENMENT

By : Jacques Tombazian



# JACQUES TOMBAZIAN'S INSTITUTE FOR ENERGETIC MEDICINE AND CONCIOUSNESS STUDIES

Clare Rosenfield  
Author, poet and healer

It has been a privilege to work as editor, student, and colleague with Jacques Tombazian whose integrity, focus, and generosity are continually dedicated to the full awakening of human consciousness, as evidenced in this gem of a book, replete with reader-friendly inner journeys and a vast understanding of our multi-layered levels of being. This book guides us in taking practical steps, in partnership with the Divine, toward healing and transforming ourselves to become who and what we are truly meant to be.

Jean-François Malherbe  
Author and professor of ethics and philosophy,  
University of Sherbrooke, Canada

With Jacques Tombazian I discovered in myself certain powers that I used to be afraid of. Poetically I will designate them to be the eagle and the horse. The eagle sees us from afar nothing escapes his piercing glance and he acts with the rapidity of lightning. The Horse, man's best friend, is a potent helper whose intelligence is equaled only by its strength and endurance. Spiritual Alchemy not only reconciles us with our shadow aspects, but also with the fact by enlightening and befriending these aspects, we can live even better.

Marc Bériault  
Author, alchemist and Astrologer

I've know Jacques for years, when I met him, he already was an exceptional healer. Since then he's only got better. This book is an important one, because the material is high level and cannot be found elsewhere. The part on chakras is worth the price of the book in itself and the drawing are invaluable. I greatly recommend this book.

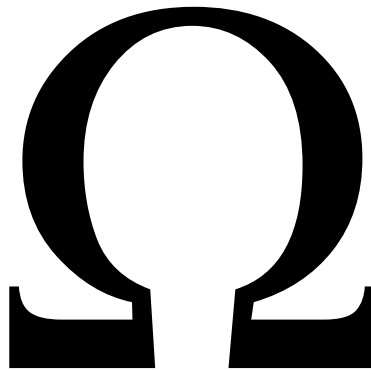
Made and Printed in Singapore  
ISBN 1-897112-32-7  
US: 35.55 \$ / CAN: 45.55 \$



[www.jacquestombazian.com](http://www.jacquestombazian.com)

MYSTICAL ALCHEMY - THE PATH TO ENLIGHTENMENT

**Mystical Alchemy**  
**The Path to Enlightenment**  
**©Jacques Tombazian**



© Copyright 2003 by Jacques Tombazian.  
All rights reserved.

First Edition  
JACQUES TOMBAZIAN'S  
INSTITUTE FOR ENERGETIC MEDICINE AND CONSCIOUSNESS STUDIES  
Published 2005

Library of Congress Card Catalog–*number to come*  
Printed in Singapore  
ISBN 0-9735604-0-1

# Acknowledgement

I am so fortunate to have been assisted by the kind and dedicated support of many who gave graciously and lovingly their knowledge, talents, efforts, and generosity which contributed to the creation of this book.

I am grateful to Marc Beriault for his help in contributing to some of this book's research, writings and illustrations,

to Clare Rosenfield for offering her writing and editing skills,

to my son Garo Tombazian for his graphic conception work,

to my daughter Lara Tombazian for transcribing my notes,

to InfoConcept LC for their graphic conception work,

to Yoko Shimizu and Sylvia Garfield for their artistic skills,

to Carolyn Pederson for offering the art work of the book's cover.

I am grateful to Francie Shmilowitz, Ilene Murray, Lynne Denerlyne, Liza Tombazian, Hasita Agathe Nadai, Dea Nielsen, Sheryl Hannafin, Dwight Garfield and to my inner guides for their kind and generous support that allowed me to write this book.

My appreciation extends to my patients and students for giving me the opportunity and privilege to experience my spiritual theories with them.



# Disclaimer

The intent of the author in this book is to offer information of a general kind to assist readers in their quest for mental, spiritual and physical fitness, leading them towards health and Enlightenment. None of the exercises in this book constitute medical advice of physicians or other health-care providers. Rather, they are meant to invoke Divine energies through prayers, visualizations and inner journeys. The path towards Enlightenment asks the individual to look at self realization, choice and aligned full potential. The author and the publisher assume no responsibility for the choices or actions with respect to this book and the information provided.





# Content

Introduction	13
<b>Part I</b>	
What are Enlightenment, Illumination and Awakening?	17
What is Alchemy and where is its origin?	23
The Spiritual aspect of the “Philosopher’s Stone”	29
The “Philosopher’s Stone” in the Age of Aquarius	33
What are Subtle Bodies?	35
What are Chakras?	41
The seven Major Chakras of the Alchemical Body	45
What is an implant?	47
Disconnecting Unhealthy Connections	51
What is an Archetype?	55
A brief but practical who’s who of Gods and Goddesses	59
What is a Ritual?	67
What is Mystical Death?	71
How to open the Third Eye and to Develop Clairvoyance?	77
Exercises to develop clairvoyance	
I. Phosphene exercise	81
II. Exercise of the colored cards	83
III. Exercise to develop clairvoyance using psychometry	85
IV. Exercise to develop telepathy	87
V. Awakening the energetic eyes (Third Eyes)	89
• Inner journey to activate clairvoyance (Third Eye)	91
• The Inner journey	95
VI. Distance viewing exercise	99

## Part II (Developing the Alchemical “Body”)

Section I	101
Meditation to develop the 24 Major Chakras	103
Section II	
How to perform Healing Rituals?	109
Ritual to disintegrate, to heal and to release all kinds of unhealthy energies	113
Healing Invocation	117
Section III	119
Healing Karmic and Genetic deficiencies through the eight initial cells	121
Section IV	
Organs self-healing Meditation	123
Section V	
Ritual to heal and to awaken the attributes and the powers of the three first subtle bodies: the Etheric, The Astral and the Soul	129
Section VI	
Ritual to heal, to align and to integrate the first, the second and the third subtle bodies the Etheric, the Astral and the Soul	133
Section VII	137
Ritual to develop the spirals of the Alchemical Body	139
Section VIII	
Ritual to activate and to connect the four spirals and to generate the ball of energy	141
Section IX	
Meditation to descend the 24 Major Chakras into the Physical Body	145
Section X	
Ritual to create the Alchemical Body underground below your feet	151
Section XI	
Self-Initiation of the Alchemical Shiny Black Phase	155

## Part III (Developing the Alchemical “Soul”)

Developing the Alchemical “Soul”	159
Section I	
Meditation to develop the 37 Major Chakras	161
Section II	
Ritual to heal and to awaken the attributes and the powers of the Spirit, the Atma and the Cosmic subtle bodies	163
Section III	
Ritual to heal, to align and to integrate the fourth, the fifth and the sixth subtle bodies: the Spirit, the Atma and the Cosmic	165
Section IV	
Ritual to develop the spirals of the Alchemical Soul	167
Section V	
Ritual to activate and to connect the four spirals and to generate the ball of energy	171
Section VI	
Meditation to descend the 37 Major Chakras into the Physical Body	173
Section VII	
Ritual to create the Alchemical Soul underground below your feet	175
Section VIII	
The Alchemical Marriage of the Body and Soul and the Self-Initiation of the Alchemical Shiny White Phase	177

## Part IV (Developing the Alchemical “Spirit”)

Section I	181
Meditation to develop the 52 Major Chakras	183
Section II	
Meditation to descend the 52 Major Chakras into the Physical Body	185
Section III	
Meditation to develop the 70 Major Chakras	187
Section IV	
Ritual to heal and to awaken the attributes and the powers of the seventh Light Body Yin, the eighth Light Body Yang, the ninth Divine Body Yin and the tenth Divine Body Yang	189
Section V	
Ritual to heal, to align and to integrate the seventh Light Body Yin, the eighth Light Body Yang, the ninth Divine Body Yin and the tenth Divine Body Yang	193
Section VI	
Ritual to develop spirals of the Alchemical Spirit	197
Section VII	
Ritual to activate and to connect the four spirals and to generate the ball of energy	201
Section VIII	
Meditation to descend the 70 Major Chakras into the Physical Body	203
Section IX	
Ritual to create the Alchemical Spirit underground below your feet	205
Section X	
The Alchemical Marriage of the Body, Soul and Spirit and the Self-Initiation of the Alchemical Shiny Red Phase	209
Section XI	
Self-Enlightenment Initiation and manifesting the first part of the Philosopher’s Stone	213

## Illustrations

Symbol no. 1	Ritual for Spiritual Development
Symbol no. 1A	Ritual for Spiritual Development
Symbol no. 2	Ritual for Healing
Symbol no. 2A	Ritual for Healing
Symbol no. 3	Ritual for Developing Chakras and Subtle Bodies
Symbol no. 3A	Ritual for Developing Chakras and Subtle Bodies
Symbol no. 4	Ritual for Advanced Spiritual Development
Symbol no. 4A	Ritual for Advanced Spiritual Development
Symbol no. 5	Divine Archetypes
Symbol no. 6	Divine Archetypes
Symbol no. 8	The 10 Subtle Bodies and 70 Major Chakras
Symbol no. 8B	The Alchemical Body Soul and Spirit Aboveground and Underground
Symbol no. 15	Alchemical Body Black Phase Physical Plane Yin (-)
Symbol no. 16	Alchemical Body White Phase Cosmic Plane Yang (+)
Symbol no. 17	Alchemical Spirit Red Phase Divine Plane Yin (-) & Yang (+)
Symbol no. 20	Self-Enlightenment Ritual
Symbol no. 20A	Ritual for Self-Enlightenment
Symbol no. 21	The Five Planes of Existences and the Philosopher's Stone
Symbol no. 27	Chakras of the Alchemical Body
Symbol no. 28	Chakras of the Alchemical Soul
Symbol no. 29	Chakras of the Alchemical Spirit
Symbol no. 50	Black Elixir
Symbol no. 50A	White Elixir
Symbol no. 50B	Red Elixir

## Poem

Poem of Twenty-four chakra meditation by Clare Rosenfield, Poet 241



# Introduction

One day when I was meditating in my office, I was asked if I would like to give a lecture at a spring fair in 2002. I said I would. When asked what the subject would be, I answered, “The Path to Enlightenment.”

When I heard myself name that topic, I felt that I might have been in a trance state and that it was my guides who gave the answer, not me, because I had not even had time to think about what to lecture on and I had never lectured about Enlightenment before. Later when I meditated and asked my inner guides why I had given that answer, they replied that I was already teaching “Enlightenment” through my Alchemical teachings and that the book that I was already writing about Inner Alchemy would have to include teachings about Enlightenment.

I didn’t have much time to prepare my lecture and every time I tried to get inspired, I kept on having a vision of a lamp with a light bulb lit up, with black and white wires plugged into an electric socket. I couldn’t understand this metaphor at first, and when I asked my guides, they explained to me how this mechanism works.

To understand the process of Enlightenment, we need to be aware of three important facts related to how electricity works.

First, we need a light bulb which has to be empty even from air. Secondly, we need double phase wires that allow the negative (-) and the positive (+) energies to pass through in equal portions. Thirdly, we need to connect to an electric socket.

Now let me try to explain the metaphor of this vision in relation to the process of Enlightenment.

The empty bulb refers to the body that has to be empty from all kinds of unhealthy energies such as: despair, fears, guilt, resentments, resistances, judgments, spirit entities, past identities and personalities, Karmic energies, black magic energy, un-forgiveness issues, unhealthy beliefs and programming, unhealthy ways of thinking and conditioning, illusions, unhealthy memories, victim consciousness, feelings of rejection, hatred, anger, doubts, insecurities, jealousy, possessiveness, diseases, causes of diseases, unhealthy human cords, unhealthy collective implants, and any unhealthy energies that don’t serve our highest good. This process is important in order to make space in oneself for the immensity of the Light.

The negative (-) and the positive (+) black and white wires represent our feminine Yin and masculine Yang polarities, the development of our seventy Major Chakras, our ten subtle bodies and our three Alchemical Bodies: Body, Soul and Spirit.

The connection of the wires to the electric socket means that we need to be connected energetically through our seventy Major Chakras, our ten subtle bodies and our three Alchemical Bodies: Body, Soul and Spirit to the Source of Light.

This book is divided into four parts which are easy to read with instructions which are easy to follow.

In the first part, I explain the three Alchemical Bodies: Body, Soul and Spirit and their relationship to the process of Awakening the Self and achieving Enlightenment. I also explain the different Archetypes and their roles in developing human consciousness.

I also elucidate the importance of developing the 70 Major Chakras and the 10 subtle bodies and their roles in transcending the Self and becoming Divine. I will also describe the spiritual rituals in general and the ritual of Conscious Mystical Death in particular and their powerful effect in accelerating our spiritual development and making quantum leaps towards our Self-Realization.

In this first part I have included information about clairvoyance with exercises on how to open the 3<sup>rd</sup> eye and develop perceptions. I have also included writing about Enlightenment, Alchemy, implants and the Philosopher's Stone.

In the second part of this book, I have explained how to develop the 24 Major Chakras, how to do Healing Ritual, how to heal Karmic and Genetic deficiencies through the eight initial cells, how to heal your organs and how to align and integrate the first three subtle bodies: the Etheric, the Astral and the Soul Bodies with each other and with the Physical Body. I also explain how to awaken the powers, talents and attributes of each of these subtle bodies. I end this part by explaining how to complete the Shiny Black Alchemical Phase by developing the first Alchemical Body called "Body" and to do transition to the Alchemical Shiny White Phase.

In the third part of this book, I explain how to develop the 37 Major Chakras, how to do Healing Rituals, and how to align, to heal and integrate the 4<sup>th</sup>, the 5<sup>th</sup>, and the 6<sup>th</sup> subtle bodies: the Spirit, the Atma and the Cosmic with each other, with the previous three subtle bodies and the Physical Body. I also explain how to awaken the powers, talents and attributes of each of these subtle bodies. I also describe how to complete the Shiny White Phase by developing the second Alchemical Body called "Soul." I end this section by explaining how to do the Alchemical Marriage of the Body and Soul and to do transition to the Alchemical Shiny Red Phase.



In the fourth part of this book, I explain how to develop the 52 and 70 Major Chakras, how to do Healing Rituals and how to align, to heal and integrate the next four subtle bodies with each other, with the previous ones and the Physical Body. These four Bodies are called the 7<sup>th</sup> Light Body Yin, the 8<sup>th</sup> Light Body Yang, the 9<sup>th</sup> Divine Body Yin and the 10<sup>th</sup> Divine Body Yang. I also tell how to awaken the powers, talents and attributes of each of these subtle bodies and lastly, how to complete the Shiny Red Phase by developing the third Alchemical Body called “Spirit.” I end this section by explaining how to do the Alchemical Marriage of the Body, Soul and Spirit and I give information on how to develop the first part of your “Philosopher’s Stone”. I will end the last part of this book with the Self-Enlightenment initiation.

I have written this book because of the powerful results that I have had with myself and with over twenty-three thousand patients and students that I have encountered in my practice, and I want everyone who reads this book to benefit from the life-transforming effects it offers.

I want this information to reach as many people as possible so that they can grow from this Enlightening experience in the same way that I and others have. I don’t promise Enlightenment or anything else to anyone. My role here is to provide efficient tools for becoming aware and awakened. Once awakened, one can use these same tools to Enlighten oneself and eventually reach higher levels of Consciousness that exist beyond Enlightenment.

Please note that all the guided meditations of this book are available on audio tapes for more details you can visit my website: [www.jacquestombazian.com](http://www.jacquestombazian.com)





## What are Enlightenment? Illumination and Awakening? Ω

Enlightenment means awakening fully to the presence of **GOD** the **LIGHT** with all its essence in the totality of our being, *Body, Soul* and *Spirit*. Illumination is also a very popular word for a similar concept. Most often it is used in a slightly different context, that of the strictly Mystical quest, such as the quest of monks in a monastery. However, the quest for Illumination is essentially the same as the quest for Enlightenment. Although they are from different linguistic roots, the two words mean exactly the same thing.

The idea of Awakening is somewhat different. It is mostly used by people who believe that individuals have the power to transform themselves on their own. Although this is possible, most schools of thought recommend a form of teaching; finding a Teacher who will guide the person to Awakening. This is a more personal path to follow. The Teacher, or the Guide, is not conceived as the “transmitter” or initiator of Enlightenment or Awakening, but as a practical Guide who teaches what is necessary in order to awaken oneself.

Still, Enlightenment and Awakening are not quite the same concept. Usually, Enlightenment has been used in the context of societies of Initiates (occult groups) that had hierarchies and ritualistic initiations. These groups seemed to believe Enlightenment was possible only through transmission from already enlightened human beings to those who walk in the dark, or are "asleep."

Awakening and Enlightenment, in truth, are the conception, the development and the unification of your three Alchemical Bodies, *Body, Soul* and *Spirit*, into a single Consciousness. Along the Path, it implies a large measure of Self-Realization, of actualizing your potential in all your dimensions. Your own Spirit must ultimately be your Guide and Master. You must grasp that although a true Master can show you the Path, no one but yourself can follow it. Your Guide might even be willing and able to give you a helping hand, but he or she cannot climb it for you.

When you awaken, you open your eyes and your other senses to the reality surrounding you. There seems to be a difference in points of view between Awakening and Enlightenment. But, in reality, there is really no difference. The key here is that you awaken from your long sleep in order to perceive reality through your own Consciousness, the true reality, not the image you have inherited from your upbringing.

Therefore, you need to transcend many limitations and principles you might have thought immutable. This true reality is something you can read about in a book or hear about in a lecture, but, in the end you must realize it for yourself! The problem is not with the Light! The Light is always there for all of us. The real problem is awakening to our true Selves in order to open our inner eyes and ears to our true reality, to our Real Selves. Then the real Work begins.

All schools of thought consider most human beings either “in the dark,” “asleep” or “hypnotized” and they all believe it is the responsibility of each human being to awaken and to reach Self-Realization. This brings us to an important question: “Where do we start?”

Most people start from their own need, anguish or despair. Sadly, it sometimes seems that this is often the only motivational factor. Fear of death and of what may or may not come after death is also a fairly common inspiration. A few exceptional human beings seem to begin the process through a kind of spontaneous awakening, as if they became interested in a glimmer of Light that came their way for no apparent reason. The truth is we do not realize who we are, what ultimate reality is, or the true meaning of life and why we are here. Emotions such as fear and despair are the way we first become aware (not yet conscious, but aware) of our deep ignorance, powerlessness, and blindness. That is when we begin searching for answers and paths. We may find a book or hear someone lecturing. We still do not know anything, but the book or lecture may give us a glimmer of hope that there just might be answers or a Path! Then this takes us to the next question: "How can we be sure about the authenticity of teachers, groups or paths?"

Although most schools agree that humans are “in the dark”, “asleep” or “hypnotized”, there are some individuals or groups who are consciously or unconsciously serving the purpose of the dark forces.

There may be others who are not necessarily in the dark, but are not competent enough to carry out the task of guiding humans and end up misleading followers into a worse condition like powerlessness or loss of hope. Therefore, what follows is advice on distinguishing authentic teachers and paths.

First:

Beware of groups, no matter how old they are, who promise the Light if you adhere to their beliefs and submit to their priests, gurus or masters! You should not necessarily run away from all of them, but thoroughly examine them and test them before becoming fully involved. The more a group's message tends to be that you cannot get anywhere without them, that you must first obey and connect to their belief system before you receive an initiation, and so on, the more you should beware.

Second:

Beware of the individuals who teach and guide! The power of being awakened seduces some. They may use you or go on a power trip with you. Also, many individuals know something, but not quite enough, find too much pride in what they know and in what little powers they've mastered! They think that they've "made it"! But they must keep you partly asleep so that their in-completeness, if not their falseness, will not show! There is nothing as dangerous as a half-awakened human being who thinks he or she is fully awakened!

On the other hand, a half-awakened person who knows and admits his or her limitations can be very useful to you and can teach you a lot! Also, since there are extremely few truly Awakened teachers and Guides alive at this time on our planet, a half-awake teacher might be the most you can find for yourself. Remember this: talents such as Healing or Clairvoyance, even when they are true and proven talents, are still only talents! They are superior talents, surely, and require at least a partial awakening, but are never proof that the person is fully awakened! The same goes for magical powers and so on. As a matter of fact, people who are very advanced in the paths of the Dark or of destruction can have true and great talent for magic, healing and clairvoyance! So be careful! I suppose that, at this point, you are wondering how to recognize someone who is truly awakened? What follows are a few pointers.

Truly Awakened Persons will not make you dependent on their power in order to awaken yours. You should never have to submit to them in order to gain something that you would lose if you left. They will tell you that powers or consciousness are parts of you once you develop them. This is not something that you gain if you are obedient or lose if you are disobedient and so on.

Despite the pitfalls one may encounter, those who want to awaken or become enlightened, must find a teacher or a proper group. Although it is possible to follow a Path on your own, it is not probable that you would completely succeed that way.

First find a Teacher or a Guide for a Path that works for you. Then, at the proper time, you must detach from your teacher or your group and proceed on your own.

One needs to awaken the Self, but first one has to learn the tools that can achieve that. In other words, awakening requires knowledge and tools, a learned practice. After learning and practicing, you must go out on your own and finish the job yourself.

Third:

The teacher or the guide never comes to the student. The follower of a Path must first find the Path. The student must find the Teacher, not the other way around. The Teacher or Guide or Master or Mistress makes himself or herself available, just enough so that it is possible for them to be found.

One of the very first lessons a true teacher learns on their own Path is, “Wait until you’re asked!” The first step of any Path is to find it and the close second step is to choose a Teacher. This implies that you must find your Teacher yourself. It is the student who must determine who is a worthy Teacher; it is the student who must ask to be taught. And remember that it is quite possible that one may find more than one teacher along the Path, as if graduating from one to the other. Choose teachers wisely. If you realize you made a mistake, change! This will be a valuable experience and will make you advance more than you would think.

Fourth:

No Path can be easy and comfortable all the way, all the time! Since you are the one choosing your Path and your teachings, you are not allowed to complain! There is only one promise: you will find the teachings, people and circumstances along the way, as you need them. But most of the time, you will have to be able to recognize them.







The ancient Latin and Greek words for the goal of Alchemy translate into English as “The Great Work”, of which the Philosopher’s Stone is but the end product. Contrary to Harry Potter’s belief, the Philosopher’s Stone is not an external magical object that brings eternal life and great power. The Philosopher’s Stone is something that one constructs within the Self. But it does bring a form of eternal life and surprising power.

However, in the popular literature, it is thought of as an object because of the symbolic way it has been described in ancient books. The Philosopher’s Stone is always thought of as being “Red Gold”.

For as long as humanity has existed, Alchemy has been the main path to Awakening and Enlightenment. Distinct traces of it exist in most ancient documents of the most ancient Egyptian texts known to us, as they do in Chinese texts of the middle Ages such as the Book of the Golden Lotus. In Occidental texts of ancient Greece, the same book exists, except the Lotus has become a Rose. But it is still Red Gold. It represents the path of becoming who we truly are.

Traditionally, there are three colors that represent Alchemy: Black, White and Red. It is not necessarily in that order. There is the Black of the Physical world, of your Body, without which nothing else at all is possible. But it is also the Black of all the unknown parts of yourself and of the Universe. This Black is positive energy, a Black Light, shiny as a polished black diamond from Alaska. When the Black is dull and matte, then it is the darkness of despair and hopelessness.

White is the energy of the Soul. But also, it is the White Light of Consciousness and understanding, of healing and communing with the Source, of learning and teaching.

Red is the color of the Spirit. It is also the color of true power, the power that comes from within and doesn’t depend on external powers such as a mantra or a ritual, for example.

Alchemy has two different mechanisms. The first one starts at birth and usually ends in one’s late thirties or early forties. This mechanism is called the automated life process. This is when the person is sleeping or hypnotized by the outer world, but trying to be aware.

The second mechanism of Alchemy that starts usually in the late thirties or early forties is called the conscious life process. This is when a person is aware, consciously trying to be awakened and enlightened.

In our modern age it seems to be difficult to assign any precise age for the transition from the automated life process to the conscious life process, because of the transformative energy of the Age of Aquarius and the powerful effect that that has on human consciousness, which seems to have accelerated these processes. And in our new civilization, the Alchemical path is open to many more people than it used to be in the past.



## THE FIRST PHASE: THE SHINY BLACK OR ALCHEMICAL BODY

The first phase of Alchemy is the *Shiny Black* phase. This phase represents the development of the first Alchemical Body that we call by the same name, the Alchemical Body. This is when we start to be awakened; just to be aware is not enough any more. One of the first signs is that we feel the need to stop following our habitual rules and principles, and we become very determined to challenge ourselves and ask questions. We begin to distinguish between our emotions, our conditioned reflexes and our true self. We consciously renounce the things that used to be right for us but which we know no longer feel right any more, and we then start going outside of our life's framework.

Another sign is when we detach and let go of our security, belief or ideals (on our own not because a teacher is asking us to do so) and go into an adventure. We may quit our job or end our marriage if we feel it's blocking our growth and our spiritual development.

One important factor of the black is the capacity to go beyond meditation, healing and questioning and to start manifesting our true self. Most of us meditate, receive healing and are willing to be in an ashram for a month, but we refuse to take risks and we change nothing in our life.

In this stage, we have to pass from inspiration to manifestation, from idea to act and we have to do whatever it takes to actualize our potential and achieve Self-Realization in alignment with our higher purpose.

## THE SECOND PHASE: THE SHINY WHITE OR ALCHEMICAL SOUL

The second phase of Alchemy is the *Shiny White* phase. This phase represents the development of the second Alchemical Body that we call the Alchemical Soul. This is when we start radiating spiritually and enter the early stages of Enlightenment. This also happens when we are in a deep genuine learning and teaching mode. We learn what we need to learn and then teach it right away, for if we don't do that, it would be difficult for us to advance.

In this stage there is always a desperate and doubting phase, and we may even make major mistakes as if it takes the making of these mistakes to get rid of the last rigid beliefs that we are hanging onto. If our guides see us making these mistakes, it is very probable that they will keep quiet and maybe even misguide us to let us make these mistakes. Why? Because it may be important for us to go through these experiences in order to change something extremely important in our life.

## THE THIRD PHASE: THE SHINY RED OR ALCHEMICAL SPIRIT

The last phase of Alchemy is the *Shiny Red* phase. This phase represents the development of the third Alchemical Body that we call the Alchemical Spirit. One of the signs that we are in this phase is that we stop talking and measuring. We can write a book explaining about the Alchemical Great Work and the phases of the Black, the White and the Red but we will never tell others where we are.

At this stage we might even be confused or have doubts whether we really are in the Red or still in the White; it is not always easy to distinguish between White and Red because in both phases, we have powers and we can accomplish projects. Who is going to confirm to us that we have made the transition from the White to the Red? Even if you ask an advanced person as to where we are at or if we have finished the Red phase and accomplished the Great Work, he or she might not be able to access the information, not because they don't have the clairvoyance capacity, but rather, because they might not be authorized to do so.

At this stage we have to rely on our own wisdom, discernment and connection to our Higher Self to access the information.

At the beginning of this phase we might make some mistakes, such as when we become very ambitious for our students or others, and we start pushing them and forcing them into a faster rhythm. This kind of mistake is also possible even in other phases too, but in this phase, we may become impatient, and if we don't see the student responding to the rhythm that we want, we might close our self to the student.

Another mistake that we might make is when we start helping people with high spiritual potential. We try to actualize it for them, instead of allowing them to search and understand their true being and giving them the freedom to work on their Self-Realization at the right time and rhythm.

We have to understand that we cannot desire for others. We have to respect their free will even if we believe in their possible potential. We cannot do the work for them; they have to make their own effort to choose their paths and teachers. We have to respect the synchronicity of the time and the rhythm of each individual who has to be completely aligned and in total harmony with his/her Higher Self. The respect for these conditions is an extremely important step for a healthy spiritual growth and to become an Awakened Self-Realized being.

## IN COGNITO ENLIGHTENMENT $\Omega$

---

If we have finished the Red phase and accomplished the Alchemical Great Work, this would be a sign that we have completed the process of *Enlightenment*. At this stage we have manifested the first part of the Philosopher's Stone with its great Healing and Magical Powers. At this stage we do not need rituals or symbols to manifest things in our lives, we can do powerful work effortlessly just by intent. At this point it is not appropriate to show others where we're at and we would not want to demonstrate any of these signs to others and if Powers are used it is used with discretion. At this point also, we start hiding without hiding, and lead without being leaders, or teach without necessarily being the president of a school. We partly retire from public life, we become very selective but we let ourselves be accessible to certain people when that is desirable. Even though everybody knows that we exist, nobody knows what we really do, and yet if we do or say something in public, many people will listen to us. The accomplishment of the *Alchemical Great Work, the Philosopher's Stone* and being Enlightened is a mystery.





## The Spiritual aspect of the “Philosopher’s Stone” Ω

The “Philosopher’s Stone” is a mysterious metaphorical symbol of “Transmutation” that transmutes base metal into gold and normal human consciousness into precious substance of Enlightenment.

The “Philosopher’s Stone” represents the “Journey towards Perfection”; it is perceived as “Red Gold”, a great magical object that one constructs within the Self that brings great power and allow us to transcend the realm of mortality to that of eternal life.

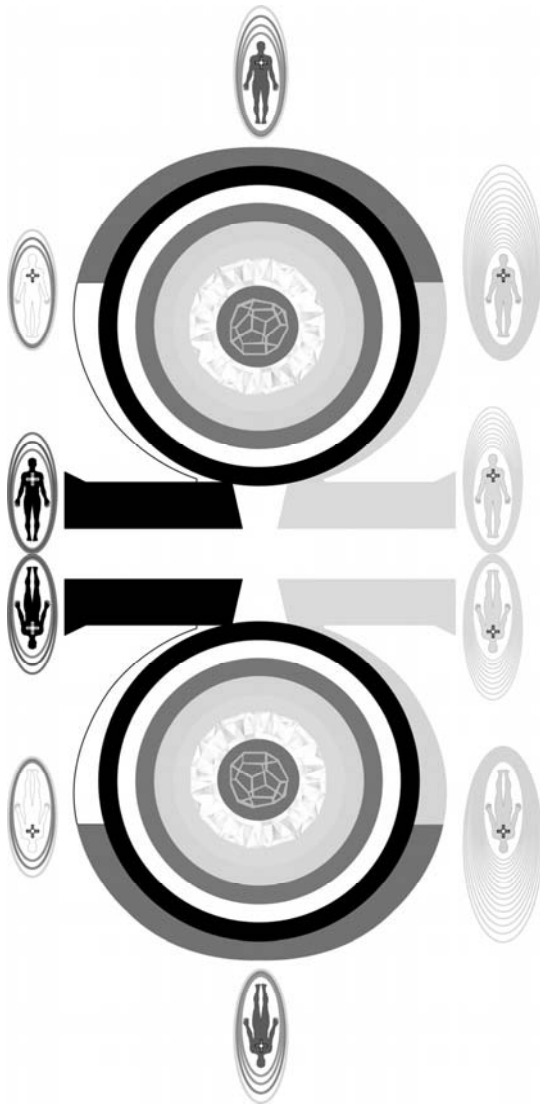
In the book “The Secret Teachings of All Ages” by Manly Hall, he writes that the “Philosopher’s Stone” is the representation and accomplishment of the ideal; it is supreme and unalterable reason. To find the Absolute in the infinite and in the finite it is the Magnus Opus, the Great Work of the Sages which Hermes called the work of the Sun. One who possesses the Stone possesses the truth, the greatest of all treasures. That person is healed from ignorance, the most loathsome of all diseases. To the mystic, it is perfect Love which transmutes all that is base and raises all that is dead.

Personally, I have arrived at a new, detailed and unique understanding of the real complete “Philosopher’s Stone”. The Stone is a set of 5 Chakras that exists within the three human planes of existence and in two Divine planes beyond the first three. It exists in five different planes: the Physical plane, the Cosmic plane, the Spiritual plane, the plane of Creation and the plane of the Absolute.

The Alchemical experiment of the “Great Work”, the “Magnus Opus” cannot be realized until it is successfully carried on in the five worlds simultaneously. If anybody would develop the “Philosopher’s Stone” in a real manner, he or she would become a human God because such a person would be able to manifest God the Absolute personally and directly even in his or her incarnate body.

The process of building the “Philosopher’s Stone” has two parts. The first part is accomplished as a human and is related to the refinement of our Self, to the actualizing of our potential in all of our three human dimensions and to the process of achieving Enlightenment. This is done either through the “Alchemical Great work”, or through any important intense creative work such as art, music, sculpture, dance, sport, invention or any other important creative project that leads to the development of the higher Chakras, subtle bodies and the three Alchemical Bodies which I call the Alchemical Body, the Alchemical Soul and the Alchemical Spirit.

The second part of the development of the “Philosopher’s Stone” calls forth our Divine potential and represents the quest for a Higher Purpose and the Ultimate Accomplishment of the human Self which is to become Divine. At this stage, you are manifesting a Life Purpose beyond the limits of ordinary life. It means that you take care of something from the level of the whole planet such as the Realization of Gaia, the Animals and all Humanity.



The conditions that lead to the development and the manifestation of the second part of the Philosopher’s Stone arise from first being Enlightened and then presenting to the Divine the Higher Purpose Project. When Enlightenment is achieved and the approval is given, then we can start developing our existences in the fourth and fifth planes of existences: the plane of Creation and the plane of the Absolute. Once we have developed our body of Creation and our body of the Absolute we can use the knowledge, the wisdom and the presences of these bodies as catalysts for completing the second part of the “Philosopher’s Stone”.







## The “Philosopher’s Stone” in the Age of Aquarius

---

Humanity started some 50,000 years ago (two Ages of Aquarius back). And since then every time that humanity has completed a cycle and has transitioned to another cycle, our civilization evolved and transformed depending on the nature and the qualities of that particular new era. And now that we are in the process of a new transition from the Age of Pisces to the Age of Aquarius and because of the nature of the Age of Aquarius and its relation to human Evolution, Consciousness and Enlightenment, we are going to change to a degree that we cannot imagine yet, because the new Age is ruled by Uranus and Aquarius; the ones who refuse to change are going to stay behind.

Another important factor is that for the first time in the history of humanity the smaller cycle of the Age of Aquarius that lasts 2149.7 years and the larger cycle that lasts 25,784 years are coinciding at the same time. What this means is that when we have a double Age of Aquarius like it is happening now, it is not called a transformation anymore. It is called the mutation of the human race into a new Enlightened semi-Divine Race; it is like going into the next step of the evolution ladder.

As opposed to the previous era, the Age of Aquarius will be an age of personal consciousness as opposed to the group collective consciousness of the age Pisces. For people who get into the energy of the Age of Aquarius their life accelerates and keeps changing. Creativity and personal power become very important; they transform themselves and reach Enlightenment.

Since Uranus went into Aquarius in 1975, many Uranian souls have been born on this planet with a special consciousness. Many books have been written about them, some calling them, “Indigo Children”, others “Crystal Children”. Whatever we call them is not important; what there is to understand here is this: these children are very developed spiritually, some of them are almost at the level of Enlightenment and maybe some others are already Enlightened. These evolved children are the ones who will transmute the human race and take it on to the next step of the evolution ladder into a new Enlightened semi-Divine Race.

To make this important transition, these children will need to develop higher Divine Powers such as both parts of the Philosopher’s Stone. Some children are already born destined to manifest this Stone. That’s why there are many metaphysical movies now such as “Harry Potter” that talk about the power of the Philosopher’s Stone. These movies are meant to activate the imagination of these children and to awaken their possibilities of manifesting these powers and of using them positively in all aspects of their lives and the lives of others.



There are many energetic layers or envelopes that surround and permeate the whole Physical Body. These layers or envelopes are called also subtle or light or energetic Bodies because they aren't visible to the physical eyes, unless a person has developed certain perceptions either naturally or through proper training. Or one can see them by using machines that are developed now to photograph energies such as the Kirlian photography.

As Isaac Asimov and other biologists say, the Physical Body is considered to be two things: first, it is a life support system for the central nervous system (essentially the brain and spinal cord); second, it is a tool for expression in the external world.

The subtle bodies are also considered as a support system for our Physical Body and for our consciousness. They are the means for inspiration, knowledge, action, power and expression. They are the bridges that allow us to transcend our self and become Divine. This is done through the Alchemical Process and the development of our three different levels of consciousness that we call the Physical, Cosmic and Divine Planes.

The Physical Plane is the first stage of Alchemy. It is the development of the Physical Body, as well as 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> subtle bodies that we call Etheric, Astral and Soul respectively. The Physical plane is also called the Shiny Black Phase and the first Alchemical Body. This is when we start to be awakened; just to be aware is not enough.

The Cosmic Plane is the second stage of Alchemy. It is the development of the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> subtle bodies that we call Spirit, Atma and Cosmic. The Cosmic Plane is also called the Shiny White Phase and the Alchemical Soul. This is when we radiate spiritually and we enter the early stages of Enlightenment.

The Divine Plane is the third stage of Alchemy. It is the development of the 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> subtle bodies that we call Light Body Yin, Light Body Yang, Divine Body Yin and Divine Body Yang. The Divine Plane is also called the Shiny Red Phase and the Alchemical Spirit. At the end of this stage, we do an Alchemical Marriage of the Body, Soul and Spirit, unifying these three consciousnesses into a single Divine consciousness. That is when we become enlightened and the creator of our own destiny.

Please note that Enlightenment is not the end of the spiritual Path. It is the beginning of another journey that leads to higher states of consciousness. There are a total of thirty-seven subtle bodies/levels that exist within the five planes of existences. The first plane is

the Physical Plane, the second plane is the Cosmic Plane, and the third plane is the Spiritual.

Plane, the fourth plane is the Plane of Creation and the fifth plane is the Plane of the Absolute as shown in symbol 21.

The Physical Plane contains the Physical Body, the first, the second, the third subtle bodies as well as the atomic and sub-atomic levels. The Cosmic Plane contains the fourth, the fifth and the sixth subtle bodies. The Spiritual Plane contains the seventh, the eighth, the ninth and the tenth subtle bodies. The Plane of Creation contains fifteen subtle bodies/levels. The Plane of the Absolute contains nine subtle bodies/levels.

During the Age of Aquarius humans will be capable of navigating and existing in the fourth dimension, the Plane of Creation and in the fifth dimension, the Plane of the Absolute. I will be writing about how to exist in these Planes in my next book called “Beyond Enlightenment”.

Following are some of the characteristics of the 10 subtle bodies. Please note that there are different schools of thought, coming from different historical and cultural affiliations, which have different names for the same subtle bodies, and often use the same name for different bodies. That is why I used numbers to eliminate confusion.

**Layer 1** It’s called the **Etheric Body**. This layer envelope the Physical Body and we could call it the life force that makes us alive and more than just a biological robot. Getting cut off from this layer means biological death.  
The polarity of this layer is Yin and its color, when healthy, varies from a very pale silvery blue to an electric blue. Every school of thought uses the same word Etheric for this layer.

**Layer 2** It’s called the **Astral Body**. This layer envelope the Etheric Body. The energy of this Body is not only part of the life force, but also the energy that makes us humans. This energy is necessary for all the functions of the brain and the nervous system. Most of the functions we identify with the brain depend on it. Getting cut off from this energy would challenge a person with mental deficiencies.  
The polarity of this layer is Yang and its color, when healthy, is like a perfect lit up blue sapphire. Every school of thought uses the same word Astral for this layer.

### Layer 3

It's called the **Soul Body**. This layer envelope the Astral Body. The energy of this Body manages and creates the desire for self-realization and also a spiritual life. It also accomplishes our higher judgment functions, which we use to direct our lives.

The Soul, the Astral and the Etheric subtle bodies together with the Physical Body are the first group body that allows the development of the Alchemical Body that is called also the Shiny Black Phase or the Physical Plane. After the death of the Physical Body the first three subtle bodies die also, this means every time we incarnate, we have to build these bodies all over again.

The polarity of this layer is Yin and its color, when healthy, varies from a pure lit up ruby to a paler pinkish red. Other schools of thought call the Soul Body the mental, causal or emotional.

### Layer 4

It's called the **Spirit Body**. This layer envelope the Soul Body. Depending on our level of consciousness, this Body may or may not be part of our immortal self. If not part of our immortal self, we recreate one for each incarnation. This is the case for the majority of human beings. The difference with the Soul Body is that it is recreated in each life from the lower levels (i.e. from the physical, the Etheric and the Astral Bodies, in a bottom-up movement); the Spirit Body is recreated for each incarnation from the upper Cosmic Body.

The Spirit Body together with the two upper layers, the 5<sup>th</sup> Atmic and the 6<sup>th</sup> Cosmic, are the second group body that allows the development of the Alchemical Soul that is called the Shiny White Phase or the Cosmic Plane.

This Body is also the seat of all acquired talents, know-how and knowledge that we might recover from past lives into this one. It is also the source of all personal power and ultimately of any creative function we might have. This explains why people who have been incarnated with this Body already developed have no difficulty manifesting their inspirations and achieving Self-Realization.

The polarity of this layer is Yang and its color, when healthy, is like a lighted up pale emerald. Other schools of thought call the Spirit Body the mental, causal, buddhic, or spiritual.

**Layer 5** It's called the **Atmic Body**. This layer envelope the Spirit Body. This Body contains the memories of past lives and is the seat of Karma and Dharma and the inner energetic eyes (3<sup>rd</sup> eye). When this Body is fully developed it indicates that the person has reached a certain level of consciousness and power.

The polarity of this layer is Yin and its color, when healthy, is like a perfect lighted up purple amethyst. Other schools of thought call the Atmic Body the buddhic, atma or spiritual.

**Layer 6** It's called the **Cosmic Body**. This layer envelope the Atmic Body. This Body carries our immortal consciousness of the Self from one life to another. This layer is so important that it is also the source of the higher layers that usually do not exist in a given individual. The higher layers are the product of hard spiritual work in many lives. The Cosmic Body is the center of our Divine Self and the door to our individual potential for becoming Divine.

The polarity of this layer is Yang and its color, when healthy, is like a melted gold, more or less pale depending on the person. Other schools of thought call the Cosmic Body the atmic, divine, buddhic or brahmic.

**Layer 7** It's called the **Light Body Yin**. This layer envelope the Cosmic Body. This Body is built by the Cosmic Body bottom up, but once it's built, it doesn't die with each incarnation. It's carried from one life to the next. This Body together with the 8<sup>th</sup>, 9<sup>th</sup> and the 10<sup>th</sup> bodies are the third group body that allows the development of the Alchemical Spirit that is called the Shiny Red Phase or the Divine Plane. This body puts one in direct contact with the world of Divine Archetypes, what the ancients called "Gods" higher than Angels and Archangels. From this level upward all bodies are tied to archetypal geometrical forms. Here the basic geometry is based on the tetrahedron (doubled).

The polarity of this layer is Yin and its color, when healthy, is like melted silver, more or less pale depending on the person. Other schools of thought call the Light Body Yin the divine, buddhic, brahmic or the light.



**Layer 8** It's called the **Light Body Yang**. This layer envelope the Light Body Yin. Once this body exists and is actually working, one can truly say: "I'm truly the maker of my destiny, in this life and the next." This body is the second step of the development of the Alchemical Spirit. It permits the access to using higher energy in this life for advanced healing, to raise consciousness and to change the course of destiny. Its basic geometry is based on the dodecahedron (a 12 sided 3D shape).

The polarity of this layer is Yang and its color, when healthy, is orange-pink, more or less pale depending on the people. Other schools of thought call this Light Body Yang the divine, brahmic or the light.

**Layer 9** It's called the **Divine Body Yin**. This layer envelope the Light Body Yang. This body is the first contact with one's Divine energy and power. It's also the source of the Upper Chi which will feed the lower bodies, including the Physical Body with new potentials to actualize, new health, and new power. Its basic geometry is based on the cube.

The polarity of this layer is Yin and its color, when healthy, is olive green.

**Layer 10** It's called the **Divine Body Yang**. This layer envelope the Divine Body Yin. This Body is the source of the Light and Enlightenment and it's the doorway that leads to the dimensions of the Creation and the Absolute. Once this body is developed and Enlightenment is achieved. It will allow us to use its True Superior Power and Consciousness to create our life.

The polarity of this layer is Yang and its color, when healthy is Yellow as the sun at noon, hot trans lucid.



A chakra is a Sanskrit term that means crown, wheel or circle. Chakras are the mechanism of life and consciousness where Divine and Cosmic forces, energies and consciousness materialize themselves into each individual, into our genes, into our subtle bodies, into our cells and into all of our organs, including the central nervous system. A developed and healthy chakra vitalizes the Physical Body; this means that the dysfunction of a chakra may bring sickness to one or many organs, or it might create psychological problems or delay our spiritual development.

Chakras have many functions. They are transformers of energies that can be used by the biological, psychological, and other functions of the different levels of our being. They pump energies into our organs, they pump energies to other Chakras and subtle bodies, and they connect each one of them horizontally and vertically to each other.

Chakras allow us to be aware, awakened and enlightened. They act as informers and transmitters of information, knowledge, powers and consciousness from and between the Physical, the Cosmic and the Divine planes.

Chakras can help develop the subtle bodies and the three Alchemical Bodies of *Body*, *Soul* and *Spirit* and beyond. They unify them with a sophisticated web of energy links and spirals. Therefore, the structure of a chakra, when fully developed, is considered an important foundation for Self-Transmutation and Self-Realization, and helps us transcend and reach the higher dimensions.

Different schools of thought with different philosophies of life use different colors for different Chakras, because those colors suit their purpose, philosophies and path. Instead of using colors in my chakra development meditations, I use different mantras to develop and expand the consciousness of each chakra in order to allow the chakra to take the color needed for each individual. The reason I do not suggest a particular color for a particular chakra is that a chakra has the capacity to change its color according to the state of mind, emotion and the state of consciousness of each individual.

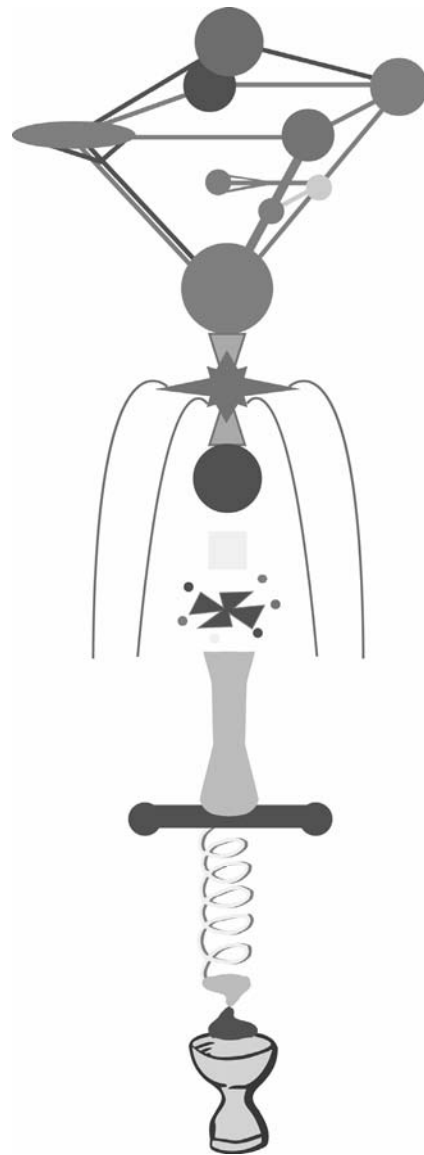
For example, if we are trying to convince somebody of something, then the color of a particular chakra may change to a certain color. The same thing happens when we are trying to seduce, to think, to understand, to fight or when we are in any other different emotional state. Then that particular chakra will change its color.

During a particular period of my life, I personally observed that all my Chakras were vibrating as an indigo color for eighteen months. In another period, my Chakras were vibrating as an emerald green color. I do not place a lot of attention on the color of the Chakras so long as they are healthy and not vibrating as negative colors, such as dull non-reflective black, grays, beiges, browns, rusty reds, puke yellows, dull gray-greens, and beige greens.

I've created 8 meditations to develop and to heal the seventy Major Chakras and the ten subtle bodies. The first two meditations are to heal and develop the 24 Major Chakras and the first six subtle bodies. The first meditation starts from the Chakras of the feet and goes all the way up to the 24<sup>th</sup> chakra. We need to do this meditation 33 times; it could be once a day or every other day. The second meditation starts from the 24<sup>th</sup> chakra and goes all the way down to the Chakras of the feet. We need to do this meditation eleven times right after we have completed the first meditation for 33 times.

The next two meditations are to heal and develop the 37 Major Chakras and the 7<sup>th</sup> subtle body. The first meditation starts from the Chakras of the feet and goes all the way up to the 37<sup>th</sup> chakra. We need to do this meditation 33 times also once a day or every other day. The second meditation starts from the 37<sup>th</sup> chakra and goes all the way down to the Chakras of the feet. We need to do this meditation also eleven times right after we have completed the first meditation for 33 times.

The next two meditations are to heal and develop the 52 Major Chakras and the 8<sup>th</sup> subtle body. The first meditation starts from the Chakras of the feet and goes all the way up to the 52<sup>nd</sup> chakra. We need to do this meditation 33 times once a day or every other day. The second meditation starts from the 52<sup>nd</sup> chakra and goes all the way down to the Chakras of the feet. We need to do this meditation also eleven times right after we have completed the first meditation for 33 times.



The next two meditations are to heal and develop the 70 Major Chakras, the 9<sup>th</sup> and the 10<sup>th</sup> subtle bodies. The first meditation starts from the Chakras of the feet and goes all the way up to the 70<sup>th</sup> chakra. We need to do this meditation 66 times once a day or every other day. The second meditation starts from the 70<sup>th</sup> chakra and goes all the way down to the Chakras of the feet. We need to do this meditation 33 times right after we have completed the first meditation for 66 times.

Once we've developed the seventy Major Chakras and the ten subtle bodies it is advisable to continue these two last meditations once or twice a week. By doing so it will help us keep the 70 Chakras and the 10 subtle bodies healthy. (Please note that all of these 8 chakras developing meditations and 23 other meditations of this book are available on audio tapes, you can find information by visiting my website: [www.jacquestombazian.com](http://www.jacquestombazian.com)

I've used these meditations to heal and develop my own Chakras and subtle bodies and used it in all of my healing and Alchemical teachings as well as with my clients. After close observation of myself and thousands of people, I came to the conclusion that these meditations improve the quality of our health and life, as well as elevate the level of our consciousness.

I have included some information about the seven Major Chakras of the Body, and if you need to understand more about all the other Chakras that exist beyond the crown Chakras you need to read and understand the meaning of the different subtle bodies and the three.

Alchemical Bodies "Body", "Soul" and "Spirit". For example the 7<sup>th</sup> subtle body that is called the Light Body Yin has thirteen Chakras. To understand the functions of these group Chakras you need to read about the 7<sup>th</sup> subtle body that these Chakras belong to and so on.



## The seven Major Chakras of the Alchemical Body Ω

Humans have thousands of minor Chakras in their constitution and have the potential of developing over one hundred Major Chakras within the three Alchemical Bodies “Body”, “Soul” and “Spirit” as well as within the “Divine” dimensions that exist beyond the dimension of the “Light”. Following is some information about the seven Major Chakras within the first Alchemical “Body”.

**1<sup>st</sup> Base Chakra** - This chakra represents material will and power and the connection to Gaia. The condition of this chakra affects the vitality of the following organs; the lower part of the body, including the legs and the lower spine.

**2<sup>nd</sup> Sex Chakra** - This Chakra represents sexual desire, creative inspiration and the power of action. The condition of this chakra affects the vitality of the following organs; the abdominal area, the hips, the bladder, the intestines, and the reproductive sex organs.

**3<sup>rd</sup> Solar Plexus Chakra** - This Chakra represents Self-affirmation, personal power, creative action and clairvoyance capacity. The condition of this chakra affects the vitality of the following organs: the abdominal area, the upper intestines, the middle spine and the digestive system.

**4<sup>th</sup> Heart Chakra** - This Chakra represents telepathy, validation, emotions and the capacity to love. The condition of this chakra affects the vitality of the following organs: the upper spine, the heart, the lungs and the circulatory system.

**5<sup>th</sup> Throat Chakra** - This Chakra represents intellect, reason, logic, clairaudience, expression, the power of sound and words. The condition of this chakra affects the vitality of the following organs: the throat, the thyroid and parathyroid glands and the mouth.

**6<sup>th</sup> Third Eye Chakra** - This Chakra represents extra-sensory perceptions, telepathy, clairvoyance and inspiration. The condition of this chakra affects the vitality of the following organ: the brain, the nervous system, the eyes, the ears, and the nose.

**7<sup>th</sup> Crown Chakra** - This chakra represents spiritual will and is the foundation for the superior levels.

You can find the details on how to do these meditations in the second, third and fourth part of this book or visit my web site: [www.jacquestombazian.com](http://www.jacquestombazian.com).





## What is an implant ? Ω

---

An implant is an energy link between two or more persons, between humans and animals, between animals and animals, or between positive or negative entities and humans. For example once a relationship exists, any relationship, even the one you develop with your grocer or your hairdresser, you establish many energy connections through certain Chakras or subtle bodies (depending on the quality of the relationship) that link you to that person.

These energy links between individuals serve as the mechanism of relationships, just as words are the mechanism of communication or just as musical instruments are the mechanism of music.

All relationships accomplish themselves through energy links that transmit information, energy and emotion from one person to another, even at a distance.

It is also possible to have energy links between individuals and groups. Any type of group humanitarian organizations, motorcycle gangs, families, occult groups, religions, schools, cults, businesses and even cultures and civilizations can have an energy link with an individual. In the case of larger groups, you may see an extremely complex web of energy links between members of the group that generates a collective field of energy. This collective energy field is called in the old esoteric vocabulary an *aggregate*. Many sects, cultures and some religions rely entirely on these energy links, or implants, in order to exist and to expand their *aggregate*.

Any implant can be used by individuals or by groups positively or negatively. For example, it can be used positively to educate and to raise consciousness, or it can be used negatively to control, dominate, brainwash and to withdraw knowledge or energy (as in psychic or Life Force vampires). Even groups that are positive sometimes can be influenced negatively by the dark forces through their collective energy fields (*aggregate*) which, in turn, influences all the members who are often unaware of what is happening. Each individual has the responsibility to be aware of the energy links that they have with others.

They have to determine if the link is positive or negative for them. The more we are conscious and aware, the more we will know if a link is positive for us or not. Ultimately, we need to be independent from others and to be connected to our Divine Higher Self. Positive links are there to help facilitate the independence.

Whether positive or negative, energy links in relationships can be connected to any Chakras or subtle bodies or both. The positive ones are like laser beams of light with any colors of the rainbow, and the negative ones are like metal tubes, and depending on the intensity of the link, they could be taking on darker colors, like dark gray, brown and black.

For example, a red beam of light (passion) might connect two lovers' heart Chakras. Another couple might have an orange beam connecting one's heart chakra to the other's solar plexus chakra (this would connect power on the one side, in the plexus chakra, to affection or love on the other side). At this point, it is not useful to try and analyze all implants or the combination of Chakras or colors.

The most common places that the implants exist are as follows :

-Vampire links are implanted mostly in the heart chakra, in the Hara area, and also in the front part of the sexual chakra, but the most dangerous ones are connected to the feet (either through the Chakras or the etheric field).

-Control and dominance links are mostly connected to the base of the spine, at the bottom of the coccyx. This is very common and nearly every human being has it. It cuts off the true Kundalini and replaces it with illusion. It tries to condition one's perception of reality and to draw out some Life Force from there.

-The back of the head implants invade the brain and its Chakras through a multitude of "filaments". This one comes from a cultural or religious (or combination of both) group the victim is part of and seems to create a negative variety, a controlling connection between all members and their cultural or religious groups.

Sometimes, when a person is a member of a strong extended family or when tribal energies are strong, this connection comes from the family or the tribe. When this implant is negative, it tries very hard to control the person's values.

The back heart chakra's implant is similar to the implant in the back of the head, except that it involves emotions instead of thoughts. Also the source is more often personal (i.e. family, lovers, and so on).

It is very important to deal with unhealthy energy links whether they are connected to humans or groups, because we risk losing all of our energy and we risk being influenced negatively by these unhealthy links. In my healing practice, the first thing I try to deal with when I see a client for the first time is to disconnect all unhealthy links before I deal with the other health issues. Following is a simple meditation to help you detect and disconnect the unhealthy energy links.





## Disconnecting Unhealthy Connections

---

Center yourself.

Take a long deep breath and let it out slowly.

Allow your breathing to become full and deeply relaxed.

Allow your rational mind to rest, and you will be more open to your unconscious mind.

Now bring your awareness to the soles of your feet, where you have orange spirals.

These spirals are your connections to Gaia our mother earth.

Through these spirals go all the way down to the center of earth and ask if you can connect and use her energy.

When you feel the connection, raise this energy all the way up to the Chakras of your feet.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the Chakras of your knees.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the first base chakra at the base of your spine.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the Body and raise it to your second front and back sex Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the Soul and raise it to your third front and back solar plexus Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your fourth front and back heart Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to fifth front and back throat Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the double Chakras of the base of your skull.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the Spirit and fuse it with the energy of the Body and the Soul.

Next raise this energy to the double Chakras of your mouth.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the sixth double Chakras of your third eye.

Once there, wait ten seconds and then project your consciousness outside your third eye (as if you are going outside yourself). Next look at your Body and detect the unhealthy energy links either by visualizing or by any other perception you have.

Once you detect an energy link, visualize a violet axe (symbol number 5) and cut the link from your end. As soon as you cut a link, visualize two violet energy balls to seal both ends of the link. Repeat this with every link until you get rid of every single unhealthy link.

After getting rid of all of the unhealthy links, it's important to take five minutes every morning to make sure that our energy field is always clear.







## What is an Archetype? Ω

---

In the beginning of my spiritual journey, when I began to have metaphysical experiences, I was exposed to many Archetypes who awakened me and taught me how to heal. They introduced themselves as Universal Mediums.

These Mediums, who had different specialties, manifested themselves every time I needed to do healing, awaken a power, or improve a talent.

At first I didn't have names for the thousands, maybe tens of thousands of them. Every time I needed to do specific work, a Medium would appear and he or she would help me with that which I needed to manifest and achieve.

One of the interesting experiences I had with Archetypes was Lord Krishna. A student of mine once showed me a picture of the Lord Krishna with all of his healing and magical tools. I was completely shocked when I saw that picture, because every time I was doing healing, this god would appear with all of his tools and help me do the healing, he even offered his tools for me to use at any time I wanted. The reason why I was shocked was because I have never been exposed to the Indian cultures or Eastern religions and knew nothing about their gods and yet I was seeing their gods in my meditations and healings.

It isn't until 1997 when I took a workshop in shamanism with Marc Beriault, a very well known-shaman and astrologer from Montreal, who spent most of his life researching and teaching such topics, that I found answers to many questions in relation to my metaphysical experiences and my work with the Archetypes. It was then that I discovered some their names, their shapes, and their specialties.

During my quest, I've had regular experiences with many Archetypes and I have realized that some of them were my personal guides during many lifetimes. I've been told that I belong to a family of Healers and Alchemists in the Universe and that I've been involved in Healing and Alchemy for many lifetimes. It was then I understood how I was able to start my successful healing practice without studying healing or any other kind of training in energy work.

According to Marc an Archetype is a root model of behavior, an embodiment of living values, and an inner guide for our personal and collective development and evolution. Archetypes can be defined as active models for Love, Justice, Creation, and Liberty. They act upon us, whether through the conscious collective, the unconscious collective or

directly through our own personal unconscious. They are usually expressed in the form of myths, such as gods from ancient Greece, Rome, Scandinavia, Egypt and China.

Myths offer symbolic stories with important Archetypes, giving guidance that is still applicable in our age and society.

An Archetype can be thought of as a blueprint for everything that we experience and strive for, but don't completely know or understand. Think of the Archetype for Love or Liberty as the blueprint of everything that Love and Liberty, can be from the lowest destructive state to the highest constructive state. For example, the Archetype for Love carries from the lower end the energy of hate, from the middle part the energy of human Love, and from the higher end the energy of Unconditional Universal Love.

The capacity for a human, or for the collective consciousness, to connect with the higher parts of an Archetype depends on their evolution, their capacity, and their readiness to activate those parts. The Archetype cannot activate its higher parts on its own.

For example, the human Archetype contains the history and the future of all humanity's possible scenarios and potentials, from the lowest and worst to the highest and the most extraordinary consciousness, with all the know-how to transcend any of these scenarios from one state to the other.

This model is much greater than what we know or experience in our everyday lives. The Archetypes are role models that call us and push us to live and experience all that they represent. They seem to act upon us, in our societies and in ourselves, according to universal laws that govern their periods of visible activity and rest.

Think of the Archetypes as the forces that act upon and within human beings. They are the forces behind the evolution of cultures, civilizations and individuals.

Individuals can call upon the Archetypes for help, to accelerate and amplify their evolution, to learn things quickly and more completely, or to create.





## A brief but practical who's who of Gods and Goddesses Ω

Rank: "0" is the highest in the hierarchy; the higher the rank the more difficult it is to use in practical matters. This comes from the basic rule of magic: one can fully call upon energies two levels higher than one's true development. If one calls two levels higher, only partial contact can be achieved.



**HORUS:** Its rank is 1 and its symbol is a white, violet or black falcon. White is used for the planetary force. Violet is used for individuals. He is the creator of cultures and civilizations. It's the god that governs the world's works under God the Absolute. He represents also the power of transmuting the physical into Divine and manifesting the Divine into the physical. Used for integrating higher Self to self; to develop psychic and healing talents; to contact gods and to pass from other realms to here.



**VENUS/APHRODITE:** Its rank is 2 and its symbol is a sexy red haired woman emerging from the ocean. Its basic meanings are creative and spiritual inspiration; passage to other realms including death; feminine magic; arts and crafts; sexuality. Used for magical powers; artistic inspiration; sexual energies and tantrism; reaching from here to the "other side".



**UR:** Its rank is 1 and its symbol is a pair of thunderbolts. Its basic meaning is Primordial Yang energy; creation; consciousness; the Master of Chakras and Orgasm; to pass through other realm to here. Used for sex; consciousness; clairvoyance; male magic; internal freedom; anything relating to Chakras and Chi (prana).



**GRAIL:** Its rank is 2 and its symbol is a Golden Cup. Its basic meaning is the essence of life; the vessel that carries higher energies into here and now; immortality; the essence that never dies. Used to connect to one's self; to experience the divine here and now; to heal the body through harmony; to find one's Spirit; personal power.



**TREE YNNGDRASIL:** Its rank is 2 and its symbol is a tree bearing fruit or a Cosmic Tree. Its basic meaning is the energy connecting together all Planes of existence. Used for vertical integration; for shamanism; for experiencing living in 3 Planes simultaneously; for projecting consciousness in Space/Time.



**EAGLE THUNDERBIRD RA:** Its rank is 2 and their symbols are a Yang blue Eagle, a Yin Gold Eagle and a Black Eagle. Its basic meanings are personal Power; the vehicle of divine power manifesting here and now; direct power over matters and elements; divine authority manifesting in individual human. Used for the search for manifesting Power here and now in all realms of life; finding courage and daring; power of Healing Hands; becoming a warlock.



**PHOENIX BENBEN BIRD:** Its rank is 1 and its symbol is a Black bird of Prey flying off from a funeral Pyre. Its basic meanings are Resuscitation; renewal; higher god of eagle family; the axis around which turn the world or the planets; the power of the Gods manifesting through life and in the creation of matter itself. Used for personal renewal or need for regeneration whether for physical or psychological, life in general or health; could be used in any kind of emergencies, even in hospitals or clinics; could be used in case of coma; used for Mystical conscious Death.



**THE PRINCE:** Its rank is 0 and its basic symbol is a simple princely Crown of gold; sometimes the crown is generating energy flames and fireworks. Its basic meanings are the Planner of Evolution; the individual as a sovereign entity; the very High Priest or Priestess; the guardian of humanity, of Gaia and of the Gods. Used for self-affirmation; for personal autonomy; for protecting one's essence; for finding a strategy for one's development and life; for military, business or political strategies and tactics.



**HATHOR:** Its rank is 1 and its image is a burnt orange Cow with a Black Sun between her Horns or a Horned Woman with same Black Sun. Its basic meanings are: the feminine principle: feminine authority; the "stuff" of Creation; the female emerging from chaos; the Infinity with All the Possible; the female principle of Giving; the gift of the Gods to Humanity; the principle of Self-Creation. Used for self-realization and for actualizing any talent or potential; for all aspects of femininity that aren't specifically sexual; for executives; administrators and CEOs; for all forms of creativity; generating and giving; educating and gardening.



**THOR VOLCAN, HEPHAISTOS, and SHIVA:** Its rank is 2 and its symbol is a Hammer & Anvil; likes color green; the red wine of immortality; the liquid in the Grail. Its basic meaning is The Divine Artist; magician and Warlock; creator of the male principle of immortality; the giver of shapes; the creator of all forms of life; incarnating the divine; male god of all artists; the principle of incarnation. Used for calling a child to one's life; all forms of magic and rituals.



**TIGANA:** Its rank is 3 and its symbol is Black Panther; Black and blue Trillium; its basic meaning is the Healer and Witch; connected to Life Force itself. An artist and fiercely independent and sexy Goddess. Used for telepathy and intuition; for seeing auras and energies; for becoming witch, sorcerer, healer, warlock; neutralizer of black magic and voodooos; major healing power; herbalists; one of the forces of tantra.



**MIN:** Its rank is 3 and its symbol is the Red Rose she is the daughter of Aphrodite and Thor, other colors of the Rose indicate minor facets of the Goddess. She is the goddess of love and desire; she is creative inspiration. She should be the Goddess of all psychotherapists, psychologists etc. She could be used for any passage from darkness to light; to create the object of your inspiration or to experience the reality of your desire; it implies to talents to be developed; accessing the unconscious; healing the soul & psyche.

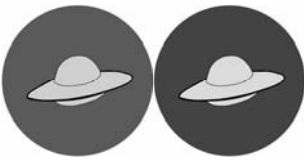


**THE COSMIC FLOWER:** Its rank is 1 and its symbol is any five-petaled flower, especially white with some yellow. Its basic meaning is Liberty and Consciousness; the Quantum Principle; necessary to all creation and invention; cousin to the Prince and to Hathor; close to the Absolute; divine free will; source of the Angels Liberty; Source of Conscious Life and Individuation. Hard to touch and use directly; use the Angel Liberty whenever possible; artists and healers can use in conjunction with other gods; for Alchemy and Self-realization; for conscious re-incarnation; High Magic and Theurgy.





THE ANGELS LIBERTY rank 3 THE GODDESS LIBERTY rank 4 Its symbol is a human figure robed, white winged, aqua colored for Her, red and purple for Him; the Goddess Liberty: a woman crowned with Light, a Torch. The God Liberty of level 4 is not awakened yet; we only know the Goddess, under the guise of the statue of Liberty. All of these are the founding principle of the Age of Aquarius; they carry Liberty and personal consciousness; but also the use of Chakras chi and prana, and the personal power necessary to the exercise of freedom. Used for freeing oneself or others from negative bonds at all levels from prisons all the way to psychological trauma, to social “prisons” and mental “jails”; to find courage and daring at being who you truly are; for learning all about Chakras, chi and prana.



THE SPACE SHIP: Its rank is 2 and its form is any form of Spaceship; can be green and gold (yin dominates) or blue and indigo (yang dominates). It is the Source of the Griffins: the Power to Travel, Find, Explore, both within any dimensions and across dimensions; the principles behind all vehicles, including the body as a vehicle of the soul and spirit; the Adventurer and Scout. Used as the source of inspiration for all creative tech and engineers; for all knowledge explorers and researchers; for traveling and exploring, even figuratively; the knowledge of the biological Body; for finding out anything.



THE GRIFFINS: Its rank is 3 and its symbol is a fusion of giant Eagle Large and Feline; the female is gold and green the male is blue and red. They are the guardians (of treasures, of anything precious, including children; Finders and Keepers; they are the KEYS to anything, both literally and figuratively, they like to work as a team. Can be used for finding any thing lost; for protecting children and other valuables; for finding the keys to knowledge, healing uncharted waters and territories and understanding the soul.



**THE SPHINX (The Man-God):** Its rank is 1 and its symbol is a blue or red or gold Sphinx (A Royal human head on Lion's body). Its basic meaning is the principle behind positive thinking and the concept of thought forms; the mind as a direct creation principle: "I think, therefore it is" The Mind as The source of consciousness; the Divine Principle contained within humanity and human beings; The Maker of the philosopher's stone. It is used for any knowledge, understanding or consciousness; for raising the self to divine states; the power of calling directly on the Divine while still incarnate; for making things happen without action; for all forms of magic and ritual.



**LILITH (The incarnate angel):** Its rank is 3 and its symbol is a female angel of indigo skin, gold hair and large black wings. Its basic meaning is the Keeper of the Soul and of the Spirit; the source of selfhood; a female warrior goddess; a (though no compromise) teacher of becoming oneself; a magician of great standing: passion of witches and goddesses of kundalini (hence a tie-in-with sexuality). She is used for awakening the Fire of the base of the spine; for being true to oneself; for anyone wishing to become witch or warlock; for self-realization as a true self; for any sexual therapy.



**MARES rank 3 / MARS rank 4.** Its symbol is a Sword; a Menhir; a Pillar, red and gold are his color. Its basic meaning is a male Archetype of Sex, War and Magic; the Eternal Warrior for the Light; god of honor, fidelity to the cause; male fertility principle; the god of writers; the healer in the incarnate; a son of the divine Scarab. He is used for manners of warriors and warlocks; for male potency; for any yang magic for protecting land and buildings; for protecting loved ones; for healing all wounds, physic and psychic; for being a healer.



THE GOLDEN SCARAB: Its rank is 2 and its symbol is an indigo scarab with the golden sun on its head and another between its front paws. Its basic meaning is The Divine Doctor, Medicine Man and Healer; the principle of self-resurrection and self-regeneration; the sum total of all knowledge relating to healing and regeneration. He is used for healing, all medicine; for the growing of medical plants; the use of crystals in healing; the use of energy and ritual in healing; for renewing any energy.





A Ritual is a ceremony in which a person calls upon forces to orient them toward something he or she wishes to create or improve in one's own life or the lives of others. It can be an entirely self-created act, using the power of intent and imagination. It may make use of symbols or mantras or certain physical gestures which are symbolic of something important in one's life.

There are different approaches to rituals. Each individual has the potential to awaken and make use of her or his own powers. At the same time, each one of us can call upon the forces of the Light to help us in our ritual. In both of these approaches, there are absolutely no unhealthy side effects.

However, if a person chooses to use the forces of the dark, such rituals can be very dangerous. He or she will probably end up with unhealthy side effects that could ruin the person's life in this incarnation or could follow into other incarnations. This could happen either the first time a person uses these forces or in later times.

There is a law of attraction. We attract people, situations, and circumstances not only according to what we are now, but also according to what we could become. Rituals can be used to help us improve and transform ourselves on many level, our talents, powers, spiritual development, profession, financial status, and all kinds of relationships.

Once we decide to create something new in our life, first we need to make changes in our inner world. Before attempting to create, we might need to remove resistances, beliefs, fears or other kinds of obstacles.

The efficiency of a ritual depends on the quality and quantity of energy we direct into it. Its efficiency depends also on the spiritual development of our Chakras, our subtle bodies, and the level of our consciousness. Experience, self-confidence, and sometimes, repetition of a ritual can count as well toward making a ritual effective.

When we perform a ritual, it is important that our conscious and unconscious mind be in total harmony with one another and that all the levels of our being desire the same thing and aim towards the same direction. If, through a ritual, someone tries to force someone else to be in a relationship with him or her, and if different levels of the person's being do not approve, then the ritual was based on a conditioned desire, not on the well-being of our true Self. That is an example of a misalignment, which would

lead to risking that we attract an undesirable situation. That is why, when we prepare a ritual, we cannot use names.

There is one important rule: **WE ARE NOT ALLOWED TO IMPOSE OUR WILL ON ANYONE**. This is true for relationships, finances, or any other situation. We may ask the universe to send us what is in our highest good or to send us a person with certain specific qualities we desire, but never a specific person, we cannot mention names. The moment a name is involved the ritual becomes black magic.

The problem with rituals is that people do not know the difference between white and black magic. Most people do not understand the seriousness of imposing their will onto others. By doing so, several results may occur. First, they might be blocking a healthier relationship which may come their way if instead; they were to follow the rules of white magic.

Second, unhealthy use of powers can have a negative impact on the person. It places him or her in a vulnerable state that makes them suffer from this action through the laws of cause and effect. In fact, if the person on whom black magic is performed does enter into the relationship, he or she might do so with some kind of unconscious knowing of the black magic done to him or her, and after a period of time, might seek revenge, consciously or unconsciously. Thus, there is a negative boomerang effect on the person resorting to this misuse of power.

I recall one example from my clinic in Montreal. While doing a healing session on a woman in her early twenties, I realized that she was enveloped in layers of dark energies. I intuited that she had engaged in black magic. When I asked her if this was true, she answered no, that she only does white magic. I asked her to explain what she meant. She said that she went to an occult bookstore, bought some love candles that she was told have magical power to manifest a specific relationship in her life. What she said she did was that she wrote the name of the person on the candle, then lit the candle at a specific moment, and believed it would cause the person to enter into a relationship with her.

I told her that this was black magic. She said, “No, I don’t want to harm him. I only want to love him.”

I tried to explain to her that we do not have the right to impose our will on others, even if we think that our intention is to love.

She did not understand what I told her and responded that he is not happy with his current girlfriend. Then I tried to help her see from the point of view of someone who has been imposed upon; I asked her what she would do if someone used his powers to

make her have sex with him. She said she would not accept, and yet she continued to try and justify her ritual, saying that she loves the man and does not want to harm him. This is an example of someone who, by refusing to understand the difference between white and black magic will cause harm both to herself and to others.

A ritual is just a tool. It has no moral value in and of itself. What we do with it may have a moral value. The rules are very simple. Essentially it is this: we cannot impose our will onto others, whether this is in a love relationship or any other kind of relationship. We need to respect the will and autonomous choice of others, even if we think or feel sure that the ritual we are performing is for the good of the other person.







In November of 1995, during a meditation I was doing on my own, I received a strange message from one of my guides. The message was that I needed to do an important self-initiation that would change my life. This initiation would require dying and rebirthing consciously through an inner journey. At first, I was suspicious of the source of the message; I thought it might not have come from my inner guides. I focused on the situation and checked the source with different advanced techniques many times, and the answer was still the same.

At this point I started being a bit afraid and having doubts in my perceptions, especially when I heard in the news around the same time about some cults in Canada and the United States, who had committed group suicide and I didn't want to be misguided and do the same.

On the one hand, I felt deeply that it was important to trust my inner guides who have always guided me properly in my spiritual path; on the other hand, I didn't want to make a mistake that would end my life.

This is when I decided to consult Marcel, a very well known shaman and astrologer in Montreal whom I trusted because of the quality of information that he had given me on many occasions. Marcel validated the message that I was getting from my guides, and I took the decision to carry on with the inner journey.

On December 4<sup>th</sup> 1995, I began. While sitting in my office in Montreal, I did an inner journey where I was guided to a round black tunnel. During the passage in the tunnel, I realized the colors of the walls were black and white squares like the colors of a chess board. Later I understood that those were the colors of the death dimension. What I realized also during my passage through the tunnel was that the initial shape of the tunnel that was round started to change to other different shapes like oval, then triangle, and then it took the shape of a square. Later I understood that this was happening every time I was moving from one dimension to another.

At this point I was just observing the journey without any fear. I was curious and I was looking forward to the outcome of this so-called Self-Initiation.

When I passed to the other side of the tunnel, I entered this large space of Light and the feeling that I felt on the spot was a feeling of extreme Inner Peace and Love. The first

thing that I saw in front of me was a large and long stairway and probably thousands of persons walking up the stairs.

Here I felt that I had to levitate and fly over these people, and when I reached the top of the stairway I first saw a very tall bald male light being with long white hair and beard. The color of his face was red. He welcomed me with a smiling face and as he held my hands, I felt this high voltage of energy first penetrating my hands and then through all my being. On the spot I felt very strong, as if I would need this strength to be able to continue my journey.

When we started walking I realized that my late mother Nadia and both her parents Tamam and Joseph who had passed away were behind the light being. They were all silent as if they were only there to help me feel secure and to comfort me. I didn't think that they had any significant role in this journey. I expressed my happiness at seeing them, and I continued my journey with the light being.

The light being whose name was Victor took me to a place and made me sit on a chair and started to work on me. I saw my skull opening up and saw billions of unknown words entering my head. The impression that I had was as if Victor was deprogramming my entire life program and replacing it with another. This intense operation took about nine minutes and as soon as it ended, Victor suggested that I return back into my Physical Body.

Although I had many questions that I wanted to ask and to understand about my experience, I accepted to leave because I was completely tired as if my batteries had worn out, and I couldn't continue the journey.

I thanked Victor and asked if I could come back at later times and communicate with him; he said yes. Then two small-sized angels came and held me from each side of my shoulders and started to descend me into my Physical Body.

And as soon as I entered my Body I felt a very high voltage of electricity shot into my Body, like some people experience in a medical emergency through electric shocks.

Before trying to evaluate my journey, I had to deal with the situation of my energy level, so I did an energy healing on myself and soon after, went home and went to bed very early. The next day I opened my eyes with a tremendous feeling of inner peace, joy and love and felt like a completely a different person.

Later during the day when I meditated and asked questions about what happened, I was told that I wouldn't understand my Self-Initiation intellectually, that I need time to integrate it inside myself and to feel its impact on my life. My guide also informed me

that I would be using this Mystical conscious Death experience in my teachings and in my healing practice.

When my guide informed me about the impact that this journey would have on my life I was expecting to see changes in the next year or so. I was surprised when, almost immediately, I started seeing changes. All my judgments toward myself and others stopped and I didn't feel the need to argue anymore or to prove to anyone my points of view. I was embraced with a feeling of equanimity and wisdom that I had never felt before. The quality of the healing that I did with my patients and the results that I began to have with my students improved tremendously. I started to attract healthy circumstances in my life, and everything started to flow effortlessly in my life.

Later I started to research and to experiment the Conscious Death Experience (C.D.E.) I wanted to understand the power and the impact of this ritual on people. I tried to look into ancient books. At first I couldn't find much information except in some ancient teachings that said.

- In order to change and grow, one first must die to oneself.

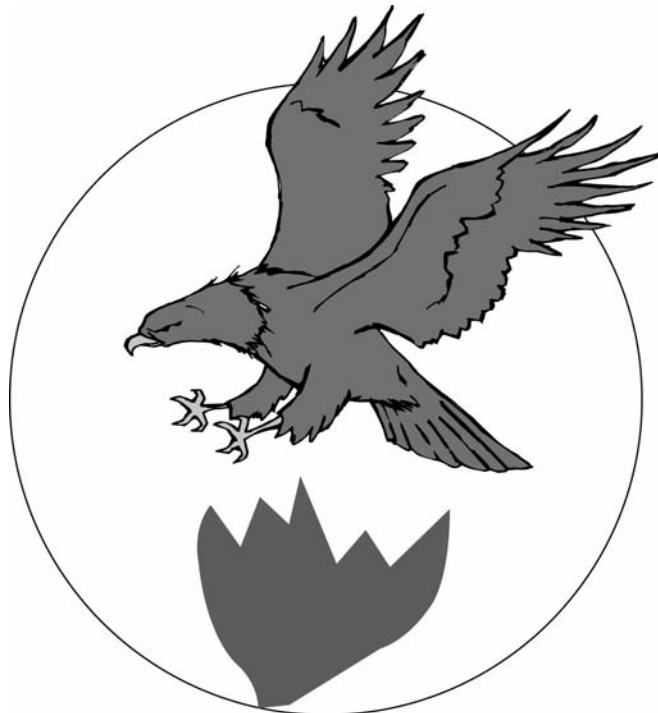
Later I have found the following quotes in the book *The Secret Teachings of All Ages* by Manly Hall.

- The veil of Great Mystery is Death.
- In Alchemy unless the elements die the Great Work cannot be achieved.
- Socrates subtly reminded his disciples, death in reality is the great initiation, for his last words were: "Gito, I owe a cock to Asclepius; will you remember to pay the debt?" (As the rooster was sacred to the gods and the sacrifice of this bird accompanied a candidate's introduction to the Mysteries, Socrates implied that he was about to take his great initiation.)
- According to material available, the supreme council of the fraternity of the R.C. was composed of certain number of individuals who had died what is known as "philosophic death". When the time came for an initiate to enter upon his labors for the Order, he conveniently "died" under somewhat mysterious circumstances. In reality he changed his name and place of residence, and a box of rocks or a body secured for the purpose was buried in his stead.

I also found information from the Holy Bible in St. John 2, chapter 3 which said:

Nicodemus visits Jesus

- \*1** There was a man of the Pharisees, named Nicodemus, a ruler of the Jews:
- \*2** the same came to Jesus by night, and said into him, Rabbi we know that thou art a teacher come from God: for no man can do these miracles that thou doest, except God be with him.
- \*3** Jesus answered and said unto him. Verily, verily I say unto thee, except a man be born again, he cannot see the kingdom of God.
- \*4** Nicodemus saith unto him, How can a man be born when he is old? Can he enter the second time into his mother's womb, and be born?
- \*5** Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter the kingdom of God.
- \*6** That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.
- \*7** Marvel not that I said unto thee, Ye must born again.
- \*8** The wind bloweth where it listeth, and hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.
- \*9** Nicodemus answered and said into him, How can these things be?
- \*10** Jesus answered and said unto him, Art thou a master of Israel, and knowest not these things?
- \*11** Verily, verily I say unto thee, We speak that we do know, and testify that we have seen; and ye receive not our witness.



What I can understand from the above mentioned quotes is that, this is a clear message that the wisdom of these symbolic “Deaths” whether were called “Mystical Death”, “Philosophic Death” or “Death Initiation” was understood and practiced in ancient times by many societies of initiates. In the past, only Masters, Initiated Metaphysicians, Shamans, High Priests, Priestesses or Gurus were given the privilege to experience a (C.D.E) and benefit from its life-transforming effects. Today, this knowledge is not a privilege anymore, it is open for all people who want to experiment these kinds of metaphysical experiences. Also many ordinary people who don’t know much about metaphysics or spirituality are experiencing what are called Near Death Experiences (N.D.E) either through accidental or clinical death or through symbolic death by dying during their dream state and although their experiences are not considered as a conscious spiritual initiation and did not come through a conscious inner journey by choice, they are also realizing the beneficial impact of the experience on their lives.

After experimenting with the ritual of Conscious Death Experience (C.D.E) in my healing sessions and later, after I started including it in my Alchemical teachings, I noticed many intense results. I am offering the ritual of (C.D.E) today in my book to each individual who wants to heal her or himself spiritually and physically and to anyone who wants to get another chance in life to make major transformation in the same lifetime.

Through close observation of my own experience and the experiences of others who have done these kind of rituals, I came to the conclusion that quantum leaps are possible because when we make the passage to the other side of the veil, the energies are less dense, and the experiences are not governed by the limitations of the mind and the conditionings that we have.



## Opening the Third Eye / Developing Clairvoyance Ω

Clairvoyance is a term used in metaphysics when extra-sensory perceptions ESP are used to perceive realities of the past and the possibilities of the future. ESP are also used when navigating into external or internal dimensions to perceive different realities of our beings and /or the different realities in the universe.

There are different kinds of perceptions that are used in E.S.P. Some people have the Clairvoyance perception, they are very visual. They see images clearly and they interpret them. Some have the Clairaudience perception they communicate through hearing internal or external voices. Some do not see images or hear voices they communicate through other forms of perceptions, such as Clairsentience or Clair knowing. Some use intuition; others use telepathy.

In the previous generation of Neptune in Virgo, only 1 in 100,000 persons had psychic powers and only half of them were manifested. These perceptions were used in the past by metaphysicians for psychic reading, holistic healing sessions and any other metaphysical practices.

With the generation after that, with Pluto transiting Leo and Neptune in Libra, suddenly it went to 1 per 100, which means thousand times more and were fully manifested. In 1975, since Uranus went into Scorpio and nearly Neptune went into Sagittarius the key is Uranus into Scorpio when Uranian souls have been born, 80 per 100 have that power and they use their E.S.P. in any areas of their spiritual or material lives.

During my clairvoyance workshops and through observing thousands of people trying to have clairvoyance experiences, I came to the conclusion that some people who have natural Clairvoyance skills with their energetic inner eyes (3<sup>rd</sup> eye) awakened and developed don't need to make any effort to perceive information.

Others need to make effort in order to awaken and develop their energetic inner eyes. In other words the Clairvoyance talent is a skill that can be learned and developed like art or music or any other skill, and the more you practice the better you could master that skill.

Even people with natural Clairvoyance skills who have the ability to use E.S.P. easily and who read clearly the future, might have other forms of resistances that they need to deal with, such as having doubts about the authenticity of the truth they perceive. Or they might have fears of what unpleasant surprises that the future might have for

them. Healing our fears as well as releasing our doubts is very important for the development of our Clairvoyance skills.

Some time what I also realized during my Alchemical teachings is that some people start an inner journey not seeing anything and a few minutes later, they start to perceive images or voices or both. Others might take some time to make that transition, but in any case every body will perceive information at least through the Clairsentience perception. What I have also observed is the quality of the perception during the inner journeys. Whether it took a longer or shorter time to do them or whether the journeys were done easily or with difficulty doesn't make any difference in the final results and the success of the journeys.

The key here is to trust the process and what I recommend strongly for beginners who have difficulty visualizing is that they try either intending and pretending that the journey is happening or use the approach of creating the scenario they want. By doing that, you allow your unconscious mind to participate in the journey and to help you in perceiving the required information.

I've written this part of the book for people who have difficulties navigating the dimensions and performing the Alchemical journeys. Before I explain the exercises on how to use your E.S.P., I would like to explain Telepathy and Clairvoyance and the difference between these two perceptions.

Telepathy is a communication that takes place between humans or spirits, involving thoughts, instincts, feelings and memories. Many have these perceptions, especially women.

You can develop telepathy; however, it is very much related to the phenomenon of projection. People may mix in their emotions, desires, fears and judgments. For example, if a person you are channeling for is depressed or was contemplating suicide, the information will not flow, as the emotions of the person would interfere with your perceptions and thus renders the telepathic communication inaccurate. The more evolved the person is, the more accurate the telepathic communication is. To develop one's telepathy one must develop the front and back heart chakra, the physical heart, and the double chakra of the base of the skull.

When you do a telepathic reading, whether it is used for healing or for clairvoyance, you must neutralize your mental state, not reflect or think of anything, just look at the person and wait for the message. That is how telepathy is done. Your emotions and thoughts should not interfere. It could take 10 seconds, or 10 minutes, you would not know. Be open for anything. Clairvoyance is completely different. Clairvoyance is not to



go and feel the other person, but to see reality in a time frame. Time is energy, and it has branches and junctures. You can walk into the time-space zone and see what it shows.

As the neck and heart chakra participate in the process of telepathy, the front and back solar plexus Chakras, the double Chakras of the third eye, the double Chakras of the mouth and the top of the forehead participate in the clairvoyance process. Clairvoyance is an independent knowledge where you can travel through time-space, past and future. You can go and see many things about a person that you don't know. Some advanced clairvoyant people are able to report a whole telephone conversation as it is going on, just by connecting with another person at a distance.

However we have to differentiate between the future and the past. The past is very real and the future is not, because we have the free will to change the future especially if it is for our higher good.

If you warn someone that they will be in a car accident on a certain date, and they decide not to drive on that date or to drive carefully, they can avoid the accident. All "future" is of this nature.

Clairvoyance uses the third eye combined with the forehead and the mouth Chakras and spirals that works as radar. The two connect in the pineal area. The pineal plays the role of the brain. It is not the pineal that sees; rather, it receives information that allows one to be conscious.

There are many ways to develop E.S.P. One is repeating many times Psalm 16, 18 and 39 from the Bible. Psalm 16 helps to develop intuition, Psalm 18 and Psalm 39 to develop Clairvoyance and Clairaudience.

Following are four powerful exercises and one inner journey to help you develop your perceptions and awaken your energetic eyes (3<sup>rd</sup> eye). It is best to do all of the exercises together over a period of 6 months. It will be surprising to see that even people who do not have natural clairvoyance talents will be able to see auras and Chakras and to perceive other realities in different dimensions and times. On the other hand, people who have natural clairvoyance talents need less effort and time to develop these abilities.



## I - PHOSPHENE EXERCISE

---

Phosphene experiment is the colored image that persists in the mind after staring at a light source for a few minutes; this could be a candle, a light bulb or even the sun.

One can experience Phosphene by staring at a candle for 10 minutes and at a given moment you see two waves of color. You will see a very pale area in the center, a layer that is yellow and one that is blue.

Try to see your eyes working as a microscope, and you will see an empty space between the yellow and blue. Your eyes will be strained, quiver and tear. This is normal but a very useful exercise.

Ten minutes is a long time to stare at a candle. After closing your eyes for few minutes, you will see a spot that changes color.

Observe the changes, and after a few minutes, look at a wall. You will see the spot on the wall as it changes color. Keep looking until it begins to disappear.

This type of exercise helps to develop clairvoyance of auras and Chakras. If you only do the phosphene experience using a candle, you will eventually see people's auras, you will see how their Chakras vibrate and even observe their colors.

This exercise actually lasts only 10 minutes. The results might be immediate, or our abilities will develop gradually within the next few months. There are no set rules and regulations for this exercise; the more you practice, the more you perceive.

Another Phosphene exercise that develops the seeing of auras and Chakras is done with a light bulb, which must be opaque (not transparent) of 75 watts. Stare at the light from 1.5 meters away for 3 minutes, then turn the switch off, close your eyes and observe the colored spot for 3-4 minutes that changes colors. Then open your eyes and look at the wall.

You will also see the spot change colors. Observe for a few minutes until the spot begins to disappear. (If the light bulbs used are different than 75 watts, you need to adjust the distance between yourself and the light bulb accordingly).

Another exercise is where one focuses on a black area. This could be a black towel on the wall, a black briefcase on the table etc. First stare at a light for 3 minutes. Turn it off and stare at the black area observing the changes for several minutes.



## II - EXERCISE OF THE COLORED CARDS

---

The following exercise is also to help you develop seeing auras and Chakras. For this exercise you need a grey A4 sheet of paper and the three primary colored smaller cards (red, yellow and blue).

A. First take the A4 grey sheet of paper and focus your attention onto it for 30 seconds. Then, put a smaller square red card on the grey paper and focus your attention on the red card for 30 seconds. Here you will observe some other colors around the red card. Next put the red card aside and stare carefully at the grey sheet again for 30 seconds. Here you will also experience seeing colors and or shapes other than the grey.

B. Next take the A4 grey sheet again and focus your attention onto it for 30 seconds. Then, put a small square yellow card on the grey paper and focus your attention on the yellow card for 30 seconds. Here you will observe some other colors around the yellow card. Next put the yellow card on aside and stare carefully at the grey sheet again for 30 seconds. Here also you will experience seeing colors other than the grey.

C. Next take the A4 grey sheet again and focus your attention onto it for 30 seconds. Then, put a small square blue card on the grey paper and focus your attention on the blue card for 30 seconds. Here also you will observe some other colors around the blue card. Next put the blue card aside and stare carefully at the grey sheet again for 30 seconds. Here also you will experience seeing colors other than the grey.

D. Next take the A4 grey sheet again and focus your attention onto it for 30 seconds. Then, put the red, the yellow and the blue cards on the grey paper and focus your attention for 2 minutes. Here you will see many different colors around the three cards. Next put the three cards aside and stare carefully at the grey sheet again for 30 seconds. Here you will experience seeing many colors other than the grey.

After doing these exercises for some time, you may start to do the exercises of clairvoyance of the Chakras and auras.

Find a friend who would like to experiment with you and find a shiny white wall. It could be a white glazed paper or a white refrigerator. Place the person in front of it.

Focus your attention on the person and repeat the mantra BISMARCK a few times. It will make the clairvoyance easier. Repeat this exercise few a times until you master the skill.

After a while, you won't need the white background any more. You will be able to see anyone and anything. You will even be able to see the auras of animals and plants.



### III - EXERCISE TO DEVELOP CLAIRVOYANCE

#### USING PSYCHOMETRY

---

Sight can be developed with psychometry using objects that have a historical past, like ancient jewelry with precious stones, or any other object with a long history. It could be a ring that you received from your mother that she received from her mother. Just by touching it you can sense things. If the object is small, you can take it in your hands. If the object is large, you can put your hands underneath or around it. Once you have sensed it, stop touching it and keep it at two meters distance in front of you.

Next bring your awareness to three different places in your head: the first is on the top of your forehead; the second is your third eye located between your physical eyes, and the third is in your mouth. In each of these three places there are a set of double Chakras and an energetic spiral. The color of the double charkas and the spiral in the top of the forehead is emerald green, in the third eye is purple and in the mouth is red. You can use the spirals as antenna by projecting all three on the object. Then verbalize that you wish to know the history of the present owner of this object.

If you aren't specific as to dates, the information could start coming from hundreds or even thousands of years ago when the object was first created. When the three spirals connect to the object they will allow the information to be transferred into the pineal chakra. Here the pineal plays the role of the brain. It is not the pineal that sees, but it receives information that allows you to be conscious.

You can start reading through the object and have information about its owner's past, then its owner's present and then its owner's future as if you are watching a movie.

You follow the object into the future for 30 to 40 years or until it changes hands once or twice. When you start you must not stop and start over. Continue the reading as if the same history continued. You will realize one thing if you've started the reading 50 years from the past, you will not be able to go more than 50 years into the future.

The advantage of doing psychometric reading through an object is that objects are cool without emotions, and therefore, it establishes an objective reality which is clearer and more precise.

This type of psychometric reading will help you to develop your clairvoyant talent. It is good training for someone who is already experienced. It is not for beginners. It should be remembered that with psychometry, once you have channeled through an object, it is not to be used again.





## **IV - EXERCISE TO DEVELOP TELEPATHY Ω**

---

Get into a conscious contact with a friend with whom you want to do the exercise; it is better between the sunset and the sunrise. Nights are better time to build a telepathic contact for a beginner.

Put yourself into a state of receptivity, or emptiness, which is the Alpha State.

For this, repeat the self-hypnosis mantra ROUDANGGA many times. The person who will transmit the telepathic message will repeat three times the following Teleput mantra:

**AVIO - MORO - ALSHORON - MIYHO - COLO – ATAMAT**

This person will start to transmit messages, as words or as images.

The receiving person will visualize the figure of the transmitter as if the two Bodies were fusing together, organ by organ. Then the receiving person repeats the telepathic mantra three times:

**MADANA – ATO – TIA**

Wait for the messages to come. You don't know how long it can take, 10 seconds or 10 minutes. This is the way it goes.

When you know how the process goes and you master the telepathic ability, you won't need to repeat the mantras anymore. You will be able to do telepathy spontaneously.



## V- Awakening the energetic eyes (Third Eye) Ω

---

We need to distinguish between ordinary consciousnesses that communicates through different perceptions with guides to perceive information, and between quality clairvoyance readings that connects one's consciousness to different dimensions to perceive different realities in time and space. One of these dimension is called the *Atmic* Body or level, many other schools call this "level" or "Body", *Buddhic*.

To avoid confusion as to vocabulary, we are referring here to the energy level or Body that corresponds to the 5<sup>th</sup> energy envelope outward from the Physical Body. We are referring here, more specifically, to that *place* in that level of consciousness that is most often perceived as a waterfall coming off a cliff with "energetic eyes" on both sides of the waterfall. These eyes are often referred as to the third eye or the inner eye.

For people with natural talent in clairvoyance, it is of course possible to "see" without resorting to the exercise of placing one's consciousness way up there. This could be because the practitioner has developed his or her being at that level, either by doing personal development work or by incarnating with the energetic inner eyes of the Atmic level awakened, (which is the case for only a small minority of people).

If you have not yet awakened and integrated the upper levels of your being, it will be necessary for you to consciously place your awareness into your higher parts and to use some of the faculties that are only available to you there as much as is possible for you in your present state of development. You will find that your clairvoyance readings will dramatically increase in efficiency and vision that you will truly glimpse something of the true Soul of another being, rather than merely "seeing" an unconnected series of mundane events that might or might not make sense.

You must understand that any form of psychic talent, is no proof at all of spiritual development or higher consciousness. Such talent is natural to the human condition, varying among individuals in much the same manner as talent for mathematics, for public relations or music.

That is why; anyone with ambitions to guide or help others in their evolution and transformation must elevate themselves generally speaking, and have the humility to admit that they have to make an effort to *see* from a higher point of view.



## INNER JOURNEY TO ACTIVATE CLAIRVOYANCE(THIRD EYE)

In your spirit Body, you have a Celestial animal guide. You can go and fuse with this guide to do clairvoyant reading. In the Atmic Body, which is one level higher, there is a waterfall on a cliff where you can find eyes on both sides. These eyes represent the clairvoyance ability. You can use these eyes to heal, create, or to channel higher inspiration to use for painting, writing, composing or teaching.

The number of eyes found on both sides of the waterfall and the cliff varies from one person to another. That quantity also can change with time, according to the spiritual evolution and the progress of each individual. Once you have activated and fused with the eyes of the waterfall and the celestial animal guides, and have done the inner journey few times, you won't need to do the long process of the journey. You will be able to connect spontaneously and start your channeling.

To do this journey you need to go behind your inner tree and place your back against the trunk of the tree and ask the tree to take you to the second floor, once there you will find yourself in a landscape. Here call your Celestial animal guide. When your animal guide shows up, ask how it can help you in your life and how you can do clairvoyant readings. Fuse with your animal guide and ask to be taken to the cliff where there is a waterfall.

The next step is to see the eyes in the cliff, on each side of the waterfall. Have a look and see how many pairs you have, examine the yin and yang eyes in order to awaken them and fuse them with each other.

The yin eye may be at the right or the left side and the yang eye could also be at either side; the form of the eyes could be anything from human to animal to divine being. Enter the first eye as if you are entering a room and find the guide that could be either female or male. There are three things to do here. First, check the authenticity of the guide by creating a blue light and ask the guide to pass through that light. If the guide passes, it means that the guide is authentic; if it doesn't, it means that the guide is an intruder and you have to get rid of it by throwing crystal balls at it. Once you've got rid of the intruder you need to create a violet energy and ask this energy to bring you the right guide.

The second step is to ask the guide about its specialty and what he or she can do and how to use his or her help.

The third step is to ask this guide to give you a message.

Once you have visited the first eye, you need to go to the other side and visit the other room and do the same three things. If the first eye was yin, then this eye would be yang, if the other eye was yang, then this eye would be yin.

Once you separately visited the yin and the yang room and did the three things, go to the end of the room where both rooms meet like a horseshoe. Ask both guides to come and ask them to fuse by hugging each other and then ask them to give you a joint message. If you have two pairs of eyes or more, do the same thing for each pair. And once you have awakened all your energetic eyes, you can connect with these eyes every time you need to use your E.S.P. for clairvoyance readings or any other metaphysical experiences.









Center yourself.

Take a long deep breath and let it out slowly.

Allow your breathing to become full and deeply relaxed.

Allow your rational mind to rest, and you will be more open to your unconscious mind.

Now bring your awareness to the soles of your feet, where you have orange spirals.

These spirals are your connections to Gaia our mother earth.

Through these spirals go all the way down to center of earth and ask if you can connect and use her energy.

When you feel the connection, raise this energy all the way up to the Chakras of your feet.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the Chakras of your knees.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your first base chakra at the base of your spine.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the Body and raise it to your second front and back sex Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the Soul and raise it to your third front and back solar plexus Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your fourth front and back heart Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your fifth front and back throat Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the double Chakras of the base of your skull.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the Spirit and fuse it with the energy of the Body and the Soul.

Next raise this energy to the double Chakras of your mouth.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the sixth double Chakras of your third eye.

Now visualize your inner tree and your river and visualize yourself in between.

Facing the river verify if the flow of the river is from right to left, if it is it means that you are at the right place.

If the flow of the river is from left to right, this means that you are on the wrong side and you have to pass to the other side of the river and you will find another tree.

First observe the quality of your tree and river and verify their conditions.

Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the second floor, where you will find yourself in a landscape. Here call your celestial animal guide. When your animal guide shows up, ask how it can help you in your life and how you can do clairvoyant readings. Next fuse with your animal guide and ask to be taken to the cliff where there is a waterfall.

Next try to see the eyes in the cliff, on each side of the waterfall.

Next have a look and see how many pairs you have and then proceed by entering the first eye as if you are entering a room and check the guide if it's yin or yang.

First, create a blue light and check the authenticity of this guide by asking it to pass through that light. If the guide passes that's fine; if it doesn't, get rid of it by throwing crystal balls at it and then create a violet energy and ask this energy to bring you the right guide.

Once you have the right guide proceed to the next step and ask about the specialty of this guide.

Next ask this guide to give you a message.

Next go to the other side and visit the other room and here the guide would be the opposite sex of the first guide.

First, create a blue light and check the authenticity of this guide by asking it to pass through that light. If the guide passes that's fine; if it doesn't, get rid of it by throwing crystal balls at it and then create a violet energy and ask this energy to bring you the right guide.

Once you have the right guide proceed to the next step and ask about the specialty of this guide.

Next ask this guide to give you a message.

Once you did the three things, go to the end of the room where both rooms meet like a horseshoe and ask both guides to fuse by hugging each other and then ask them to give a joint message.

Once you have completed the work with one pair proceed with the journey and do the same thing for each pair you have and then finish this journey by swimming few minutes in your river.



## I –DISTANCE VIEWING EXERCISE

---



Place yourself in a dark room and visualize a person on a wall where you wish to receive information concerning the person. Focus your awareness until you have a sensation in your solar plexus. Look with your physical eyes. At a given moment, you will have a feeling in your solar plexus. This is when you connect with the person. You will not yet see anything, but you are connected energetically. Try to leave your Body by the solar plexus and travel to the other end of the connection.

For example you will see yourself in front of the other person who is sitting at the kitchen table; there is a fork in the hand. You are watching all of the movements, as if there were a window where you looked across space and time! The experience is always a “present” experience.

When you do the experience of distant viewing and you see what is actually taking place, you will realize that everything you have seen was accurate except there is a time lag of a couple of hours. For example, if you see a person driving the car towards New York city at 2 PM. and you call the next day to verify the experience, the person will confirm everything you have seen, even the smallest details, such as the colors of the clothes etc. Mysteriously, the only thing that could be inaccurate is a time lag of 2-3 hours before or after.

This experience is not as if you really leave your Body. It is more of a psychic doubling. To do this, you remain conscious. It is as if you project your consciousness over there, like being in two places at once.



# (Developing the Alchemical “Body”) Section I

In the first part of this book I explained my understanding of Enlightenment and the different subjects related to it such as: Alchemy, Philosopher’s Stone, Chakras, subtle bodies, rituals, implants, Archetypes, Mystical Death, clairvoyance and how to develop extra-sensory perceptions, E.S.P. In this second part I will tell about the tools you need to start the process of Enlightenment by starting and completing the “Shiny Black Phase” and by developing the first Alchemical Body called “Body” or the “Physical Plane”.

This process is very simple. First, it requires doing a meditation to develop the 24 Major Chakras on a daily basis for thirty-three days and eleven days in reverse. Next, it includes doing rituals for healing, for awakening one’s inner attributes and powers, and for aligning and integrating the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> subtle bodies: the Etheric, Astral, and Soul, with the Physical Body. Next we do rituals to develop the four spirals of the Body, soul, and spirit within the first Alchemical Body called “Body,” and we connect them with each other and we generate the ball of energy between the four spirals. Once this is completed we need to build this same Alchemical Body with its twenty-four Chakras and three subtle bodies and the four spirals underground below our feet. We can end this second part by doing the Self-Initiation of the Alchemical Black Phase.





## Meditation to develop the 24 Major Chakras Ω

This 24 Chakras meditation is recommended to do thirty-three times either once a day or every other day. It takes only twenty minutes to do it and it is a very important step for developing the first six subtle bodies and the Alchemical Body and Soul. Following is the step by step guided Chakras meditation with the mantras needed to develop the Chakras.

Center yourself.

Take a long deep breath and let it out slowly.

Allow your breathing to become full and deeply relaxed.

Allow your rational mind to rest and you will be more open to your unconscious mind.

Now bring your awareness to the soles of your feet, where you have orange spirals.

These spirals are your connections to Gaia, our mother earth.

Through these spirals go all the way down to the center of earth and ask if you can connect and use her energy.

When you feel the connection, raise this energy all the way up to the Chakras of your feet.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the Chakras of your knees.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your first base chakra in the base of your spine.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS –**

Here ask the energy of the Body to awaken and raise it to your second front and back sex Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Here ask the energy of the Soul to awaken and raise it to your third front and back solar plexus Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your front and back fourth heart Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS –**

Next raise this energy to your fifth front and back throat Chakras.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to the double Chakras of the base of your skull.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -  
KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA –  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Here awaken the energy of the Spirit and fuse it with the energy of the Body and the Soul.

Next raise this energy to the double Chakras of your mouth.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA –  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Next raise this energy to your sixth double Chakras of your third eye.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA –  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Next raise this energy to the double Chakras of the top of your forehead.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA –  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Next raise this energy to your seventh crown chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your eighth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your ninth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your tenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your eleventh chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your twelfth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your thirteenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your fourteenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your fifteenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your sixteenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your seventeenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your eighteenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your nineteenth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your twentieth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your twenty-first chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your twenty-second chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your twenty-third chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next raise this energy to your twenty-fourth chakra.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Trusting that this Healing Process continues you may open your eyes whenever you wish.



## Section II

### How to perform Healing Rituals? Ω

In the introduction to this book, I was explaining about Enlightenment through the image of the lamp with a light bulb. This light bulb that has to be empty to produce an enduring light is a metaphor for the Physical Body that has to be empty from any unhealthy energy in order to contain the Light.

Our next steps in the process of developing the first Alchemical Body is to do three different kinds of healing meditations. The first one is the Ritual to disintegrate, to heal and to release all kinds of unhealthy energies through the Mystical Death journey. The second one is the healing Karmic and Genetic deficiencies through the eight initial cells. The third one is the organs self-healing meditation.

The first Healing Rituals is recommended to do for seven times in each of the three tunnels of the mouth, the third eye or the crown, or it could be repeated as much as required, depending on the healing rhythm of each individual. The first step of this ritual is made by an inner journey to visit your inner tree and your inner river. Your tree represents the totality of your Self and your river represents your energy. If you are not a healthy person and/or you have unhealthy situations in your life at any level, you might see the tree as being unhealthy and or you might see turbulence in the river and/or you might see the river dirty with a murky quality to it.

One thing you will realize is that every time you work on yourself either through chakra meditations or through rituals or inner journeying, the quality of your tree and your river will change. This would be a positive sign that leads to positive changes in your life. Please note that because your tree represents the totality of your Self, it knows everything about you, and to visit your tree on a regular basis and to receive its guidance would help you to be always aware, conscious and in charge of your life.

The second step on this journey is to do the passage to the other side of the veil which is called the “Mystical Death” experience. In part I of this book I explained the importance of the “Mystical Death” experience and the life-transforming affect it had on my life and others. This experience is a safe gentle visualization that you do which includes symbolically passing through the tunnels of “Mystical Death”. This experience

has nothing to do with the physical death that all of us go through at the end of our life. It is just a powerful spiritual experience that allows us to do quantum leaps towards our Self-Realization.

The three Alchemical Bodies “Body, “Soul” and “Spirit” resemble the Physical Body (but in energy substance) except for their colors which are Shiny Black, Shiny White and Shiny Red. These three colors represent the Alchemical Process of transmuting base metal into gold or transmuting human consciousness into Divine. Each of these Bodies has three tunnels and each one of these tunnels represents the physical death that each one of us goes through at the end of our life. One of these tunnels is in the mouth; one is in the third eye region (between the physical eyes) and one is in the crown (the top of the head). Depending on our spiritual development when we die we can use one of these three tunnels. And all journeys of this book are made through these tunnels.

The third step of this ritual is visualizing yourself standing in the middle of the eleven five-pointed stars symbol (no's2 and 2A) as if you are eleven persons with the five Archetypes surrounding each of the eleven stars. Next ask the Archetypes to perform the ritual for disintegrating, healing and releasing from you all kinds of unhealthy energies such as: despair, fears, guilt, resentments, resistances, judgments, spirit entities, past identities and personalities, Karmic energies, black magic energy, un-forgiveness issues, unhealthy beliefs and programming, unhealthy ways of thinking and conditioning, illusions, unhealthy memories, victim consciousness, feelings of rejection, hatred, anger, doubts, insecurities, jealousy, possessiveness, diseases, causes of diseases, unhealthy human cords, unhealthy collective implants, and any other unhealthy energies that don't serve your highest good. This process is important for making space in oneself for the immensity of the Light.







## Ritual to disintegrate, to heal and to release all kinds of unhealthy energies

---

The same way you have visualized yourself between your tree and your river in the meditation to open the third eye and developing clairvoyance you can use the same meditation and after asking the permission and the help of the tree to do this journey and then proceed by going behind the tree and placing your back against the trunk of the tree and ask the tree to take you to the first tunnel of the mouth.

Next ask Once there, pass through the tunnel and as soon as you go outside the tunnel, visualize yourself in each of the eleven five pointed stars (symbol no's 2and2A) and ask the Archetypes of this symbol: the Golden Scarab, the Sphinx, Tigana the Black Panther, Min the Red Rose and Mares, the three sided axe, to manifest themselves around each of the eleven five-pointed stars by repeating the following invocation mantras:

### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next visualize yourself as you are in each of the eleven stars and ask the Archetypes to disintegrate, to heal and to release from you all of the unhealthy energies such as: despair, fears, guilt, resentments, resistances, judgments, spirit entities, past identities and personalities, Karmic energies, black magic energy, un-forgiveness issues, unhealthy beliefs and programming, unhealthy ways of thinking and conditioning, illusions, unhealthy memories, victim consciousness, feelings of rejection, hatred, anger, doubts, insecurities, jealousy, possessiveness, diseases, causes of diseases, unhealthy human cords, unhealthy collective implants, and any other unhealthy energies that don't serve our highest good. This process is important to make space in oneself for the immensity of the Light.

This Healing Process might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming, communicate with the tree to receive insights as to how to schedule the next journey and then end this journey by thanking your tree.

As I mentioned before, the Healing Ritual is to be repeated seven times on each of the three tunnels or as much as needed before we move on to the next steps.

I also recommend the following Healing Invocation to recite overnight before going to bed. By doing so, you will authorize the Divine to heal you during your sleep.







I invoke the **Divine Light** to manifest

**EMARMORIO – EL – KHOLAN – BISHO – MYKON - ADONAY**

I ask the **Divine Light** to help me disintegrate, to heal and to release from me all of my unhealthy energies that don't serve my highest good such as: despair, fears, guilt, resentments, resistances, judgments, spirit entities, past identities and personalities, Karmic energies, black magic energy, un-forgiveness issues, unhealthy beliefs and programming, unhealthy ways of thinking and conditioning, illusions, unhealthy memories, victim consciousness, feelings of rejection, hatred, anger, doubts, insecurities, jealousy, possessiveness, diseases, causes of diseases, unhealthy human cords, unhealthy collective implants, and any other unhealthy energies.

I ask the **Divine Light** to help me build and develop my higher Chakras, higher subtle bodies and my three Alchemical Bodies; "Body", "Soul" and "Spirit".

I ask that my masculine and feminine energies be balanced and brought into perfect harmony.

I ask the **Divine Light** to help me to awaken fully, to actualize my potential and become an Enlightened and Self-Realized being.

I affirm that all this is and it is.

**HELOUF VANDARY**





## Section III

Our next healing step is healing Karmic and Genetic deficiencies through the eight initial cells. This meditation includes regressing in time to around the third day of the physical conception during the development of the eight initial cells and to perform healing work on these cells.

This Healing Ritual is recommended to twenty one times or it could be repeated as much as required, depending on the healing rhythm of each individual. The first step of this ritual is made by an inner journey to visit your inner tree and your inner river. Next you ask the tree to regress you in time to around the third day of your physical conception during the development of your eight initial cells and you do healing.





## Healing Karmic and Genetic deficiencies $\Omega$ through the eight initial cells

---

The same way you have visualized yourself between your tree and your river in the meditation to open the third eye and developing clairvoyance you can use the same meditation and after asking the permission and the help of the tree to do this journey and then proceed by asking your tree to regress you in time to around the third day of your physical conception during the development of your eight initial cells.

Once you feel these cells visualize the shiny black chalice (symbol number 50) and pour the liquid from the chalice into the cells and stay present for thirty seconds.

Next visualize the shiny white chalice (symbol number 50 A) and pour the liquid from the chalice into the cells and stay present for thirty seconds.

Next visualize the shiny red chalice (symbol number 50 B) and pour the liquid from the chalice into the cells and stay present for thirty seconds.

Once you have finished the healing work through the three chalices you can complete this work by repeating the following healing mantras.

**DAYKO – SAYAJ – DAHOUD – SALAKIN - BOUGA - (Pause 10 seconds)**  
**BAYDAKA – SAYAKIN – HOUDA – DASKAMA – TAYDOUN – MASKIF –**  
**SHLOUKAN – GLORA -**

**SAYAJ – SALAKIN – BOUGA - (pause 10 seconds)**  
**SAYAKIN – HOUDA – DASKA – TAYDOUN – MAS – MAS – MAS – KIF –**  
**KANSHLOU - GLO (pause 3 seconds)**  
**RA - (pause 3 seconds)**  
**GLO - (pause 10 seconds)**  
**RA - RA**

Next go back to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming, communicate with the tree to see if it has a message for you and then end this journey by thanking your tree.



## Section IV

The third and final Healing Ritual is the organs self-healing meditation. This meditation is to be repeated twenty one times or as much as required depending on the healing rhythm of each individual.

### Organs self-healing Meditation

---

Center yourself.

Take a long deep breath and let it out slowly.

Allow your breathing to become full and deeply relaxed.

Allow your rational mind to rest, and you will be more open to your unconscious mind.

**BANHO – MYKO – BRAKHTO – KOMHO – ILO – SATRO - WARO**

**SIODAS – IDNATALIS – KIONDAS – MASLATIS – SIYOKANS – ASLATAS –**

**SYNARAS – ZASES – KALMAS -**

Now bring your awareness to the soles of your feet, where you have orange spirals.

These spirals are your connections to Gaia our mother earth.

Through these spirals go all the way down to the center of earth and ask if you can connect and use her energy.

When you feel the connection, raise this energy all the way up to your feet.

Now relax the toes of your feet and release the unhealthy energies.

**KUM – KUM - KUM**

**HARIDA – HARIDA - HARIDA**

**HEDERCK – MAT - ILOH**

**SAKIN – WACHKAB – ZAHOUN – LABAO – SAKOUF – MACHDIF –AZDAM**

**SAHOUB – MICHAR – LAK – SHAWAN – SAHO -**

Now relax your ankles and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your bones and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your muscles and release the unhealthy energies.

**VALIOT – MAT - ILOH**

Now relax your knees and release the unhealthy energies.

**YISS – YA – HOULO – TOUBA – SHLOUMA - DIYKA**

Now relax all the organs of your sexual region and release the unhealthy energies.

**FITA – SAWA – KOUBA – ASSAS – MAHOUD – DAYBA – LAMA – SOUBA –  
HONTY – FAYDO – SAWA – FITA – MAHMA – KABEN –JAKOUCH – SAKAL-  
HONTY – SARAKAN – BAEI – GANDA – GANDA –GANDA**

**YISS – YA – HOULO – TOUBA – SHLOUMA - DIYKA**

**KWA – JAMALIK – KOUNDA - DIVA**

Now relax your sacrum and release the unhealthy energies.

Now bring your awareness to your eight initial cells located in your sacrum area and release the unhealthy energies.

**BANHA – SORA – DANDA - BRAKHOUM**

**DAYKO – SAYAJ – DAHOUD – SALAKIN – BOUGA - (Pause 10 seconds)**

**BAYDAKA – SAYAKIN – HOUDA – DASKAKA – TAYDOUN – MASKIF –  
SHLOUKAN - GLORA**

Now relax your hips and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your kidneys and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR – YAJKOUN – FIHA – SAKOUB - ANTAR**

Now relax your intestines and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your spleen and your pancreas and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your liver and your gall bladders and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your lower abdomen and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your navel and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your abdomen and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your stomach and your digestive system and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your chest and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your lungs and release the unhealthy energies.

**DAHOUN – HADOUK – BANO – ISKAL – YARHOUB – BALBAN –WALZAB –  
BINDAR-YAJKOUN-FIHA-SAKOUB-ANTAR**

Now relax your heart and release the unhealthy energies.

**MASSOUT – BASSOUT – MANYOUT – AKHBOUT – SANYOUT – SHALMOUT –  
ADYAKIN – BIRAKHIN – KHANOUN - MAFI**

**KYO – MASHIA – ANTO – BANDAHOON - BARKHIA**

**ALAMAS – ALAMAS - ALAMAS**

Now bring your awareness to your immune system.

**HABAQA – ZAHAKA – QUA – QUA – HAQAMA – SABAQA -**

Now relax the fingers of your hand and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your wrists and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your elbows and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your spinal chord and each of the vertebrae and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your shoulders and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your throat and release the unhealthy energies.

**SAVA – MORA – DANHO – AMYAD – DOUKA – BARKADY - KAMORA**

Now relax your neck and the base your skull and release the unhealthy energies.

**HEDERCK – MAT - ILOH**

Now relax your mouth and release the unhealthy energies.

**DONA – MANDAYA – IZA – BONKA - BRAKHMA**

Now relax your nose and your respiratory system and release the unhealthy energies.

**DONA – MANDAYA – IZA – BONKA - BRAKHMA**

Now relax your ears and release the unhealthy energies.

**DONA – MANDAYA – IZA – BONKA – BRAKHMA**



Now relax your eyes and release the unhealthy energies.

**DONA – MANDAYA – IZA – BONKA - BRAKHMA**

Now relax your brains and your nervous system and release the unhealthy energies.

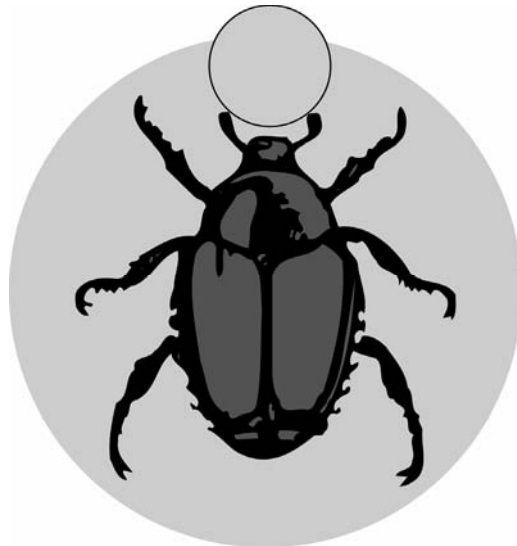
**IMMA – ILIVO – DAMMA – HOUR – SAYKON – BINDA – ILIHO – YOUKA –  
SAMAWAT – ZANDA – YARKOB - SHALMO**

**ALAMAS – ALAMAS - ALAMAS**

Now bring your awareness to your meridians.

**SSS – SSS - SSS**

Trusting that this Healing Process continues you may open your eyes whenever you wish.





## Section V

### **Ritual to heal and to awaken the attributes and the powers $\Omega$ of the three first subtle bodies: the Etheric, the Astral and the Soul**

The next step in the process of developing the first Alchemical Body is to heal and to awaken all the attributes and powers of the first, second and third subtle bodies: the Etheric, the Astral and the Soul. This ritual is done the same way that we did the first Healing Rituals with the only difference that we use a different symbol and different Archetypes to do this work. This ritual is recommended to do three times in each of the three tunnels of the mouth, the third eye and the crown or as much as is needed.

The same way you have visualized yourself between your tree and your river in the meditation to open the third eye and developing clairvoyance you can use the same meditation and after asking the permission and the help of the tree to do this journey and then proceed by going behind the tree and placing your back against the trunk of the tree and ask the tree to take you to the first tunnel of the mouth.

Next pass through the tunnel to the other side and visualize yourself in each of the eleven triangles (symbol number 1 & 1A) and ask the Archetypes of this symbol: Ur, the Sphinx and Thor/Volcan to manifest themselves around each of the eleven triangles by repeating the following invocation mantras.

**EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY -**

Next ask the Archetypes to heal and to awaken the attributes and the powers of the first, the second and third subtle bodies: the Etheric, the Astral and the Soul. Next ask them to connect these powers and attributes to your intention in order to be part of your Self. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to advise you if you need to do more rituals to complete this work before you do the same ritual through the tunnels of the third eye and the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming, communicate with the tree to receive insights as to how to schedule the next journey and then end this journey by thanking your tree.







## Section VI

### **Ritual to heal, to align and to integrate the first, the second $\Omega$ and the third subtle bodies the Etheric, the Astral and the Soul**

Our next ritual is for aligning and integrating the first, the second, and the third subtle bodies: the Etheric, the Astral and the Soul with each other and with the Physical Body. This ritual will also include connecting the Chakras of these three subtle bodies with each other and with other parts of the physical and subtle bodies. The Archetypes used in this ritual are specialized in doing this kind of sophisticated energy work.

You can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize your self in each of the eleven diamonds (symbol no's 3 & 3A) and ask the Archetypes of this symbol: Ur, the Sphinx, the Cosmic Flower and the Golden Scarab to manifest themselves around each of the eleven diamonds by repeating the following invocation mantras.

**EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY -**

Next ask the Archetypes to align and to integrate the first, the second, and the third subtle bodies: the Etheric, the Astral and the Soul with the Physical Body and ask them to connect their Chakras with each other and with other parts of the physical and subtle bodies. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need to do more rituals to complete this work before you do the same ritual through the tunnels of the third eye and the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights as to how to schedule the next journey and then end this journey by thanking your tree.









## Section VII

Our next step in developing the Alchemical Body is the creation of the four spirals and the ball of energy. The creation of these four spirals in each of the three Alchemical Body, Soul and Spirit, is a very important step in developing these bodies and eventually connecting them to each other through the Alchemical Marriage of the Body, Soul and Spirit.

The first spiral that we build is the spiral of the body and its location is between the first base chakra and the lower part of the solar plexus chakra. The rotation of this spiral is a counter-clockwise and the ritual that develops this spiral is done through the tunnel of the mouth.

The second spiral that we build is the spiral of the soul and its location is between the heart chakra and the higher part of solar plexus chakra. The rotation of this spiral is clockwise and the ritual that develops this spiral is done through the tunnel of the third eye located between the physical eyes.

The third and the fourth spirals that we build are the spirals of the spirit. The location of the third spiral is between the spleen and the left part of the solar plexus chakra and its rotation is counter-clockwise. The fourth spiral is located between the liver and the right part of the solar plexus chakra and its rotation is clockwise and the ritual that develops these two spirals is done through the crown tunnel located on the top of the head. The final shape that these spirals take is like a cross with a ball of light in the middle of the four spirals which is generated by the four spirals.

Eventually there are two other spirals that could be created when a fourth energetic body is developed beyond the three Alchemical Bodies, “Body”, “Soul” and “Spirit”. This fourth body and state of consciousness is called the body of “Creation”; this can be developed only after reaching Enlightenment. These rituals are recommended to do three times in each of the three tunnels.



## Ritual to develop the spirals of the Alchemical Body Ω

To do this ritual we can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize yourself in each of the eleven six-pointed star (symbol no's 4 & 4A) and ask the Archetypes of this symbol Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther to manifest themselves around each of the eleven hexagrams by repeating the following invocation mantras.

### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to build and develop the spiral of the body and to make the necessary connections of this spiral. This process also might take anywhere between ten to thirty minutes Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do the other rituals to develop the spiral of the soul through the tunnel of the third eye and the two spirals of the spirit through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.



## Section VIII

### Ritual to activate and to connect the four spirals $\Omega$ and to generate the ball of energy

---

Our next step in developing the Alchemical Body is to activate and to connect the four spirals to each other, to do the necessary connections and to generate the ball of energy between the spirals. This is done by visualizing yourselves as three persons passing simultaneously through the three tunnels of the mouth, the third eye and the crown of the head and by doing the three rituals simultaneously at the three different places at the same time.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize yourself as three different persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown. Next pass simultaneously through the tunnels to the other sides and visualize yourselves in each of the three sets of the eleven six pointed stars (symbol no's 4 & 4A) as if you are 33 persons. Next invite the Archetypes of this symbol: Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther and ask them to manifest themselves around each of the three sets of the eleven six pointed stars by repeating the following invocation mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to connect and to activate the four spirals and to generate the ball of energy between each of the four spirals. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.









## Section IX

### Meditation to descend the 24 Major Chakras into the Physical Body

---

The same way that you did the 24 Chakras meditation starting from the feet Chakras to the 24<sup>th</sup> chakra, you need to do the 24 Chakras descending meditation eleven times every other day to manifest the energy of the higher Chakras into your Physical Body.

Center yourself.

Take a long deep breath and let it out slowly.

Allow your breathing to become full and deeply relaxed.

Allow your rational mind to rest and you will be more open to your unconscious mind.

Now bring your awareness to your twenty-fourth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your twenty-third chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your twenty-second chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your twenty-first chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your twentieth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your nineteenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your eighteenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your seventeenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your sixteenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your fifteenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your fourteenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your thirteenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your twelfth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your eleventh chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your tenth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your ninth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your eighth chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your seventh crown chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your double Chakras of the top of the forehead and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Next lower this energy to your double Chakras of the third eye and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA –  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Next lower this energy to your double Chakras of the mouth and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -  
ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM – DAWA  
BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Next lower this energy to your double Chakras of the base of the skull and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

**KASHMAR – BANDAKA – YAROUM – KOUNA – BASHROUK – YALHOUM –  
DAWA – BRAKIT – BRADAM – BRAKHOUM – BRAKHOUM – BRAKHOUM -**

Here awaken the energy of the spirit and lower this energy to your fifth front and back throat Chakras and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your fourth front and back heart Chakras and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your third front and back solar plexus Chakras and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to your second front and back sex Chakras and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the soul and then lower this energy to your first base chakra and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Here awaken the energy of the body and fuse it with the energy of the soul and spirit.

Next lower this energy to the Chakras of the knees and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Next lower this energy to the Chakras of the feet and feel its energy.

**BANE – BANE – ZIRYABA – BINDO - ANDIKA – WAKI -**

**ALAMAS – ALAMAS – ALAMAS -**

Trusting that this Healing Process continues you may open your eyes whenever you wish.







## Section X

As above so below Ω

### Ritual to create the Alchemical Body underground below your feet

The same way that you have developed your first Alchemical Body with its Chakras, subtle bodies and four spirals above your feet, you need to create an Alchemical Body below your feet, (as above so below). This ritual is recommended to do seven times or as much as is needed.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize yourself as three different persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown. Next pass simultaneously through the tunnels to the other sides and visualize yourselves in each of the three sets of the eleven diamonds (symbol no's 3A & 3B) as if you are 33 persons. Next invite the Archetypes of this symbol Ur, the Sphinx, Thor/Volcan and the Phoenix and ask them to manifest themselves around each of the three sets of the eleven diamonds by repeating the following invocation mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to build and develop a complete set of the Alchemical Body with its Chakras, subtle bodies and the four spirals underground below your feet, and ask them to connect this body with the Alchemical Body above ground (as it is shown in symbol number 8 B) (please note symbol number 8 B illustrates Alchemical Body, Soul and Spirit above and below. For this ritual, please refer only to the Alchemical Body Black Phase below).

. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you how many times you need to repeat this ritual to complete this work.

Next thank the Archetypes and ascend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.







## Section XI

### Self-Initiation of the Alchemical Shiny Black Phase Ω

Once you have completed manifesting the first Alchemical Body underground below your feet, you can do the final process of the Alchemical Black Phase by doing a Self-Initiation before proceeding to the next stage which is the Alchemical White Phase. Following is the journey. This ritual is recommended to do seven times or as much as needed.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this Self-Initiation. Next go behind the tree and visualize yourself as six persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown of the Alchemical Body. Next pass simultaneously through the six tunnels to the other sides and visualize yourselves in each of the three sets of the eleven six pointed stars (symbol no's 4 & 4A) as if you are 33 persons. Next invite the Archetypes of this symbol: Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther and ask them to manifest themselves around each of the thirty-three six pointed stars by repeating the following invocation mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Here the Sphinx who is around each of thirty three hexagrams will offer each one of you that are in each of these thirty three six pointed stars thirty three shiny black chalices with shiny black liquid in them for you to drink from. You will all drink all the liquids from the chalices and authorize the Archetypes to make whatever changes needed in your Self to complete the Alchemical Black Phase and to prepare you for the transition to the next step of the Alchemical White Phase. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Sphinx to evaluate the efficiency of this ritual by giving you a percentage and then ask him to advise you on how many times you need to repeat this ritual to complete this Self-Initiation.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.









### (Developing the Alchemical “Soul”) Ω

In the second part of this book I explained about how to complete the “Shiny Black Phase” and to develop the first Alchemical Body called “Body” or the “Physical Plane”. In part III, I explain the rituals you need to complete the “Shiny White Phase” and develop the second Alchemical Body called “Soul” or the “Cosmic Plane”.

This process is also very simple because it follows the same rituals you used to develop the first Alchemical Body “Body”. We use the same exercises to develop the second Alchemical Body “Soul” with some changes in the details.

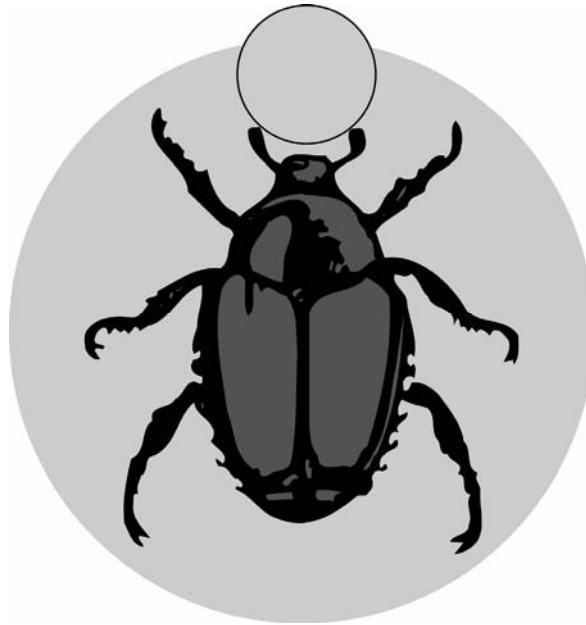
The process includes doing a meditation to develop the 37 Major Chakras on a daily basis for thirty-three days and eleven days in reverse, making rituals for healing, for awakening the attributes and the inner powers and for aligning and integrating the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> subtle bodies the Spirit, the Atmic and the Cosmic with the previous three subtle bodies and the Physical Body. The next step would be to do rituals to develop the four spirals of the second Alchemical Body called “Soul” and to connect them with each other and to generate the ball of energy. The last step is the Self-Initiation of White Phase and the Alchemical Marriage of the Alchemical “Body” and the “Soul”.



## Section I

### Meditation to develop the 37 Major Chakras Ω

This 37 Chakras meditation is to be done on a daily basis for thirty-three days once a day or every other day. It takes only twenty-five minutes to do it and it is a very important step for developing the seventh subtle body called the “Light Body yin” and the third Alchemical Body called “Spirit”. You can use the 24 chakra meditation on pages 103 - 107 and then continue by repeating the same mantra until you reach the 37th chakra.





## Section II

### **Ritual to heal and to awaken the attributes and the $\Omega$ powers of the Spirit, the Atma and the Cosmic subtle bodies**

The next step in the process of developing the second Alchemical Body is to heal and awaken all the attributes and powers of the fourth, the fifth and the sixth subtle bodies the Spirit, the Atmic and the Cosmic. This ritual is recommended to do for three times in each of the three tunnels of the mouth, the third eye and the crown.

You can use the same meditation that you did with the first three subtle bodies. You can first contact the tree to ask permission for this journey and to make sure that the river is flowing from your right to your left. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize yourself in each of the eleven triangles (symbol no's1&1A) and ask the Archetypes of this symbol to manifest themselves around each of the eleven triangles by repeating the following mantra.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to heal and to awaken the attributes and the powers of the fourth, the fifth and the sixth subtle bodies called the Spirit, the Atmic and the Cosmic. Next ask them to connect these powers and attributes to your intention in order to be part of your Self. This process also might take anywhere between ten to thirty minutes; just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.



## Section III

### **Ritual to heal, to align and to integrate the fourth, the fifth $\Omega$ and the sixth subtle bodies: the Spirit, the Atma and the Cosmic**

Our next ritual is for aligning and integrating the fourth, the fifth and the sixth subtle bodies: Spirit, Atmic and Cosmic with the three subtle bodies below and the Physical Body. This ritual will also include connecting the Chakras of these three subtle bodies with each other and with other parts of the physical and subtle bodies. The Archetypes used in this ritual are specialized in doing this kind of sophisticated energy work.

You can use the same previous meditations to contact the tree and to ask permission for this journey and to make sure that the flow of the river is from your right to your left. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize yourself in each of the eleven diamonds (symbol number 3 & 3A) and ask the Archetypes of this symbol to manifest themselves around each of the eleven diamonds by repeating the following mantras.

**EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to align and to integrate the fourth, the fifth and the sixth subtle bodies: Spirit, Atmic and Cosmic with the three subtle bodies below and the Physical Body and ask them to connect their Chakras with each other and with other parts of the physical and subtle bodies. This process also might take anywhere between ten to thirty minutes, just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes happened in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming, communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.





## Section IV

### Ritual to develop the spirals of the Alchemical Soul Ω

The next step in developing the second Alchemical Body “Soul” is the creation of the four spirals and the ball of energy. As I mentioned in part II, the creation of these four spirals in each of the three Alchemical Body, Soul and Spirit is a very important step in developing these bodies and eventually connecting them to each other through the Alchemical marriage of the Body, Soul and Spirit.

The first spiral that we build is the spiral of the body and its location is between the first base chakra and the lower part of the solar plexus chakra. The rotation of this spiral is a counter-clockwise and the ritual that develops this spiral is done through the tunnel of the mouth.

The second spiral that we build is the spiral of the soul and its location is between the heart chakra and the higher part of solar plexus chakra. The rotation of this spiral is clockwise and the ritual that develops this spiral is done through the tunnel of the third eye located between the physical eyes.

The third and the fourth spirals that we build are the spirals of the Spirit. The location of the third spiral is between the spleen and the left part of the solar plexus chakra and its rotation is counter-clockwise. The fourth spiral is located between the liver and the right part of the solar plexus chakra and its rotation is clockwise and the ritual that develops these two spirals is done through the crown tunnel located on the top of the head. The final shape that these spirals take is like a cross with a ball of light in the middle of the four spirals which is generated by the four spirals.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize your-self in each of the eleven hexagrams (symbol no’s 4 & 4A) and ask the Archetypes of this symbol to manifest themselves around each of the eleven hexagrams by repeating the following mantras.

## EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY

Next ask the Archetypes to build and to develop the first spiral. This process also might take anywhere between ten to thirty minutes, just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you start building the other spirals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.







## Section V

### Ritual to activate and to connect the four spirals and $\Omega$ to generate the ball of energy

---

Our next step in developing the Alchemical Body is to activate and to connect the four spirals and to generate the ball of energy between the spirals. This is done by visualizing ourselves as three persons passing simultaneously through the three tunnels of the mouth, the third eye and the crown of the head and by doing the three rituals at the different places at the same time.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize your self as three persons and place your backs against the trunk of the tree and ask the tree to take you to the tunnels of the mouth, the third eye and the crown of the head. Next pass simultaneously through the three tunnels to the other sides and visualize yourselves in each of the three sets of the eleven six-pointed stars (symbol no's 4 & 4A) as if you are 33 persons and ask the Archetypes of this symbol to manifest themselves around each of the thirty-three six pointed stars by repeating the following mantra.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to activate and to connect the four spirals and to generate the ball of energy. This process also might take anywhere between ten to thirty minutes; just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming, communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.



## Section VI

### Meditation to descend the 37 Major Chakras $\Omega$ into the Physical Body

---

The same way that you did the 37 Chakras meditation starting from the feet Chakras until the 37<sup>th</sup> chakra, you need to do the 37 Chakras descending meditation eleven times every other day to manifest the energy of the higher Chakras into the Physical Body. You can do the 24 chakra descending meditation found on pages 145 - 148 but instead of starting from the 24th chakra, you need to start from the 37th chakra.

This 37 Chakras descending meditation is a very important step for developing the seventh subtle body called the “Light Body yin” and the third Alchemical Body called “Spirit”.





## Section VII

As above so below Ω

### Ritual to create the Alchemical Soul Underground below your feet

The same way that you have built and developed your first Alchemical Body underground below your feet you need to create the Alchemical Soul underground below the Alchemical Body. This ritual is recommended to do seven times or as much as is needed.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize yourself as three persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown. Next pass simultaneously through the tunnels to the other sides and visualize yourselves in each of the three sets of the eleven diamonds (symbol no's 3A & 3B) as if you are 33 persons. Next invite the Archetypes of this symbol Ur, the Sphinx, Thor/Volcan and the Phoenix and ask them to manifest themselves around each of the thirty-three diamonds by repeating the following invocation mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to build and develop a complete set of the Alchemical Soul with its Chakras, subtle bodies and the four spirals underground below your Alchemical Body, and ask them to connect this body with the Alchemical Body under your feet (as it is shown in the ALCHEMICAL SOUL portion below in symbol number 8 B). This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you how many times you need to repeat this ritual to complete this work.

Next thank the Archetypes and ascend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.



## Section VIII

### **The Alchemical Marriage of the Body and Soul and the $\Omega$ self-Initiation of the Alchemical Shiny White Phase**

---

Once you have completed manifesting the Alchemical Soul underground you can do the final process of the Alchemical White Phase by doing the Self-Initiation and the Alchemical marriage of the Body and Soul before proceeding to the next stage which is the Alchemical Red Phase. This ritual is recommended to do seven times or as much as needed.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this Self-Initiation. Next go behind the tree and visualize yourself as twelve persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown of the Alchemical Body and Soul above ground and of the Alchemical Body and Soul underground. Next pass simultaneously through each of the twelve tunnels to the other sides and visualize yourselves in each of the twelve sets of the six pointed stars (symbol no's 4 & 4A) as if you are one hundred and thirty two persons. Next invite the Archetypes of this symbol: Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther and them to manifest themselves around each of the one hundred and thirty two six pointed stars by repeating the following invocation mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Here the Sphinx who is around each of the one hundred and thirty-two hexagrams (twelve times eleven stars) will offer each one of you that exist in each of these hexagrams, one hundred and thirty-two shiny white chalices with shiny white liquids in them for you to drink from. You will drink all the liquids from the chalices and authorize the Archetypes to make whatever changes needed in your Self, to do the Alchemical Marriage of your Body & Soul above and underground, to complete the Alchemical White Phase and to prepare you for the transition to the Alchemical Red Phase. This process also might take anywhere between ten to thirty minutes. Just try to be receptive

and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Sphinx to evaluate the efficiency of this ritual by giving you a percentage and then ask them to advise you how many times you need to repeat this ritual to complete this Self-Initiation.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming, communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.







## Part IV

### (Developing the Alchemical “Spirit”) Ω

#### Section I

In the third part of this book I explained about how to complete the “Shiny White Phase” and to develop the second Alchemical Body called “Soul” or the “Cosmic Plane”. In the part IV, I explain the tools you need to complete the “Shiny Red Phase” and develop the third Alchemical Body called “Spirit” or the “Spiritual Plane”.

This process is also very simple because the same exercises you have used to develop the Alchemical Body and Soul can be used to develop the Alchemical Spirit with some changes in the details.

The process includes doing meditations to develop the 52 & 70 Major Chakras, making rituals for healing, for awakening the attributes and the inner powers, for aligning and integrating the 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and the 10<sup>th</sup> subtle bodies the Light body yin, the Light body yang, the Divine body yin and the Divine body yang. The next step would be to do rituals to develop the four spirals of the body, soul and spirit within the third Alchemical Body called “Spirit” and to connect them with each other so as to generate the ball of energy, next to create the Alchemical Spirit underground, to do the Alchemical Marriage of the Alchemical “Body”, “Soul” and “Spirit” and to complete the Shiny Red Phase through the Self-Initiation. The last step is the Self-Enlightenment Initiation.





## Meditation to develop the 52 Major Chakras $\Omega$

---

This 52 Chakras meditation is recommended to do thirty-three times once a day or every other day. It takes only thirty-five minutes to do it and it is a very important step for developing the eighth subtle body called the “Light body yang” and the third Alchemical Body called “Spirit”. You can use the 24 chakra meditation on pages 103 - 107 and then continue by repeating the same mantra until you reach the 52nd chakra.





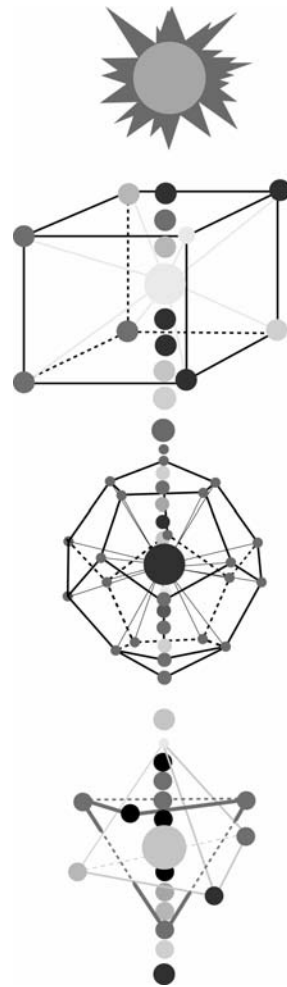
## Section II

### Meditation to descend the 52 Major Chakras $\Omega$ into the Physical Body

---

The same way that you did the 52 Chakras meditation starting from the feet Chakras until the 52<sup>nd</sup> chakra, you need to do the 52 Chakras descending meditation eleven times every other day to manifest the energy of the higher Chakras into the Physical Body. You can do the 24 chakras descending meditation but instead of starting from the 24<sup>th</sup> chakra you need to start from the 52<sup>nd</sup> chakra.

This 52 Chakras descending meditation is a very important step for developing the eight subtle body called the “Light Body yang” and the third Alchemical Body called “Spirit”.





## Section III

### Meditation to develop the 70 Major Chakras Ω

This 70 Chakras meditation is recommended to do sixty-six times once a day or every other day. It takes only forty-five minutes to do it and it is a very important step for developing the ninth and the tenth subtle bodies called the “Divine-Body yin” and the “Divine-Body yang” and the third Alchemical Body called “Spirit”. You can use the chakra meditation on pages 103 - 107 and then continue by repeating the same mantra until you reach the 70th chakra.





## Section IV

### Ritual to heal and to awaken the attributes and the powers of $\Omega$ the seventh Light Body Yin, the eighth Light Body Yang, the ninth Divine Body Yin and the tenth Divine Body Yang

The next step in the process of developing the third Alchemical Body “Spirit” is to heal and to awaken all the attributes and powers of the seventh, the eighth, the ninth and the tenth subtle bodies: the Light Body yin, the Light Body yang, the Divine Body yin and the Divine Body yang and to connect them to your intention. This ritual is done the same way that we did the first six subtle bodies.

We can use the same meditation that we did in the first Healing Ritual. You can contact the tree to ask permission for this journey and make sure that the river is flowing from your right to your left. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize your-self in each of the eleven triangles (symbol no’s 1 & 1A) as if you are 33 persons and ask the Archetypes of this symbol to manifest themselves around each of the thirty-three triangles by repeating the following mantra.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to heal and to awaken the attributes and the powers of the seventh, the eighth, the ninth and the tenth subtle bodies the Light Body yin, the Light Body yang, the Divine yin and the Divine yang. Next ask them to connect these powers and attributes to your intention in order to be part of your Self. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more

rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.









## Section V

### Ritual to heal, to align and to integrate the seventh $\Omega$ Light Body Yin, the eighth Light Body Yang, the ninth Divine Body Yin and the tenth Divine Body Yang

The next ritual is for aligning and integrating the seventh, the eighth, the ninth and the tenth subtle bodies: the Light Body yin, the Light Body yang, the Divine yin and the Divine yang with the six subtle bodies below and with the Physical Body. This ritual will also include connecting the Chakras of these four subtle bodies with each other and with other parts of the physical and subtle bodies. The Archetypes used in this ritual are specialized in doing this kind of sophisticated energy work.

You can use the same previous meditations to contact the tree to ask permission for this journey and make sure that the flow of the river is from your right to your left. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize yourself in each of the eleven diamonds (symbol no's 3 & 3A) as if you are 33 persons and ask the Archetypes of this symbol to manifest themselves around each of the thirty-three diamonds by repeating the following mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to align and to integrate the seventh, the eighth, the ninth and the tenth subtle bodies the Light Body yin, the Light Body yang, the Divine yin and the Divine yang with the six subtle bodies below and the Physical Body and ask them to connect their Chakras with each other and with other parts of the physical and subtle bodies. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more

rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming, communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.







## Section VI

### Ritual to develop the spirals of the Alchemical Spirit Ω

The next step in developing the third Alchemical Body “Spirit” is the creation of the four spirals and the ball of energy. As I mentioned in parts I & II, the creation of these four spirals in each of the three Alchemical Body, Soul and Spirit is a very important step in developing these bodies and eventually connecting them to each other through the Alchemical marriage of the Body, Soul and Spirit.

The first spiral that we build is the spiral of the body and its location is between the first base chakra and the lower part of the solar plexus chakra. The rotation of this spiral is a counter-clockwise and the ritual that develops this spiral is done through the tunnel of the mouth.

The second spiral that we build is the spiral of the soul and its location is between the hearth chakra and the higher part of solar plexus chakra. The rotation of this spiral is clockwise and the ritual that, develop this spiral is done through the tunnel of the third eye located between the physical eyes.

The third and the fourth spirals that we build are the spirals of the spirit. The location of the third spiral is between the spleen and the left part of the solar plexus chakra and its rotation is counter-clockwise. The fourth spiral is located between the liver and the right part of the solar plexus chakra and its rotation is clockwise and the ritual that develops these two spirals is done through the crown tunnel located on the top of the head. The final shape that these spirals take is like a cross with a ball of light in the middle of the four spirals which is generated by the four spirals.

To do this ritual we can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize your-self in each of the eleven six pointed stars (symbol no's4 & 4A) and ask the Archetypes of this symbol to manifest themselves around each of the eleven six pointed stars by repeating the following mantras.

## EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY

Next ask the Archetypes to build and develop the spiral of the body. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to advise you if you need more rituals to complete this work before you do the other rituals through the tunnel of the third eye and then through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.









## Section VII

### Ritual to activate and to connect the four spirals $\Omega$ and to generate the ball of energy

---

Our next step in developing the Alchemical “Spirit” is to activate and connect the four spirals and to generate the ball of energy between the spirals. This is done by visualizing yourselves as three persons passing simultaneously through the three tunnels of the mouth, the third eye and the crown of the head and by doing the three rituals at the different places at the same time.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize yourself as three persons and place your backs against the trunk of the tree and ask the tree to take you to the tunnels of the mouth, the third eye and the crown of the head. Next pass simultaneously through the tunnels to the other sides and visualize yourselves in each of the three sets of the eleven six pointed stars (symbol no's 4 & 4A) as if you are 33 persons and ask the Archetypes of this symbol to manifest themselves around each of the thirty-three six pointed stars by repeating the following mantra.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to activate and connect the four spirals and to generate the ball of energy. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to advice you if you need more rituals to complete this work.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource your energy. After the swimming, communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.



## Section VIII

### Meditation to descend the 70 Major Chakras $\Omega$ into the Physical Body

---

The same way that you did the 70 Chakras meditation starting from the feet Chakras until the 70<sup>th</sup> chakra, you need to do the 70 Chakras descending meditation thirty-three times every other day to manifest the energy of the higher Chakras into the Physical Body. You can do the 24 chakra descending meditation found on pages 145 – 148.

The 70 Chakras descending meditation is a very important step for developing the ninth and the tenth subtle bodies called the “Divine Body yin” and the “Divine Body yang”, and the third Alchemical Body called “Spirit”.



## Section IX

As above so below Ω

### Ritual to create the Alchemical Spirit underground below your feet

In the same way that you have built and developed your Alchemical Body and Soul underground below our feet, you need to create the Alchemical Spirit, underground below your Alchemical Body and Soul. This ritual is also recommended to do seven times or as much as required.

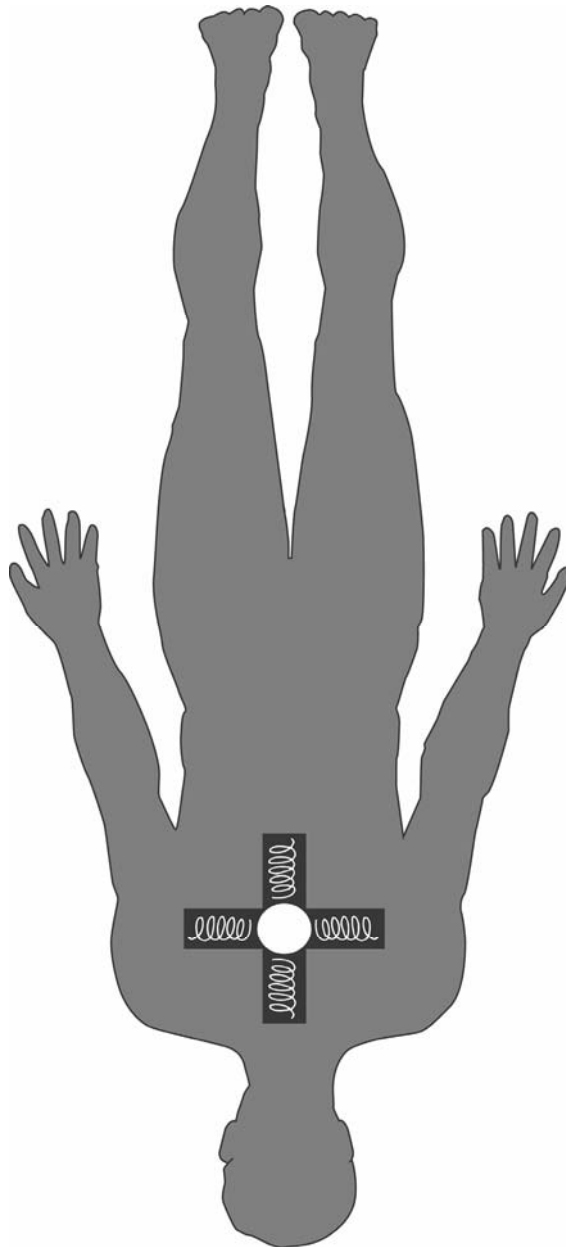
To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize yourself as three persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown. Next pass simultaneously through the tunnels to the other sides and visualize yourselves in each of the three sets of the eleven diamonds (symbol no's 3& 3A) as if you are 33 persons. Next invite the Archetypes of this symbol: Ur, the Sphinx, Thor/Volcan and the Phoenix and ask them to manifest themselves around each of the thirty-three diamonds by repeating the following invocation mantras.

#### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Next ask the Archetypes to build and develop a complete set of the Alchemical Spirit with its Chakras, subtle bodies and the four spirals underground below your Alchemical Soul and ask them to connect this body with the Alchemical Soul above (as it is shown in the Alchemical Spirit below portion of symbol number 8 B). This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you how many times you need to repeat this ritual to complete this work.

Next thank the Archetypes and ascend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.









## Section X

### **The Alchemical Marriage of the Body, Soul and Spirit $\Omega$ and the Self-Initiation of the Alchemical Shiny Red Phase**

---

Once you have completed manifesting the Alchemical Spirit underground below the Alchemical Soul you can do the Alchemical marriage of the Alchemical Body, Soul and Spirit and the Self-Initiation of the Alchemical Red Phase.

This ritual is recommended to do for three times or it could be repeated as much as required, depending on the healing rhythm of each individual.

The first step of this ritual is made by an inner journey to visit your inner tree and your inner river.

The second step of this journey is to visualize your self as eighteen persons and to do the passage to the other side of the veil which is called the “Mystical Death” experience.

The third step of this ritual is visualizing yourself standing in the middle of each of the eighteen sets of the eleven six pointed star (symbol no's 4 & 4A).

The fourth step of this ritual is to ask the Archetypes to complete the Shiny Red Phase.

Now the same way that you have contacted your tree and your river in the previous meditation do the same. Next, face the river and verify if the flow of the river is from right to left. If it is, it means that you are in the right place. If the flow of the river is from left to right, this means that you are on the wrong side and you have to pass to the other side of the river where you will find another tree.

First observe the quality of the tree and river and verify their conditions in order to check their improvements every time you work on yourself.

Next ask the permission and the help of the tree to do this journey and then proceed by visualizing yourself as eighteen persons passing simultaneously through the twelve tunnels of the mouth, the third eye and the crown of the head of the Alchemical Body, Soul and Spirit above ground and underground and by doing the eighteen rituals simultaneously at the eighteen different places at the same time.

Next visualize yourselves in each of the eighteen sets of the eleven six pointed stars (symbol no's 4 & 4A) as if you are one hundred and ninety-eight persons. Next invite the Archetypes of this symbol: Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther and ask them to manifest themselves around each of the one hundred and ninety-eight six pointed stars by repeating the following invocation mantras.

**EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Here the Sphinx who is around each of the one hundred and ninety-eight six pointed stars will offer each one of you that are in each of these stars one hundred and ninety-eight shiny red chalices with shiny red liquid in them for you to drink from. You will all drink all the liquid from the chalices and authorize the Archetypes to make whatever changes needed in your Self to do the Alchemical Marriage of the Alchemical Body, Soul and Spirit and to complete the Alchemical Red Phase and to prepare you for your Self-Enlightenment Initiation.

Here try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

Now ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do other rituals.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself.

Trusting that this Healing Process continues you may open your eyes whenever you wish.





## Section XI

### Self-Enlightenment Initiation and manifesting the first $\Omega$ part of the Philosopher's Stone

---

Once you have created the three Alchemical Bodies; Body, Soul and Spirit above ground and underground and completed the three Alchemical Phases; the Shiny Black, the Shiny White and the Shiny Red. You can proceed to the next and final step which is the Self-Enlightenment Initiation and manifesting the first part of the Philosopher's Stone.

This ritual will allow you to complete manifesting the first part of the Philosopher's Stone by making two connections first to the Light from the higher end, from the seventieth chakra and the Spirit aboveground; Second, to connect to Gaia from the lower end from the seventieth chakra and the Spirit that you have developed underground. Once these connections is made you will allow the Light to incarnate itself in the totality of your being, in your Body, Soul and Spirit above ground and underground till it reaches Gaia.

This ritual is recommended to do for three times or it could be repeated as much as required, depending on the healing rhythm of each individual.

The first step of this ritual is made by an inner journey to visit your inner tree and your inner river.

The second step of this journey is to visualize your self as eighteen persons and to do the passage to the other side of the veil which is called the "Mystical Death" experience.

The third step of this ritual is visualizing yourself standing in the middle of each of the eighteen sets of the twenty-two twelve pointed stars (symbol no's 20 & 20A) as if you are 396 persons.

The fourth step of this ritual is to do the Self-Enlightenment Initiation and manifesting the first part of the Philosopher's Stone.

The same way that you have contacted your tree and your river in the previous meditation do the same. Next, face your river and verify if the flow of the river is from right to left. If it is, it means that you are in the right place. If the flow of the river is from

left to right, this means that you are on the wrong side and you have to pass to the other side of the river where you will find another tree.

First observe the quality of the tree and river and verify their conditions in order to check their improvements every time you work on yourself.

Next ask the permission and the help of the tree to do this journey and then proceed by visualizing yourself as eighteen persons passing simultaneously through the twelve tunnels of the mouth, the third eye and the crown of the head of the Alchemical Body, Soul and Spirit above ground and underground and by doing the eighteen rituals simultaneously at the eighteen different places at the same time.

Next visualize yourselves in each of the eighteen sets of the twenty-two twelve pointed stars (symbol no's 20 & 20A). Next invite the Archetypes of this symbol Ur, the Cosmic Flower, the Grail/Golden Cup, Horus, Hathor the Sacred Cow, Lilith, the Prince/Royal Crown, the Phoenix Benben bird, Thor/Volcan, the Sphinx, the Golden Scarab, the Tree Ynnngdrasil. Next ask them to manifest themselves around each of the three hundred and ninety six twelve pointed stars by repeating the following invocation mantras.

### **EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY**

Here ask them to connect you from the higher end to the Light and from the lower end to Gaia. Once you feel that the connection is done ask them to complete manifesting the first part of the Philosopher's Stone by incarnating the Light in the totality of your being, into your Body, Soul and Spirit aboveground and underground.

Here feel the Light descending through all the Chakras and subtle bodies of the Spirit, then feel it descending through all the Chakras and subtle bodies of the Soul and then feel it descending through all the Chakras and subtle bodies of the Body. Next continue to do the same thing underground until the Light reaches Gaia.

Here try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

Now ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself.

Trusting that this Healing Process continues you may open your eyes whenever you wish.







# Illustrations

*(some of the symbols are intentionally omitted and are in the next book)*







# Poem





## Poem of Twenty-four chakra meditation

---

By: Clare Rosenfield, Poet

Attention in the root chakra  
where coccyx bone and gravity meet,  
an energy, a potential aliveness there  
ready to rise up.

A mantra awakens, activates, encourages the ascent,  
one chakra at a time, from the foundation,  
touch point with mother earth,  
up the vertical axis to the indweller seated in the origin of life,  
the place where sperm and egg may meet.

From this chakra of generative energy  
breathe upwards into the solar plexus chakra,  
center of power fire passion light,  
place of digestion, influence on clear bright eyes,  
on all organs of processing--  
liver gall bladder pancreas spleen,  
stomach digestive juices.

Next into the heart chakra, the wing to the right,  
the wing to the left, and the centermost spot,  
a triune being, this heart,  
not to be overlooked, instead to be felt  
through and through to the back of the spine.

Breathe this cumulative energy up  
higher and higher into the throat,  
front and back,  
including two other throat-related energies,  
the occipital ridge at the base of the skull  
and the back of the mouth.  
Say an additional mantra  
for clairvoyance clair audience clairsenscience.

Onward to the sixth chakra,  
the third eye between the eyebrows.  
Repeat the extra mantra for clairvoyance  
and treasure this doorway,  
this window into the inner world,  
into the discover of your tree of life,  
your inner pyramids,  
your castle of self-empowerment,  
your temple where your spiritual guide awaits you  
to help you in your life,  
landscapes upon landscapes,  
waterfalls of inspiration and multiple guides.

A few inches upward to the hairline  
where another point exists related to the sixth chakra  
and where the power of clairvoyance resides.  
Say both mantras and allow the energy to continue to build.  
You may feel it like a massaging of the brain.

Onward to the seventh chakra at the crown of the head.  
Allow it to expand and ascend at the same time,  
taking off into the air seemingly,  
yet connected to your vertical axis  
by an etheric thread,  
like another spinal column  
upon which you are landing at intervals  
to access or create new chakras  
you have not yet known or created.

To the eighth and onward to the ninth  
and then to the tenth eleventh twelfth,  
to the thirteenth fourteenth fifteenth sixteenth,  
to the seventeenth eighteenth nineteenth twentieth,  
pausing at each one, experiencing the new baby being born,  
the fetal chakra taking shape to expand your consciousness to higher realms  
and greater cosmic understandings.

Continuing to move upwards,  
seemingly impossible to track, so high it feels,  
you focus visually and mentally upward  
till even the eyes give up and the mind,  
and like a rocket going beyond the gravitational pull  
you allow the upward thrust to lift you on its own  
and stretch your sense of yourself,  
your conscious energy higher and wider,  
vaster and more intensified,  
till you may feel like you are wearing a crown,  
a huge multi-tiered crown made of innumerable blessings  
from which to shower your physical incarnation and that of others,  
your mental and emotional self and that of others,  
your soul and spirit and that of others,  
a crown of blessings to receive the music and messages of the spheres,  
to become indeed what you prayed for, a conduit for healing,  
a divine messenger,  
a blessing-giver and knowledge-bearer,  
a voice for the One,  
a child of God,  
a master of yourself,  
a living healing presence,  
a greater than yourself being,  
a force for peace in the universe,  
a power for prayer,  
an example of sacred reverential living,  
the fulfillment of your destiny,  
the actualization of your divinity within this human frame,  
within this human lifetime,  
in gratitude and openness and surrender.

**SYMBOL NO 1**



**SYMBOL NO 1 A**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**RITUAL FOR SPIRITUAL DEVELOPMENT**

**SYMBOL NO 2**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**RITUAL FOR HEALING**

**SYMBOL NO 2 A**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**RITUAL FOR HEALING**

**SYMBOL NO 3**





**SYMBOL NO 3 A**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**RITUAL FOR DEVELOPING CHAKRAS  
AND ALIGNING SUBTLE BODIES**

**SYMBOL NO 4**



**SYMBOL NO 4 A**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**RITUAL FOR ADVANCED  
SPIRITUAL DEVELOPMENT**

**SYMBOL NO 5**



©Jacques Tombazian

©Marc Bériault

Art design: Garo Tombazian

Graphic design: InfoConcept LC

**DIVINE ARCHETYPES**

**SYMBOL NO 6**



©Jacques Tombazian  
©Marc Bériault  
Art design: Garo Tombazian and Yoko Shimizu  
Graphic design: InfoConcept LC

**DIVINE ARCHETYPES**

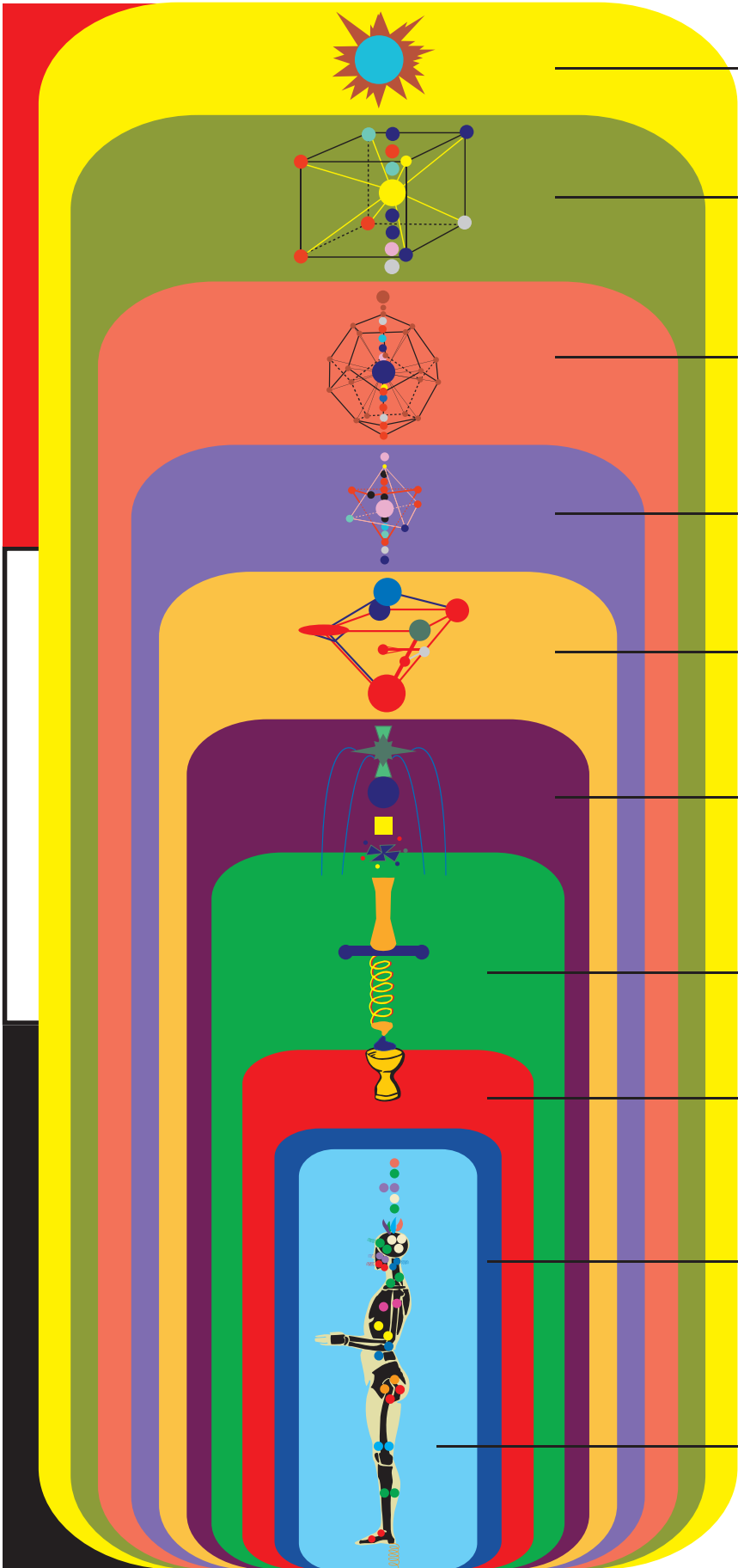
# SYMBOL NO 8

The 10 Subtle Bodies and 70 Major Chakras

ALCHEMICAL SPIRIT  
RED PHASE  
SPIRITUAL PLANE  
(YANG)

ALCHEMICAL SOUL  
WHITE PHASE  
COSMIC PLANE  
(YIN & YANG)

ALCHEMICAL BODY  
BLACK PHASE  
PHYSICAL PLANE  
(YIN)



10 th Divine Body  
(YANG)  
70 th Chakra

9 th Divine Body  
(YIN)  
17 Chakras

8 th Divine Body  
YANG (2)  
15 Chakras

7 th Light Body  
YIN (1)  
13 Chakras

6 th Cosmic Body  
(YANG)  
24 th Chakra

5 th Atmic Body  
(YIN)

4 th Spirit Body  
(YANG)

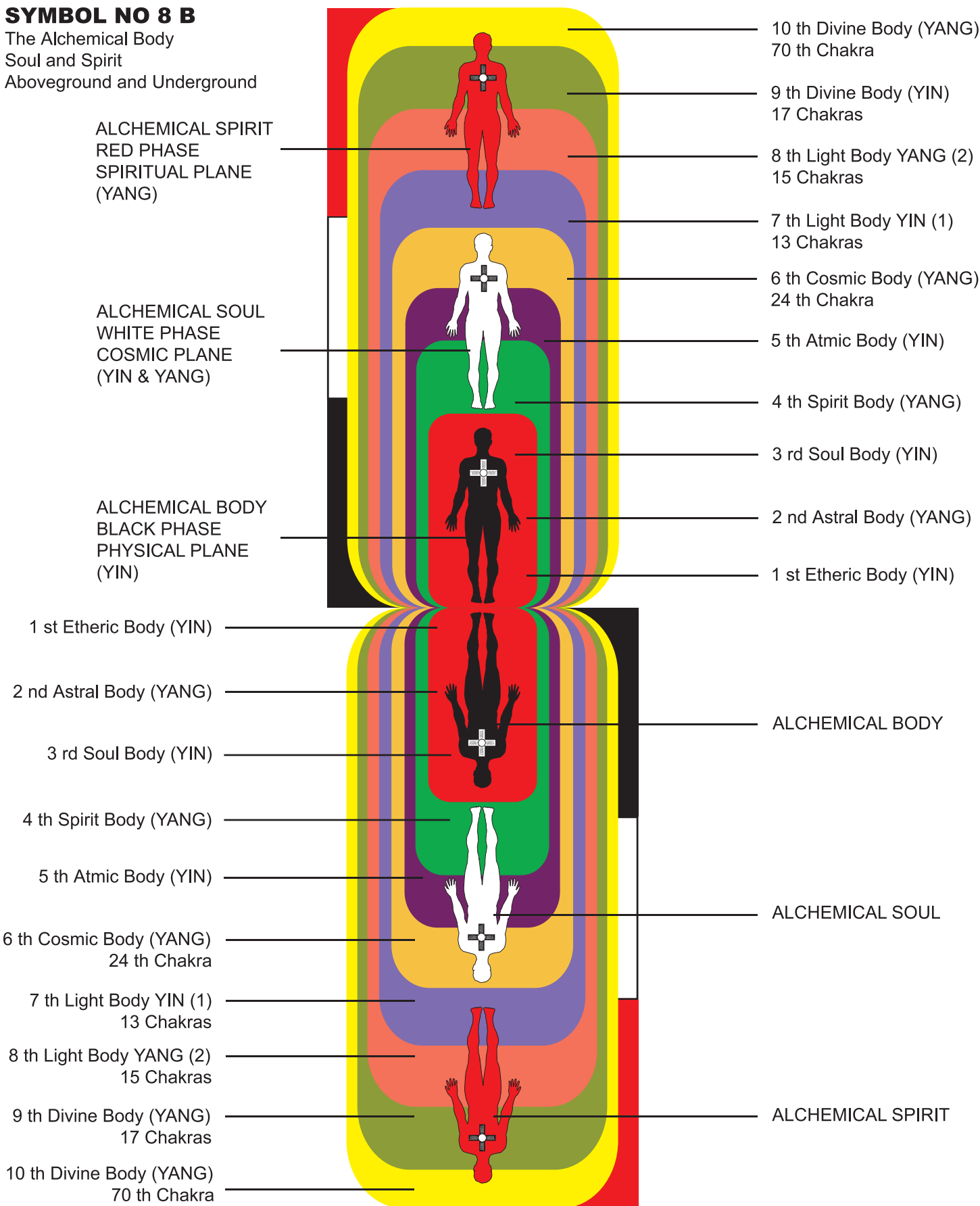
3 rd Soul Body  
(YIN)

2 nd Astral Body  
(YANG)

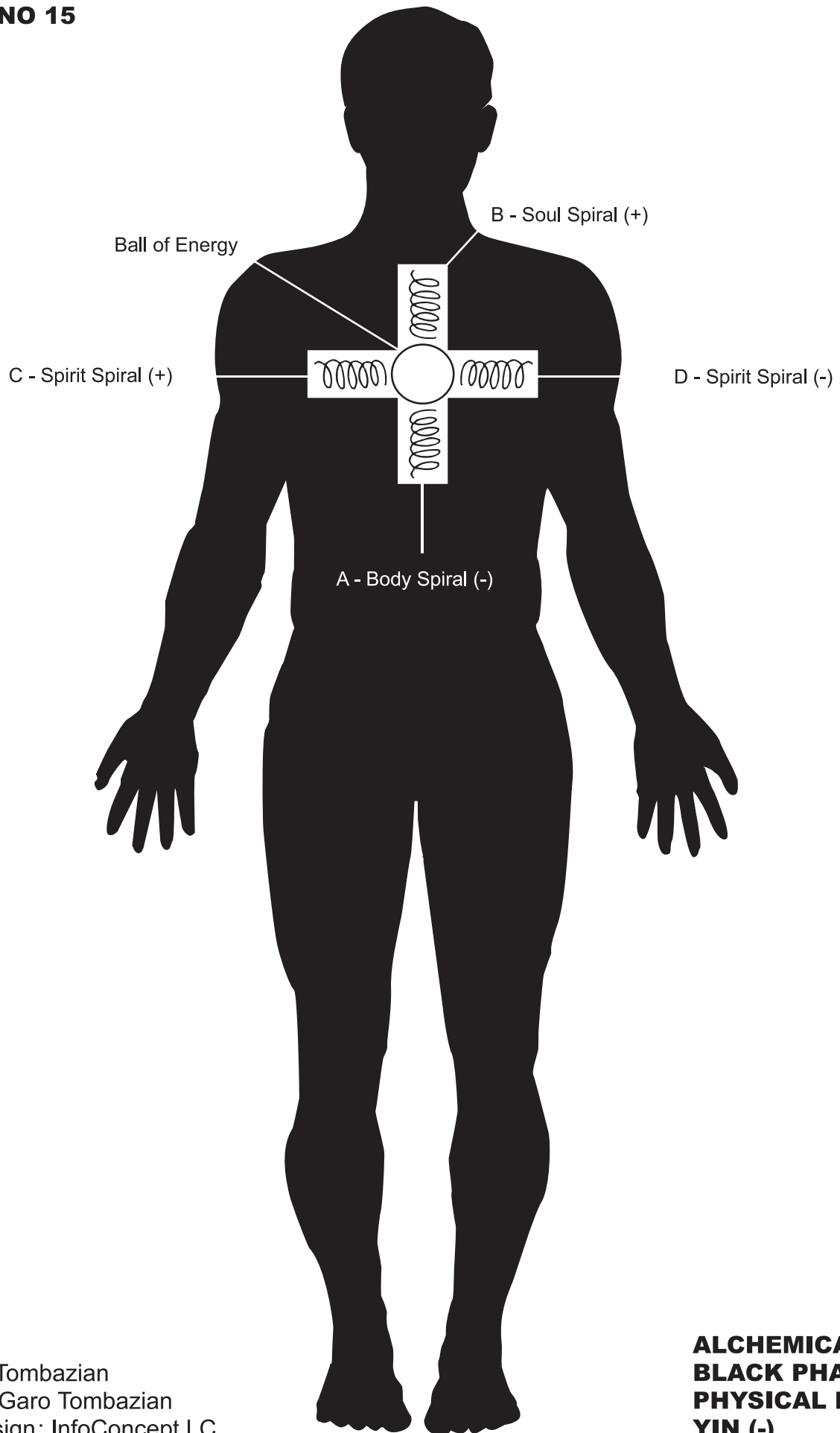
1 st Etheric Body  
(YIN)

**SYMBOL NO 8 B**

The Alchemical Body  
Soul and Spirit  
Aboveground and Underground



**SYMBOL NO 15**

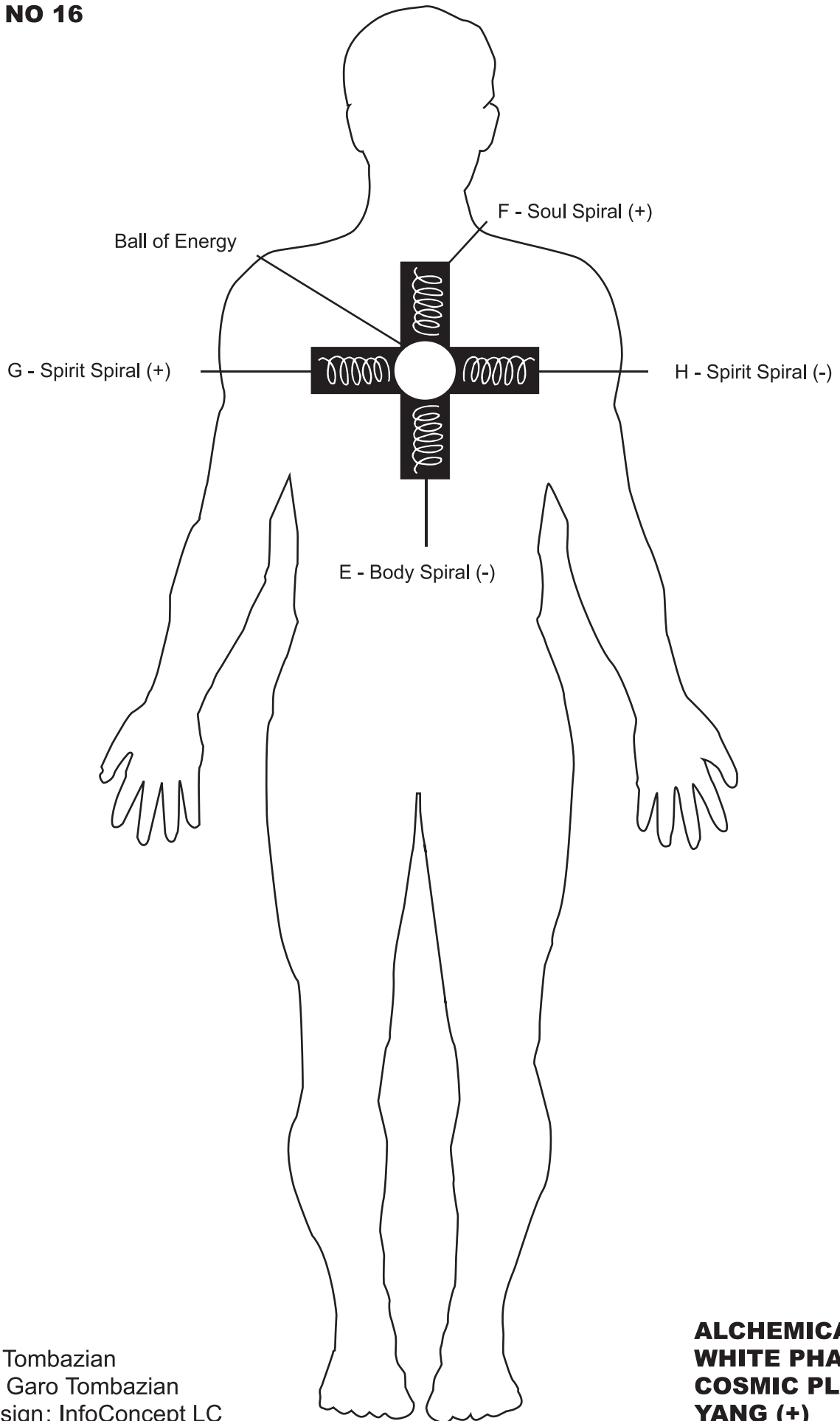


©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**ALCHEMICAL BODY  
BLACK PHASE  
PHYSICAL PLANE  
YIN (-)**



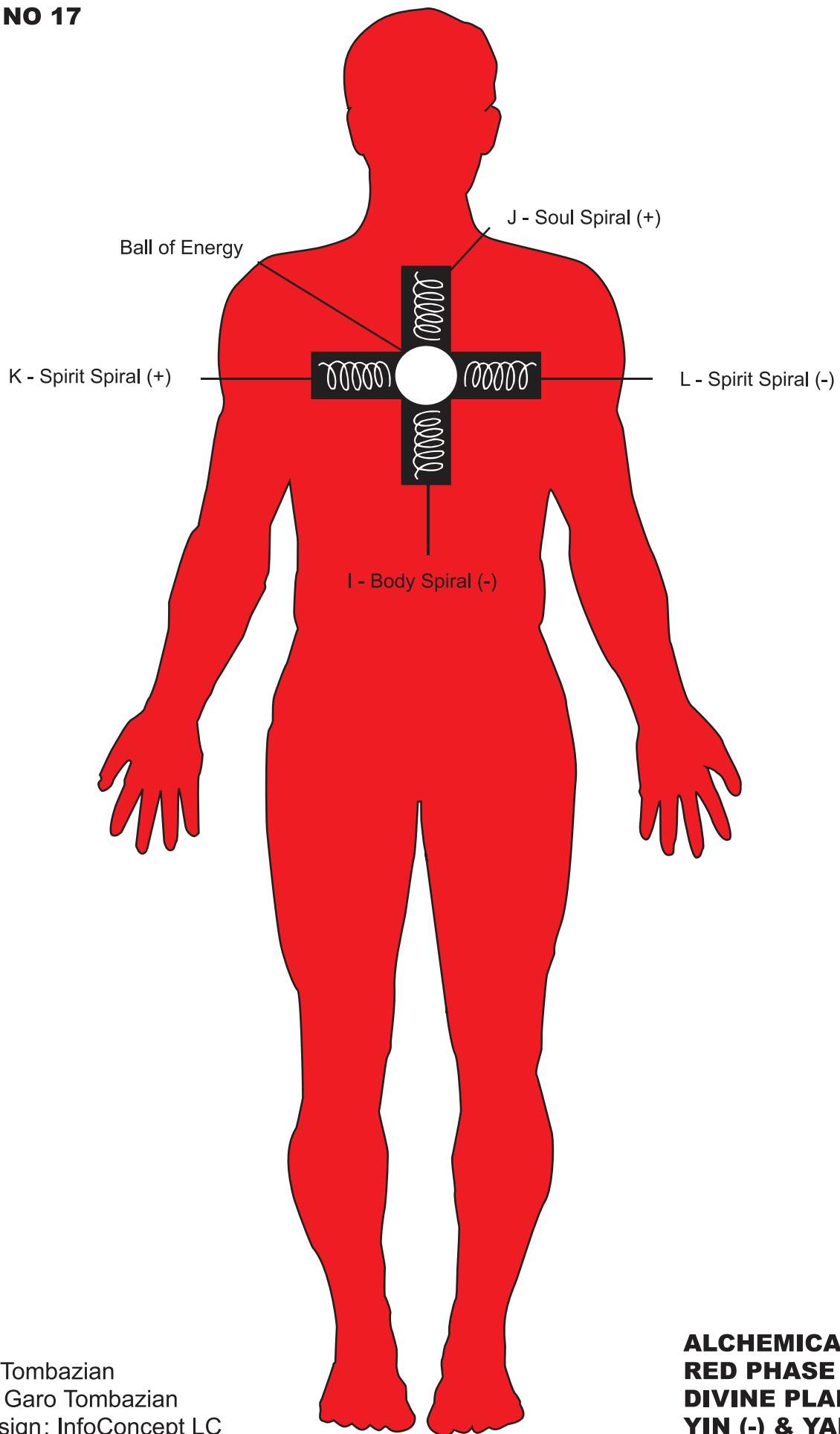
**SYMBOL NO 16**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**ALCHEMICAL SOUL  
WHITE PHASE  
COSMIC PLANE  
YANG (+)**

**SYMBOL NO 17**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**ALCHEMICAL SPIRIT  
RED PHASE  
DIVINE PLANE  
YIN (-) & YANG (+)**

**SYMBOL NO 20**



©Jacques Tombazian  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**SELF-ENLIGHTENMENT RITUAL**

**SYMBOL NO 20 A**  
Ritual for Self-Enlightenment



# SYMBOL NO 21

The Five Planes of existences  
and the Philosopher's Stone

The Alchemical Spirit

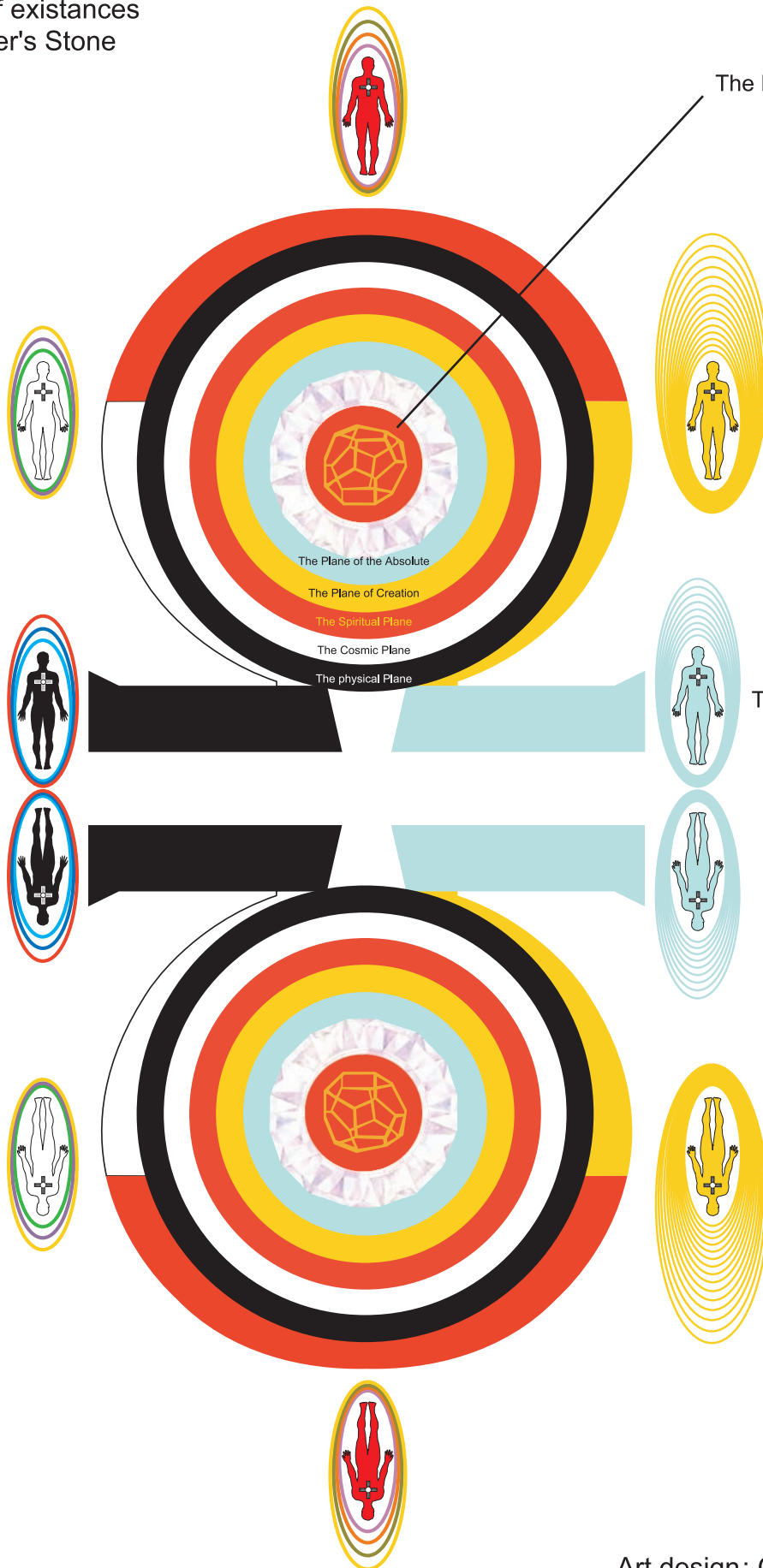
The Philosopher's Stone

The Alchemical Soul

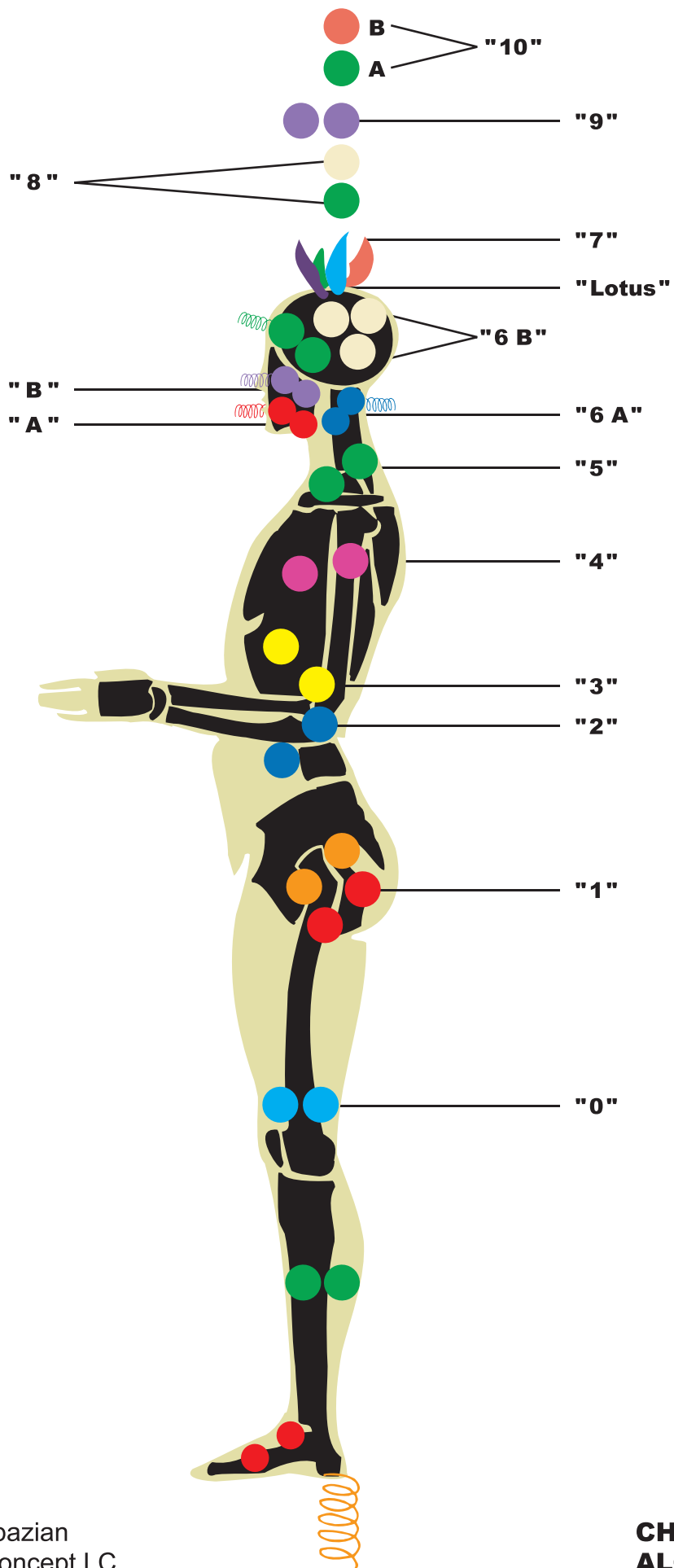
The Body of Creation

The Alchemical Body

The Body of the Absolute



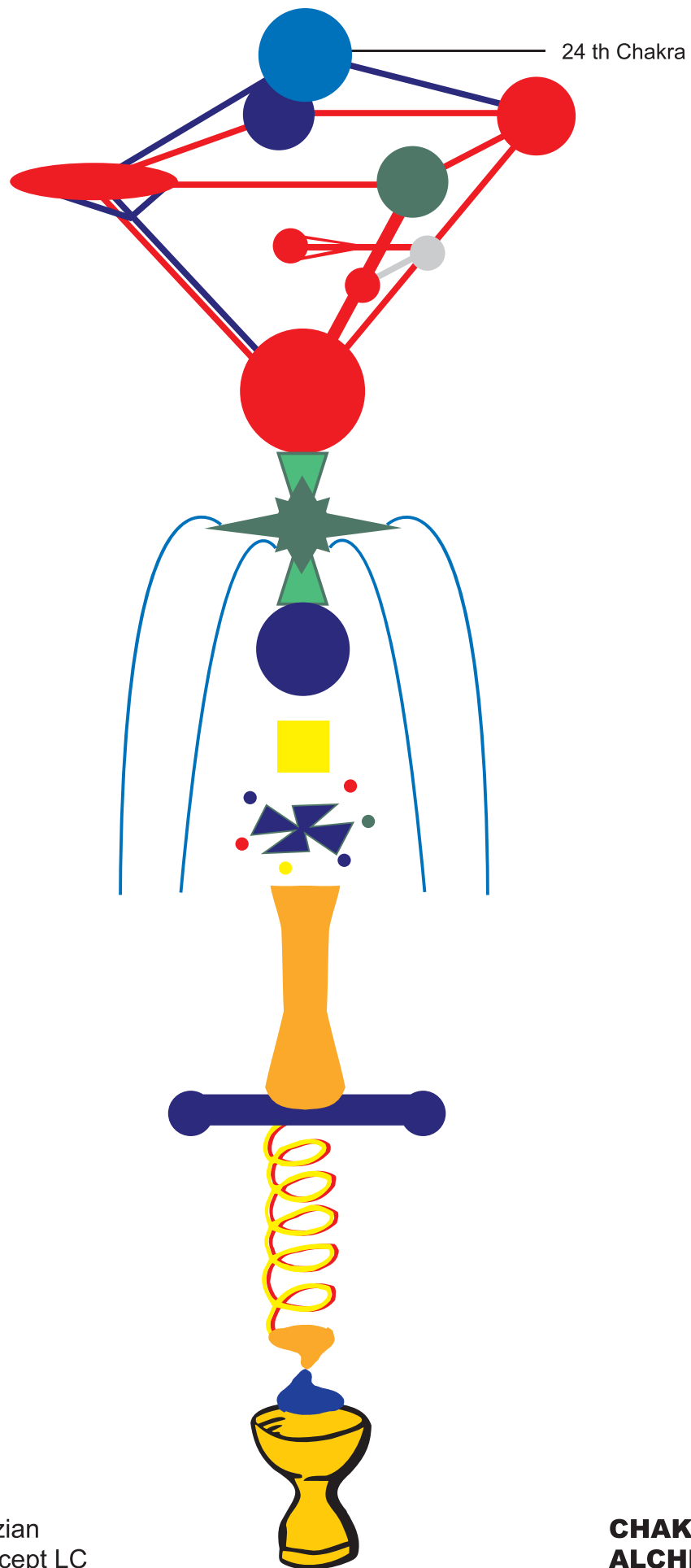
**SYMBOL NO 27**



©Jacques Tombazian  
©Marc Bériault  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**CHAKRAS OF THE  
ALCHEMICAL BODY**

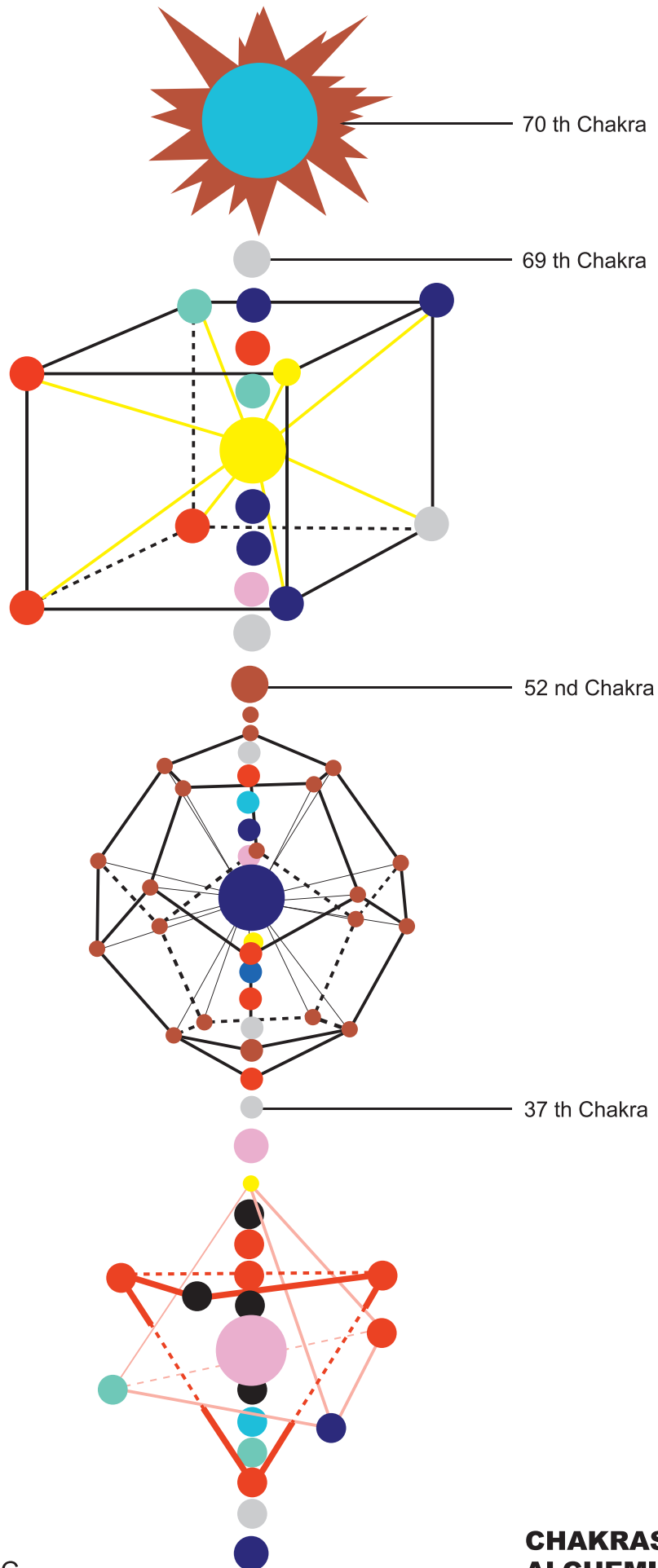
**SYMBOL NO 28**



© Jacques Tombazian  
© Marc Bériault  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**CHAKRAS OF THE  
ALCHEMICAL SOUL**

**SYMBOL NO 29**



©Jacques Tombazian  
©Marc Bériault  
Art design: Garo Tombazian  
Graphic design: InfoConcept LC

**CHAKRAS OF THE  
ALCHEMICAL SPIRIT**



**SYMBOL NO 50**

**BLACK ELIXIR**



**SYMBOL NO 50 A**

**WHITE ELIXIR**



**SYMBOL NO 50 B**

**RED ELIXIR**

