

TEMPLE OF THE HOLY GRAIL



MODULE #2 FOR FIRST ORDER EMPOWERMENTS

**ROOT CHAKRA [Part One]
AND
LONG LIFE EMPOWERMENTS
TEMPLE OF THE HOLY GRAIL**

ROOT CHAKRA EMPOWERMENT

INTRODUCTION TO SACRED WORK WITH ELEMENTAL SPIRITS OF THE TEMPLE

One complete solar year is required to prepare for reception of this Empowerment, which then may be unfolded and fully ripened. Therefore the First Order Initiate begins Root Chakra study and practices after having received the First Empowerment, with the goal of being ready to receive the actual Root Chakra Empowerment after having completed the next four First Order Empowerments and done Root Chakra practices for twelve months. The next four Empowerments are: LONG LIFE; HEART OF THE MASTER; HEALER; and PURIFICATION AND ANTAHKARANA BUILDING. The Initiate will receive the rest of the materials on Root Chakra Empowerment concurrently with those of the LITURGIST EMPOWERMENT when the next four Empowerments have been achieved and the twelve-month period of study and practice has passed. In order to complete the final part of Root Chakra and fulfill the Liturgist Empowerment, an Initiate must have achieved Apostolic Ordination in Priesthood through the Home Temple or other valid sources. The LITURGIST EMPOWERMENT, in conjunction with completion of ROOT CHAKRA EMPOWERMENT, elevates Initiates into the Grail Priesthood and qualifies them for advancement into Second Order. Training in Grail Priesthood is part of the Episcopal or Bishop training in the Home Temple as well.

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ROOT CHAKRA PRACTICES AND THEURGICAL WORK WITH ELEMENTAL SPIRITS

INTRODUCTION TO ROOT CHAKRA EMPOWERMENT

In my forties I decided to forego study, writing, and all forms of external discursive activity. Instead, I sought continually within my own Heart to know and understand the radiant spiritual reality that was being brought to birth in the human spirit.

In Theosophical vision, it has been described as the Return of the Christ--not as a single incarnate being, but as a New Humanity. This, indeed, was the vision of the Master Jesus when he spoke of the coming of the "Son of Man." Though this mystic Messianic vision was distorted by Christianity into the doctrine of a "second coming" of Jesus, it has always pointed to an emerging human spiritual milestone that is now recognized as immanent by many modern mystics.

I knew myself to be part of a transitional humanity whose spiritual work was to bring the New Humanity to birth within our incarnate selves. We are spiritual midwives to a higher, more psychic, more developed aspect of our Root Race that we, in later incarnations, will be born into. We are in the first stages of becoming the Autogenes, the Self-Born One.

Through many years of spiritual work, I had already developed strong powers of exorcism, lucid dreaming, and other *siddhis*. But now my goal was to integrate and anchor the Higher Nature, which I knew only through states of meditation, into my ordinary mind and personal self. Or, as the Mother Mira Alfasa had said, to transform the very cells of my flesh.

This was not to be accomplished through an ancient or medieval form of monastic piety. Rather, it would develop through new forms of spiritual alchemy and tantra that I had begun to glimpse in my daily communions with the Master through the image on the Shroud of Turin. Years of academic work to reconstruct and understand the historical teachings of *Mar Yeshua*, the Master Jesus, and my close apprenticeship with a great Fifth Degree Initiate, my teacher Mother Jennie, had prepared me to contribute to the development of these new forms of spiritual practice. It was time for me to begin.

I undertook many years of long retreats to sacred places I had discovered at Mt. Shasta and Mt. Whitney, with a series of pilgrimages to powerful wildernesses like the Grand Canyon, the Olympic Forest, and locations in the Rocky

Mountains. There I made conscious contact with elementary and elemental spirits of nature. I also received advanced interior guidance and many forms of initiation from the Masters Jesus, Hilarion, and others.

During the latter part of this period, I was guided to work with a highly intuitive sister Bishop, without whose company I could not have made achievements in theurgical operations with microcosm and elementals. I developed yogic powers within my body, through which I was able to control weather and other aspects of the "outer" elemental world.

All of this was accomplished through years of extreme agony, trial-and-error, and deep interior pain from the never-ending attack of devolutionary forces that exist in the human noosphere and are, by nature, opposed to the spiritual evolution of humanity. Major spiritual growth is that way, I found. It hurts, and it is deeply opposed by invisible natural forces.

In 1988 I was guided to do the special and extremely dangerous work that earned me the title "Grailmaster" and resulted in the establishment of the Temple of the Holy Grail. I emerged from this work depleted and battered. It was only after all this that I was taught how to truly protect myself (First Empowerment) and how to bring myself back to radiant health and longevity using microcosmic powers (Long Life Empowerment). Both of those teachings came telepathically and in lucid dreams through an incarnate Tibetan Lama sent to me by Hierarchy.

Since then, although I have been severely attacked by powerful dark forces that few people ever encounter, my protection has never failed, and my health has been excellent.

Though I had to sacrifice, experiment, and endure years of vicious psychic attack in order to finally earn what I call the Root Chakra Initiation, my experiences enabled me to blaze trails and create viable interior maps for Templar Initiates. Those who do the Temple Empowerments will undoubtedly experience some of the opposition that I had to overcome, and the synergy of major psycho-spiritual growth generated in the First Order will result in periods of agony and bliss.

But now, when Templar Initiates undertake the Initiatic Work, they will always have the protection provided by First Empowerment and the Eggcore of the Temple. They will be able to follow well-defined interior maps and trails, and even take them to greater heights, without trial-and-error and experimentation. That is why Hierarchy brought this form of the twenty-first century mystery school into manifestation.

Root Chakra Empowerment is the quintessence of First Order. Once an Initiate has constructed the protective Aquator of the First Empowerment, he/she is able to proceed directly into practices that would normally be dangerous without physical guidance from a Guru or a Master.

We do have a Guru--the Master Jesus. But his guidance is telepathic, and it is mediated through other Masters and Chelas. When we operate the Heart of the Master Empowerment, we seek to draw as near to the Master's inner circle as possible in our current spiritual cycle of development, so that we can maximize our ability to accept the Divine Guidance he mediates to all disciples.

This enables us to take what we gain from T:.H:.G:. Empowerments and not only ripen them, but move our achievements onto an even higher level--for the sake of humanity, the planet, and all beings. That is why the Master Jesus said, "What I do, you also shall do; and *even greater things*. For the *Ruah-ha-Qodesh* (Divine Mother Spirit) will teach you all things."

THE TEMPLE TALISMAN OR "SACRED ROUND"

The Sacred Round or Temple Talisman you received bound in silk must never be untied. If it ever comes untied, do not allow it to open, but rebind it with pure silk thread doubled twice for strength under guidance of the Grailmaster. It must always be kept on your altar in a sacred and safe way, and is to be worn around your neck at the physical location of Heart Chakra in a pouch for certain kinds of practices. Otherwise it is to be left undisturbed on your altar. It is NEVER to be touched by anyone but an initiated Templar, and preferably only by you. If someone else touches it, immediately cleanse it with smoke from Eucalyptus incense, or confer with the Grailmaster for a remedy.

The Temple Talisman is your long-distance link to the Temple and the *Sang Real*. By means of it, after proper study, preparation, and ripening of given practices, you can receive valid Empowerment Transmissions under occult conditions without physically travelling to the Temple. The Talisman creates a physical-etheric link with the Temple that allows you to work psychically (astrally) and noetically with all circles of the White Robed Lodges. It greatly intensifies protection for your physical body while it sleeps and you work in the astral. It protects and accumulates the Holy Grail Blessing for your home area. It is a potent tool for reception and transmission of all sacred healing, blessing, and evolutionary energies empowering the numinous aspects of your Priestly work in the world. It greatly facilitates meditation and contemplation of all kinds, as well as spiritual practices and their cumulative effects and benefits.

ELEMENTAL BEINGS AND THE EGGREGORE OF THE TEMPLE

For the purpose of Root Chakra work, the Sacred Round is the tool you will use to invoke, communicate with, and work with the Holy Grail Elemental Beings. These include Salamanders, Sylphs, Undines, and Gnomes--as well as many other species of Fire, Air, Water, and Earth Elemental Spirits--geographically linked to twenty-two sacred places of the Coast, Cascade, Sierra, and Rocky Mountain ranges of North America, as well as sacred places of Italy, Spain, Portugal, Africa--including Madeira and the Canary Islands, remnants of the

ancient continental island of Atlantis--with warrants from the Devas and angelic rulers who oversee their work and development.

Other Holy Grail Elemental Beings include LEONGREAL ("Lay-ohn-grey-ahl"), the Grail Lion Egggregore and Kerub of the South created for the protection of Templars by the Masters who oversee the Temple work; the Grail Ox or BOOSGREAL ("Boe-ahs-grey-ahl"), which is the powerful Egggregore and Kerub of the North created by the Grailmaster and Grail Spirits using the vital force of tens of thousands of buffalo slaughtered over many generations by plains Indians at Head-Smashed-In Buffalo Jump near Calgary, Alberta; and DRAKONGEAL ("Dra-kone-grey-ahl"), the Winged Grail Serpent and Egggregore of the West created by the Grailmaster from the vital force of huge male and female Diamondback Rattlesnakes entwined *in coitus* that he was forced to kill to protect his children, then taught telepathically to potentize by Masters of the Temple who had provided the serpents for this sacred work.

At the Altar, the Grail Priest(ess) stands in the East as the Primal Elemental Being and Kerub, Whom we know as Christ-Melchizedek, with Leongreal at the South, Drakongreal at the West, and Boosgreal at the North. Kabbalistically, each Elemental Being is a manifestation in the World of Malkuth-Asiah of the Divine Kerubim described by Ezekiel, each of which is a manifestation of one of the four letters of the Divine Tetragrammaton, the Name of God:

יהוה

INTRODUCING THE TEMPLE TALISMAN TO YOUR ELEMENTAL

Your Elemental includes your physical body in all seven planes--Earth, Water, Air, and the four fiery ethers (Chemical, Vital, Luminous, and Reflective) that constitute the Auric Egg. Like the *gamatheius*, the Sacred Round can be worn in a pouch over the Heart. It is in this auric center that deep communication occurs between the lower and higher worlds, from this center that the energies of Blessing are sent forth into the world, and in the radiance of this center that physical matter can be impressed and expressed--that is, "known"--to the higher worlds in you.

Each time we wear the Sacred Round, it is held in the right palm placed over the Heart with the left palm over the back of the right hand in *Nacham* mudra. The head is bowed, eyes closed, and a golden matrix visualized connecting the Talisman and the Heart. The Sacred OM MANE PADME HUM is intoned, meaning "OM; the exquisite jewel revealed in the lotus; HUM." The Talsiman is held over the Heart in single-pointed meditation for a time, and then the threefold AMEN is intoned. The Talisman is always kept in the pouch used for the *gamatheius*, which itself is placed in the silver goblet on the altar along with the pouch containing the Talisman. From this time forward your Elemental and its

First Order Empowerments: ROOT CHAKRA; LONG LIFE

First-Empowerment Mirror, Shield, and Beast are in a cooperative communion with all that the Talisman holds present and immanent for you. When you begin the Long-Life Empowerment, you will add the Long-Life Stone to your pouch and it will become part of that communion.

LISTEN TO LECTURE ON THE PRACTICE OF COMMUNION AND MERGING.
[Refer to tape: ROOT CHAKRA LECTURE #1]

COMMUNION AND MERGING PRACTICES: THE EUCHARISTIC VIEW

Divided into four types: EATING; MOVING; MEDITATING; and, SLEEPING.

EATING: ATTENTION AND INATTENTION

Conscious communion must be established and blessing mediated to elements taken for nourishment. If this is not done, and if food is taken under adverse energy currents, psychic poisons are integrated into the etheric body and the physical food carries noxious and non-beneficial magnetic fluids into the physical body. During the physical act of ingestion, the Crown Chakra is stimulated in such a way as to “open” and impress whatever noetic and psychic elements are present into the auric ethers of your Elemental--just as the throat opens to allow physical food into the stomach. You are never more “open” to influencing and transforming your Elemental--for good or for ill--as you are when eating.

“Eating” includes smoking, inhaling fragrances, drinking, and exposing yourself SUBJECTIVELY (allowing yourself to come totally under the influence, or opening totally and uncritically) to any kind of sensory stimulation--music, visual arts, scenery, ideas, images, etc.

When “eating,” one becomes totally feminine and subjective to external input--*which then is ingested and synthesized uncritically into the Elemental*. It is true that the Master Jesus taught that there is nothing coming from outside of a person that can defile him or her--only that which comes forth from the human interiors into the world can sanctify or defile a person, or that which comes “out of the heart,” a semitic idiom referring not to the deep monadic reality of a being (as with the Grail term “Heart”), but to the psychological repository of the good and evil *yezerim* or impulses that humanity must learn to discriminate--the Way of Life (the Motion to the Right of Plato) versus the Way of Death. But in speaking of the dangers of wrong “eating” we refer not to spiritual defilements, but to basic purity practices. While we cannot morally or spiritually defile ourselves by eating non-Kosher or “unclean” foods (the issue to which Jesus spoke), we can and do bring all kinds of imperil, disharmony, darkness, and poison into our Elementals by wrong eating practices. The issue is not so much WHAT we “eat” or take into ourselves, but HOW we do it.

Are we conscious and purposeful--do we use clear purpose and discrimination so that every ingestion can be spiritually empowering? Or do we simply lay back and inattentively take in whatever is there without honoring it and amping it up to the higher spiritual vibration necessary for true assimilation?

FOOD CONSCIOUSNESS: After carefully selecting foods and drinks that will be beneficial for your Elemental, they must be prepared with honoring and love. Even the coarsest food, if prepared with love and attention, can carry the highest blessing—even the *Sang Real*. Saints have prepared simple dishes for guests and healed them immediately of great illnesses because of the blessing and power they carry into the one who receives the food with thanksgiving.

The Master Paul said that whoever partakes of the Holy Communion Bread and Wine without “discerning” the Body and Blood of the Lord eats and drinks a curse unto himself. The same applies to eating ordinary food. What of the sacrifice of the living beings whose elementals you are eating? What of the lamb or chicken? What of the plant? Their lives are being sacrificed for you. They will become elements of your Elemental, and what is an “elemental” in the final analysis but Mind? Thought-in-form. So eating a banquet is really a psycho-noetic dialogue between your higher nature and “ideas” and “reflections” of the Created Worlds. To be inattentive and ignorant of this communion is detrimental to you and your Elemental. For your Elemental is like a great City of God—a Holy Community—into which pilgrims are constantly entering. You must receive these pilgrims, make them welcome, instruct them on where they may lodge and how they may act, or else you are creating conditions for disorder and chaos. Thus we paraphrase Paul: Whoever partakes of the great elemental Banquet of Life without “discerning” and honoring the Sacred Realities being ingested and synthesized merely eats and drinks ignorance and darkness unto himself.

GRACE AT A MEAL: THE EUCHARIST

The Egyptian root of the Greek Ευχαριστια or Eucharist (literally, “Good Grace or Gift”), which is a name for the *Agape*, Love-Feast, or Holy Communion of the early Christians, is an idiom found later in Coptic from the most ancient terms for the Egyptian shaman-Priest. The form means literally “returning grace,” for the basic paradigm of the Priest was *one who channeled Blessing from on High into the world and then “returned grace” by sending it freely to all places of need.*

Thus “thanksgiving” is not merely a polite “thank you” to God, the Giver of All. Rather, it is a “doing” of “thanks” *by means of giving forth into the world that Divine Grace which has been received.*

ALLEGORY: A man was in great need for money to save his failing business. Suddenly a very wealthy philanthropist gave him enough money to resolve his crisis and eventually become prosperous. The philanthropist wanted no repayment, but instead said, “Some day you will be wealthy and there will be other deserving people who need a gift or donation in order to survive. You give to them whatever you can, and by that act you will repay me.” The businessman remembered this all his life and acted upon it, and thus he RETURNED GRACE. To whom did he “return” it? To the SOURCE of all Philanthropy and Grace,

because he kept the Divine Impulse that initially came to him moving, acting, and working in the world. Thus he “returned grace.”

Thus “grace” at a meal has three elements: Acknowledgment of receiving Divine Grace, right use of this Grace, and the intention to keep it alive and potent in the world.

**O’ ETERNAL LORD OF LIFE,
WE GIVE THEE THANKS FOR ALL THINGS,
WE SEND FORTH THY HOLY BLESSING UNTO ALL WORLDS,
THE PLANET, ALL NATURE, AND ALL HUMANITY,
AND WE BLESS THIS FOOD FOR OUR USE IN DIVINE SERVICE,
IN THE NAME OF OUR OWN HEARTS.**

AMEN, AMEN, AMEN.

[Nacham]

In this attitude and intent food can be ingested. For the vital forces that are being replenished, we give thanks. But it doesn’t stop there. The elements that carry this grace are *blessed*--which means they are honored for their sacrifice and prepared, like pilgrims, to enter and become useful members of the Holy City--your Temple of the Living God. Finally, the Blessing of Divine Grace is directed outward unto all need through you--the Priest or Priestess. You daily serve need in the world, and you reaffirm your commitment to this work which you acknowledge is able to be done only by virtue of the Divine Grace that flows into you and animates you for this purpose.

In the Old Testament God it is written that God says His Grace is like the rain that comes down out of the sky to fructify all the earth. “I shall send it forth,” He says, “and it will return unto me fruitful.” Just as every droplet of rain accomplishes a purpose--cleanses, feeds, causes to soften, etc.--it finally returns to the ocean and is drawn back up into the storehouse of God’s clouds, thus “returning” to God. “It will not return unto me without accomplishing its purpose,” He declares. There are no meaningless or useless expenditures of Divine Grace, and the true Priest or Priestess know this. Thus he or she is a “returner of grace,” the ancient Egyptian term for a Priest. And this is the meaning of the Holy Communion and the Grail Mysteries.

To summarize: **Food must be prepared, taken, shared, and eaten with the Eucharistic View.**

OTHER FORMS OF INGESTION

The Eucharistic View must be expanded to include all forms of psycho-noetic ingestion where the Crown Chakra is opened and impressions, suggestions, sounds, sights, fragrances, etc. are taken into the Elemental system. One must

take all things in through careful discrimination and with consciousness and Eucharist for the grace received. What enters into one's Elemental must be blessed, honored, and introduced to the Elemental in a sacred way--like pilgrims being admitted to a holy city. Finally, the blessing must be shared, moved out into the world, and vitalized for all.

BREATHING

Special instructions on **ROOT CHAKRA LECTURE Tape #2** and Excursus on following pages.

MOVING: Eucharistic Motion or *Mudra*

One moves physically by walking, driving, passing over lands and areas. One can also move emotionally through impulses and feelings, and mentally through ideas and perceptions. One can also move in mudras or sacred postures while sitting or standing. All action and activity in life--from work and service to swimming, bathing, recreating, etc.--is a form of moving.

By describing the more obvious, concrete, and non-abstract forms of Eucharistic Motion, the student will be able to apply the principles to the more subtle and abstract cases. Needless to say, the category of "moving" covers all **conscious, waking activities**.

THE BLESSING WALK and THE BLESSING WAY

Every time you walk over the earth or its forms of concrete expression (buildings, city roads, etc.), *impress Divine Blessing into everything*. You can do this because as a human being, *you are the mediator of the higher worlds into the lower worlds*. Any person can project Blessing. But you, especially as a Priest of the Apostolic Succession--you can most specifically and effectively project, impress, express, and mediate Diving Blessing to all you touch, breath upon, look upon, call out to, or otherwise affect by being in some way present in an environment.

When you walk anywhere, do the Blessing Walk. Visualize golden radiance projecting from soles of the feet and palms of the hands downward into the earth. Every step you take leaves an ever-expanding sphere of golden, radiant Blessing impressed into all the substance you touch. Visualize it expanding and encompassing the entire area behind you as you move. Send it consciously into specific places by extending your right hand with left hand over the Heart and intoning the AUM. Transform every sound you hear into golden music, and everything you see--all that comes into your vision--leave fully impressed with Golden radiance that comes forth from your eyes and blesses all. Quietly hum or sing blessings. Greet the birds, the trees, the great Sun, the Moon, the morning, the evening, the sunrise, the night, the Stars with true honoring and joy, and

bless them all. Bless all as you walk. Do the Blessing Walk everywhere you move! Impress the land as you drive over it or fly over it. Turn the Sea golden with Love and Blessing. Bless each person you see. Leave a golden protective cross over the mangled body of every killed animal you see on the road. Send every ambulance that comes wailing down the road a powerful golden Blessing for whoever is in need.

Get the idea?

Why do the Blessing Walk? Because first of all, it truly mediates Diving Blessing into this seventh physical-etheric plane of existence. It “grounds” the higher into the lower, and it sanctifies everything. Second, it blesses and transforms your own Elemental. A very long book could be written about this. Practicing the Blessing Way wherever you move is a Bodhissatva practice that elevates your own physical-etheric vibrations better and more effectively than thousands of Communion Hosts will ever be able to do, because YOU ARE LIVING THE GRAIL. Third, this practice--done from the heart--will do more to reconcile you personally with nature spirits, animals, plants, minerals, and all elementals than any angels could ever do for you. If you do this practice as often as you can remember, it will eventually become part of your Way of Being, and you will be loved and sought out as a teacher and master for all kinds of beings--visible and invisible.

Now apply the Blessing Way to everything you do, from washing dishes to brushing your teeth. Make the Blessing more and more real in your life. Greet each person with your whole attention, honoring, and love. Smile at strangers. Commit random senseless acts of kindness and beauty.

Take the initiative to smile and speak to people.

As you learn to make the Blessing Way your whole mode of relating to everything visible and invisible, you will learn to make every act and word into a medium of Blessing. Your physical life will become one long, continuous sacrament of Blessing.

For the ROOT CHAKRA EMPOWERMENT, the Blessing Way alone can accomplish total preparation, because it eventually expands into EATING, MEDITATION, and SLEEPING.

The Blessing Way is also one of the Long-Life Practices and is fundamental to all advanced Grail Empowerments of the Second Degree (Priesthood). Establishing Blessing Way habits and practices is foundational for HEALING, PROJECTION, and THEURGICAL Empowerments.

SLEEPING

Most practices are given in the ASTRAL WORK Empowerment Teachings, but the following nightly routine must be used to facilitate ROOT CHAKRA Empowerment.

To prepare for sleep, wash hands with water up to elbows, but do not shower or wash face and eyes. Sit up in bed and make the Heptagram as described in the FIRST EMPOWERMENT Teachings while visualizing each line of the star as violet light, then the whole star as violet lines standing protectively over your body in sleep. Read something that elevates you spiritually or even meditate your way into sleep with focus on a high ideal or Teaching. When you awaken during the night, take note of dreams. If a dream seems especially spiritually significant, write a clue to it down on paper (don't try to just "remember" later--you probably won't!). When you awaken in the morning, wash face and eyes with water, do basic ablutions, and then do attunement and Iliaster meditation. **During morning attunement and meditation, wear the Sacred Round in a pouch over your Heart. After meditation, remove the pouch and replace it on your altar. Upon arising from meditation, consciously begin the Blessing Way.**

MEDITATION

The addition of certain breathing practices to regular meditation attunements as specified in the following Excursus is recommended from time to time. From now on, the Temple Talisman or Sacred Round must be worn for each morning meditation, and it may be worn for any other meditations--individual or group--you deem appropriate. Wear it for every Temple gathering on Tuesday evenings and all other Temple events such as December 31st World Peace Meditation, Wesak Initiation, Temple Empowerments, Temple Ordinations, etc.

Other practices are given for specific Empowerment Teachings, but the following is the keynote meditation practice for ROOT CHAKRA EMPOWERMENT, and it is foundational for more advanced Empowerment Teachings.

COMMUNION, CONJUNCTION, OR “MERGING” MEDITATION PRACTICE

It is possible to work with elementals other than the Grail Elemental Spirits and Eggregores only by mastering the technique of **merging, unifying, and becoming one with their matrices**. A tree, for example, is a physical-plane matrix for certain elementals known as Dryades, and a forest for Sylvesters, Dusii, and Fauns. In order to communicate with these other-dimensional beings, it is necessary to establish ego-communion with their matrices--a tree or a forest.

In a communing meditation, the personal ego-consciousness of your particular meditation engulfs, absorbs, and flows outward into a given object or matrix. How it is accomplished varies with individuals between two polarities: one who communes by “intaking” a matrix; and, one who communes by “outflowing” into a matrix. Both are actually the same process, which resembles “eating” and is accomplished through the Brahmarastra or Crown Chakra in union with Heart.

To determine whether you are an “intaker” or an “outflower,” examine how you connect Heart and Head in meditation during the *Sursum corda* of the Grail Liturgy. Is it easier for you to descend in your “I” consciousness, such that you feel your Head moving downward into your Heart, or is it easier to “lift up” the Heart energy into the Head in order to make the connection?

INTAKING COMMUNION

A. Sit comfortably at no closer than several arm-lengths from the object, which may be as far distant as a planet or star and still be apprehended in communion. But avoid too close a proximity so that subtle sensations can be discriminated from gross physical ones, like taste and smell.

B. Breathe slowly in and out through your left nostril while looking passively but intently at the object of communion (tree, etc.). Examine carefully every detail and imagine the “feel” or texture of the object. Admire, appreciate, and love the beauty of the object. Continue to breathe through the left nostril until you can begin to subtly smell and taste the object. This may take a long time. Do not be in a hurry.

C. When you have clear subtle tactile, olfactory, and taste sensations of the object, become aware of the *entire* matrix or object out of both central and peripheral vision, then “inhale” the object through both nostrils--long, slow in-breaths that are held for several seconds. While holding the breaths, close the eyes and “sense” your way into the object. With eyes remaining closed, slowly exhale, ending in a HUM. Repeat several times, then close the eyes and sit in the Iliaster meditation until you achieve ego-consciousness of the matrix.

OUTFLOWING COMMUNION

A. As above.

B. Breathe slowly in and out through your right nostril while imagining yourself flowing out toward the matrix or object--approaching closer and closer. Visualize what you see as you come closer and closer. Love, appreciate, and admire the matrix from an intimately close, microscopic point of view imagining texture, taste, fragrance, structural detail. Imagine yourself very small, crawling all over the surface of the object, and then becoming able to penetrate and mingle with the object, examining it from the inside out. Imagine yourself inside the object and expanding to take on its form and characteristics, all the while continuing to breath through the right nostril.

C. As above.

It is preferable for you to try this practice when you are alone, undisturbed, and out in nature. You will probably not achieve a full communion until you have worked many times, but it is very good to practice “minor conjunctions” with many different natural elements that qualify beauty and Divine power--sunrises, sunsets, canyons, fields, forests, flowers. **DO NOT ATTEMPT THIS WITH ANIMALS OR PEOPLE AT THIS TIME**, as the consequences could be dangerous for them and you. Work with MINERAL and VEGETABLE KINGDOMS, including water, which is the easiest matrix with which to commune (lakes, ponds, wells, seas, clouds, rain, swimming pools, etc.) As you begin to have successful conjunctions, you will find yourself able to enter into communion far more quickly and easily than you had imagined. The technique of conjunction or “merging” will enable you to draw pranic and other vital ethers from nature for healing and other purposes. **CONJUNCTION** is foundational for Third Degree Empowerment Teachings.

EXCURSUS ON BREATHING PRACTICES

LISTEN TO LECTURE NUMBER TWO.
[Cf. Root Chakra Empowerment Lecture #2]

Esoteric use of breathing technique is a special aspect of the fourfold COMMUNION, MERGING, AND CONJUNCTION PRACTICES connected with the Eucharistic View and the general category of EATING. In order to develop a correct view of these practices, we must first review the general constitution of the *chakras* or etheric centers of psycho-noetic energy flow between the physical-etheric and higher bodies.

CHAKRAS AND NADIS

The *chakras* may be divided into two, three, five, seven, or thirteen locations in the auric egg. The two major divisions are from soles of feet to heart, and from heart to the crown of the head. This corresponds to the division of Lower and Higher Triads or the mortal, reflective, lunar aspect of mankind as a created being, and the immortal, radiant, solar aspect of mankind as a divinely generated being.

The three major categories run from below the soles of the feet to the solar plexus, from the solar plexus to above the throat, and from above the throat to above the crown of the head. Of these, the middle part is called the Chalice and is the means whereby what in the West is called the Human Soul grows over many incarnations, and is the correspondence by which development is achieved in the Lotus Petals or Sahasrara Chakra in the crown of the head. The Chalice is the immortal computer that records cumulative spiritual achievements and retains divine nectars from incarnation to incarnation. As the Lotus Petals unfold, or as the tiers of the Chalice are burned away in the alchemical process of spiritualizing growth and experience, the Heart of the Lotus or the Elixir or Stone of the Philosophers is revealed. It is the allegory of natural fertilization and production of seed-bearing fruit. First comes the bud, then the flowers, then the fertilizing process in which pollen is carried to the ovary at the base of the flower, then the growth and ripening of the fruit as the flower leaves wither and fall away. The end of the process, and the final goal of all human initiations, is the ripened "fruit," and this is known mystically as the Heart of the Lotus or the Stone of the Philosophers. The person who achieves the final human initiation is *isteleios* or "perfect" (in the biblical terminology of the Master Jesus). The core of the Chalice is the Heart, by which in Temple terminology we mean *not the Heart Chakra, nor the "heart" of New Testament terminology, but the essential, immortal monadic core of one's ultimate reality. This we visualize as centered on the frontal chest midway between solar plexus and Adam's apple.* [Etheric Heart Chakra is centered outside and a bit to the right of this point--opposite in position to the

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physical organ known as the heart--although it permeates the cardio-pulmonary organs.] The three divisions can be used to raise Kundalini or the Serpent Fire by use of a hatha yoga "lock" known as a *bandha* to hold the energy above the navel level, then the heart level, then the *ajna* or level between the eyebrows ("third eye"). In the Temple we can use this technique with certain reservations.

The five divisions of *chakras* often found in Eastern systems include the centers below navel, the solar plexus, heart, throat, and the centers of the head.

The seven divisions include ROOT CHAKRA (base of spine), GENERATIVE CHAKRA (between genitals and solar plexus), SOLAR PLEXUS CHAKRA, which as the Lower Triad constitute the animal nature of humanity. The Solar Plexus is the animal brain and both generator and receptor of psychic impulse used by animals to "bluff" their and sense their way through life and by conscious or unconscious black magicians to subliminally control the will of others. It is the seat of unregenerate, egoistic animal will. It is used by adepts of the White-Robed Lodges as a medium to project Divine Will after they have gained certain interior development that insures they won't subconsciously abuse the power. SOLAR PLEXUS, HEART, and THROAT CHAKRAS constitute the Chalice. HEART, THROAT, AJNA, and CROWN or LOTUS or SAHASRARCHAKRAS constitute the Higher Triad through which the divine, immortal monadic being is able to express in order the impress and transform the animal nature. Its process of achieving this is telepathic and psycho-noetic. Before the conscious mind is receptive to interior suggestion, the animal soul experiences exterior forms of contact and initiation that finally open the conscious mental-emotional bodies to higher suggestion. When that has occurred over many human incarnations, then spiritual impulses are sent to the personal emotional and mental bodies--at first through unremembered dreams and unconscious means, then more consciously--until the personal ego has begun to expand enough that it begins to partially reflect the Higher Ego. At this point, SAHASRARA or CROWN CHAKRA becomes the focus of *chakra* energies, and when the person experiences death, the subtle bodies exit through the top of the head.

The thirteen divisions of *chakra* include ROOT, GENERATIVE, SOLAR PLEXUS, HEART, THROAT, AJNA, and seven subdivisions of SAHASRARA that correspond to the seven colors of prismatically refracted light, or the octave of physical light vibration-frequencies that create the effect known as the rainbow. Seen from the bottom up and as a result of reflection from droplets of atmospheric water (as from earth), the rainbow appears as a hemisphere, but it is in fact a circle. From this perspective the lowest vibration--Red--appears at the center of the hemisphere or full circle, with the highest vibration--Violet--at the outer rim. But viewed from above, as from an airplane, and from the opposite side as a result of refraction, the rainbow appears as a circle at whose rim is the Red and in whose invisible center is the Violet. This latter arrangement is the proper color correspondence for the seven Lotus tiers of SAHASRARA CHAKRA, which begin with Red at the lowest level and range to Violet at the

center. These seven tiers added to the other six *chakras* constitute the thirteen divisions, and the entire SAHASRARA CHAKRA is accessed and worked in its seven divisions through the MONADIC HEART CENTER in the CHALICE. In the TEMPLE we access these by means of sound. By working directly with the seven CROWN CHAKRA levels, which constitute the ANTAHKARANA or RAINBOW BRIDGE between the physical-ethertic and higher psycho-noetic bodies and senses, we also holistically attune the seven etheric *chakras* of classic yoga tradition. *We do not work to stimulate individual etheric chakras, as is done in various Eastern systems, because we haven't the time or the need to do so, and any but carefully supervised practice can be very detrimental. Therefore we warn Templars to avoid most Hatha Yoga practices other than those recommended in Temple Teachings.* There are many people for whom Hatha Yoga practices may be beneficial if properly guided by qualified gurus, but they are usually inappropriate for Templars and will upset the training and the subtle energies they are being given through the TEMPLE.

On the following pages are diagrams concerning the etheric *chakras and nadis* for reference. They are taken from CHAKRAS: ENERGY CENTERS OF TRANSFORMATION by Harish Johari (Rochester, Vermont, 1987).

In yogic visualization, the divine energy of transformation lies dormant at the base of the spine, where the three major *nadis* or channels of etheric and pranic circulation originate. These are Ida and Pingala, which coil upward clockwise and counter-clockwise around Shushumna, the central channel visualized at the center of the spine (diagram IV). These are not physical, anatomical structures, but subtle etheric channels that have some correspondence to acupuncture meridians. The three channels come together again at the AJNA CHAKRA between the eyes, where Shushumna now divides into anterior and posterior (diagram I). The anterior leads directly into AJNA CHAKRA, while the posterior leads to the Brahma Randhra, which is first seen in human anatomical development as the "soft spot" at the crown of a baby's head that seals as the hemispheric bony structure of the skull closes after a few months. This is also called the Bhramara Gupha ("Cave of the Bumble Bee" referring to occult sounds that are sometimes heard when this center is highly activated) and the Andha Kupa (Blind Well" referring to its anatomical shape), or the Tenth Gate--the Seat of Supreme Consciousness (diagram III). The seven *chakras* arrayed along Shushumna are also etheric--not physical--structures whose Sanskrit names means "wheels." Their locations correspond quite exactly to the seven main nerve ganglia coming from the brain through the spinal column and exiting at various points. It is important to remember the origin of the nerve ganglia in the brain, because each nerve bundle is a physical nexus between separate *chakras* and their "rainbow" array in CROWN CHAKRA (diagram V). In Temple practices we are able to holistically attune all *chakras* by working with CROWN CHAKRA through the Chalice Heart, which has been called the Channel of Hierarchy.

Note that there are traditional hand *mudras* associated with the working of each *chakra*, and the Priestly *mudras* we use most often in TEMPLE liturgy are those of HEART and THROAT CHAKRAS as well as the one associated with the Head (AJNA and CROWN CHAKRAS)--in other words, all *mudras* of the Higher Triad (see diagram VI). The three lower *mudras* will be recognizable from their use in combat, competitive trade, and other kinds of worldly "power" postures. But they, too, can be brought under the Higher Triad--for example, the use of the pointing index finger of right hand to psychically transmit healing love as well as exorcistic fire (using SOLAR PLEXUS CHAKRA).

Note also the three "knots" (*granthi*) that can be opened and "locked" to lift Kundalini stage by stage (diagram VII).

Ida and Pingala *nadis* or channels constitute, with Shushumna, only three of the ten major channels, and there are many more. *Chakras* are accessed by many peripheral channels, and often we prefer to work with such peripheral channels. By analogy, many great saints choose to live on ley lines from the natural "power spots" with which they work, rather than living right at those locations, because from that posture they are able to have more subtle control. For example, the great lady of Mt. Shasta, Doris (who passed out of her body many years ago), chose to live in Yreka on a ley line some thirty miles from the base of Mt. Shasta rather than on the mountain.

In the same way, Ida and Pingala are able to access Kundalini and the channel of Shushumna through balances, reciprocities, and sympathetic response. Since they originate on left and right sides of the genital organs (not to be confused with GENERATIVE CHAKRA, with which they are linked through ROOT CHAKRA) and terminate in left and right nostrils at the termination of one bifurcation of Shushumna, it is possible to use left and right nostril breathing to affect Kundalini.

The LEFT NOSTRIL carries the psycho-etheric energies known as Ida. These are feminine, lunar currents of intaking, synthesizing, maternal energy. In a man, the channel originates in the left testicle, and in a woman it originates in the left ovary. Ida is needed for healing, stability, ease in meditation, and is especially needed during the waking hours when we have a preponderance of masculine solar energy from the sun.

If you observe yourself carefully, you will find that often during the daytime your RIGHT NOSTRIL seem blocked up or somewhat closed, while the opposite is true at night. This is because your body--which is highly intelligent and must always be honored for its wisdom--is taking steps to balance the forces of Ida and Pingala.

The RIGHT NOSTRIL carries the psycho-etheric energies known as Pingala. These are masculine, solar currents of outflowing, analyzing, paternal energy.

Originations of *Pingala nadi* is in male or female right-side generative organs (testicle, ovary). Pingala is needed for purification, fiery vitality, deep intellectual discrimination and insight, and is especially needed at night when there is a preponderance of feminine lunar energies.

LEFT and RIGHT EYE also carry the respective energies of these *nadis*, such that the LEFT EYE is best used for intaking and skrying, while the RIGHT EYE for projecting and analyzing. Thus during the Conjunction or Communion Meditation when one looks at the object of communion, if one is an “intaker,” he or she should use predominantly the left eye, and vice versa. In “minor conjunction” Communion practices when one takes in a blessing before sending it forth, one “inhales” the object through both nostrils, but *looks at the object predominantly through the LEFT EYE. In the exhale, one looks through the RIGHT EYE.*

TECHNIQUE TO RAISE KUNDALINI

Kundalini is the partially latent divine psycho-noetic energy analagous to the HOLY GRAIL or *San Grael* that awaits awakening in every human being. Our goal is not to prematurely saturate the etheric web of the auric egg with fiery forces it is unprepared to contain, for then we would burn the delicate structures of our subtle bodies and destroy the potential of our current, and even next several future, incarnations. People do this with psychedelic drugs, ignorant meditation techniques, certain tantric and sexual techniques or behaviors, hypnotic techniques, cultivation of yogic siddhas, and “channeling” or other psychic dabbling.

Rather, our goal is to introduce Kundalini awareness by offering certain experiences that are to be repeated only rarely and as directed by interior guidance. We also wish to add certain techniques to the Iliaster Meditation practice that can be used from time to time.

Kundalini can be stimulated or “awakened” by use of a sphincter muscle located interior to the anus. It is the muscle that would be squeezed in order to consciously close the anal channel to keep a liquid from coming out. If this is unfamiliar, take an enema and see what has to be squeezed to keep the liquid from leaking out. That is the muscle to use. Very often children who are overcome with joy and glee squeeze their hands and at the same time this muscle to release psychic energy, squealing and shaking with energy.

When Kundalini flows in the brain channels it begins to build capillary channels between the pineal and pituitary bodies which, when they begin to make contact, create the experience of “light” or “enlightenment.” When it is raised into the SAHASRARA CHAKRA, it enlivens SOMA CHAKRA--a minor chakra within SAHASRARA--and creates a flow of *soma*, the divine nectar or elixir comparable to the Philosopher’s Stone or *Sang Real* in potency. Development of this

meditative degree results in health, longevity, and the rejuvenation of the bodily elementals as accomplished in LONG-LIFE EMPOWERMENT.

The ROOT CHAKRA is called Muladhara Chakra, and the use of this particular muscle is called MULA BHANDA, the forcing up of Kundalini from Muladhara to a point above the SOLAR PLEXUS CHAKRA where there is a natural “knot” or obstruction to Kundalini. Once the energy has been forced through, we close the “knot” to keep the energy trapped above that level, from which place it can again be forced higher through the next “knot” and again trapped--this time in the head area.

1. After CHAKRA ATTUNEMENT using sound and visualization, squeeze and hold the Mula Bhandha muscle with left palm over Heart and fingers of right hand restricting both nostrils to a thin stream of air while slowly inhaling with eyes closed and attention on the rising energy of the spine. At the end of the inhale, perform UDDIYANA BANDHA or the “flying up knot” by quickly expelling all the air through the mouth while drawing back all the muscles above and below the navel region (sucking in the stomach), lower muscles first then working upward. As you do this relax the rectal muscle completely.

2. Do this three times at your own pace, then on the fourth inhale when the breath is held, perform JALANDHARA BANDHA by pressing your chin down against your chest and slowly exhale through the nostrils, which you now continue to restrict with the right fingers. This establishes the flowing reflux of nectar or *soma* through the head and brain (it normally flows downward) and deadens the polarities of Ida and Pingala *nadis*. With chin still on chest, inhale and exhale slowly through nostrils several times until you achieve strong light in your meditation, then release the chin and continue to meditate on light.

ABBREVIATED TECHNIQUE:

Without muscle squeezing or any of the *bandhas*, simply inhale slowly through restricted nostrils, hold breath, then exhale slowly through mouth ending in HUM while focusing on the Iliaster. This may also be done while squeezing the rectal muscle on the inhale. As soon as you begin to get a clear manifestation of light, meditate normally without muscle or special breaths.

PRANIC BREATHING

Nourishment of the etheric sub-bodies (Chemical, Vital, Radiant, and Reflective) is accomplished naturally through higher communions that occur in the context of eating, breathing, and other sensory “intaking” experiences. We have discussed the fact that chewing food slowly, masticating completely, as well as thoroughly tasting, smelling, feeling the texture, and even hearing the sounds of food as it is eaten is the means through which the etheric nourishment is assimilated. People

who don't experience the subtle and deep sensory, gourmet-like aspects of food do not assimilate well on at the subtle levels, and they remain coarse and insensitive to psycho-noetic realities. The same is true of listening to music. Developing a "taste" for great music is still rare among humanity, who prefer the hypnotic rhythms and repetitive harmonies of "pop" music to the subtleties of a Brahms string quartet. But those who take the time and effort to learn music and develop a "taste" for the real gourmet banquets of sound that are available to all through recordings and radio nourish their higher and finer bodies, and they become more refined, more sensitive, more profoundly responsive to Spirit. The same holds for painting and the arts, as well as for love of nature, fragrance, architecture, the dramatic arts, poetry, literature, certain refined sports and game competitions, etc. Development of a "taste" for these things creates channels for the more effective nourishment of the etheric bodies.

When you are in the presence of something in art or nature that moves you, blesses you, evokes higher sentiments in you--perhaps a sunrise, certain music, a painting--then you can "ingest" and permanently incorporate these subtle energies into your Elemental by use of COMMUNION BREATHING technique. These energies on the Vital Etheric level are called in Sanskrit by the word *prana*, but classic "prana" is only one dimension of these forces. However, we will investigate the breath technique from the standpoint of vital prana--in this case, solar prana.

The most basic vital energy for biological and etheric or elemental life comes from the sun--not just the visible star itself, but that great Logos of which the sun is the physical-etheric body. We call it "solar prana." It is stored in certain kinds of life, such as pine needles, and saturates certain waters and airs. It is good for us to spend a certain amount of our day bare-headed under the sun because it is through the CROWN CHAKRA that solar prana is assimilated in our bodies.

To consciously take in and store solar prana for the day's work--thus to insure that you won't "poop out" by four o'clock in the afternoon--it is good to nourish yourself near sunrise with solar prana. Sunrise is the safest time because part of the technique requires *looking directly at the sun while inhaling*, and at sunrise one has the greatest thickness of atmosphere to filter ultraviolet radiation. (*Don't* intake solar prana at sunset because the excess energy will keep the body awake much of the night, and the energy is *basically negative*.)

1. Stand facing the rising or risen sun with feet slightly apart and hands held up into the "wings" in an orant posture, but with thumbs and forefingers touch in a circle, palms facing the sun. Be naked if possible. Reverence the sun, which is Tiphareth, the Christ-Sephira, and then look at it through partially closed eyelids to render its rays unharmed to the retina. (If you can get the light of the rising sun refracted through tree leaves and branches, that is good.) Slowly inhale while looking at the sunlight *but be very careful not to harm the eyes!* Look for just a split second, close eyes, open again for a split second--whatever protects the

eyes. As you inhale, visualize solar prana as a golden energy entering your auric egg through the top above the Crown and flowing downward to the bottom of the aura on all sides at the outside.

2. Hold the breath with eyes closed, and slowly release through the mouth while visualizing the golden prana circulating upward and spiraling inward from the bottom of your aura, ending in a HUM that seals the energy inside the aura, which is now filled like a cup. Do this seven times, then give thanks with arms in the *nacham* posture, still keeping the thumbs and forefingers closed, with a reverent bow to the sun.

The same basic technique can be used to ingest and take into your aura the higher etheric forces of any natural thing--beautiful, fragrance flowers, a great and sacred landscape, individual stars with which you may commune. These forces might be called "ultra-pranic," but they are the etheric nectars and blessings always available to those who can perceive them. Like divine fruits in the unseen Garden of Eden that is our true but invisible environment and home, they are there to be harvested, eaten, and assimilated by spiritual workers in flesh.

BREATH IN CONJUNCTION PRACTICES: SEXUAL LOVE

As pointed out in the earlier section on Communion, Conjunction, and Merging Meditation Practices, one who tends to be an "intaker" uses Ida or LEFT NOSTRIL, and one who tends to be a projector or "outflower" uses Pingala or RIGHT NOSTRIL breaths to potentiate the proper flow of psycho-noetic forces.

After one has become proficient in Conjunction Practices (at least six months), and if one is married or has a deep, long-term spousal relationship with another, a CONJUGAL MERGING PRACTICE may be established using breath. The man and woman sit upright in *coitus* (woman on man's lap facing him), and the man breathes slowly through RIGHT NOSTRIL while woman breathes through LEFT NOSTRIL for three breaths (inhale nostril, exhale mouth with HUM). They then make love to a point of high arousal, then again sit in the upright posture. This time, the man breathes through LEFT NOSTRIL and the woman through RIGHT NOSTRIL four times. They lie down apart from but facing each other and look into each other's eyes until there is no longer a sense of arousal. They then sit facing each other--woman in East, man in West--do three Iliaster breaths, and meditate on the Divine Iliaster. This is a method working towards the activation of SOMA CHAKRA.

Warning: Normally do not meditate for a few hours after sexual intercourse as the conditions created by ejaculation and orgasm make the aura "brittle." It is easy to "crack" or open up the protective outer radiance of the auric egg by moving the Kundalini too quickly up the Shushumna soon after having concentrated it at the Generative and Root chakras. However, the exercise described above if done without orgasm can be very beneficial.

ALL THE BREATHING TECHNIQUES DESCRIBED IN THE SECTION ARE RELATED TO THE GENERAL CATEGORY OF “EATING” OR “INTAKING,” THUS WORK THROUGH THE “INHALES” OR INBREATHS, WITH OUTBREATHS BEING MERELY “LOCKS” FOR RETAINING WHAT HAS BEEN BROUGHT INTO THE ELEMENTAL BODIES.

EXCURSUS:

THE DEGENERATION AND RESTORATION OF TEMPLE THEURGICAL GNOSIS IN WESTERN MYSTICISM

That which human culture carries on as historical religious and occult traditions is an increasingly distorted degeneration of Divine Theurgical Gnosis--what Blavatsky and others termed the Ageless Wisdom or Theosophia. Theurgical Gnosis is natural, intimate, and completely practical understanding of one's place and powers in Divine Hierarchy on all levels of activity--Divine or Monadic Reality and created, reflected, or psychic planes of existence. The full unity of Macrocosmic Humanity and the psychic or microcosmic human individual is represented in the diagram reproduced below, which is also emblematic of the Mage engaged in the highest forms of Divine Theurgical Science. This is also the diagram mentioned by de Palatine in one of our archive tapes referring to God-Man and Man-God. It is reproduced in Levi's TRANSCENDENTAL MAGIC:



THE GREAT SYMBOL OF SOLOMON

The Gnosis of the Mage is unknown to all but the Mage him- or herself, but the distorted image of the *Theos Aner* or “Divine Man” has existed throughout history as a stimulation to folk-tale and literary fiction. Pseudo-adepts who sometimes were successful in exercising the most rudimentary powers over obsessing elementals, or witches and sorcerers who used simple psychic, pharmacological, and hypnotic principles for what was perceived as material power and gain, played their parts to the hilt. Like Casanova, who only partially believed in his art and used it mainly as a tool of deception for seduction and gold, all reputed “magical” adepts have nurtured an egoistic mystical inflation--an astral-mental “glamour” or self-created “grand delusion” that has actually been the main spiritual product of their endeavors.

Indeed, the planetary noosphere is polluted with powerful, ancient Eggregores created by the elaboration and perpetuation of these grand delusions, such as the Solomonic and Faustian cycles of “magick.” On an even greater scale, the noosphere is polluted with the Eggregore-automata of the world religions, including illusory images of God, Buddha, saints, apostles, and what-have-you. These are the group elementals or emotionally-enlivened thought-forms created in human consciousness by the “traditions of the elders” and the “teachings of men” that have always opposed the Divine Work of true saints and avatars, and today they invisibly oppose the Divine Theurgical Gnosis of initiated Templars.

When masters refer to the Jewish, Islamic, and Christian “God” with seeming atheistic irreverence, they speak not of the Eternal Self, but of the humanly-created God of monotheism. This Eggregore is no different than those other human psycho-noetic creations of ancient times named Zeus, Jupiter, and the rest. They were kept alive by the vital energies offered up in ancient times through human sacrifice, and in later times by animal-killing and group liturgies of worship and adoration. The Christian deity has alternated demands for more sublimated forms of vital energy (martyrdom, asceticism sacred to the hellenistic form of the Jewish God) with the holocaust of holy war and human slaughter--which have been carried on in the names of the Gods of Christianity and Islam throughout history. Among Jews, Christians, and Moselms, there are several Eggregore Gods--some of the more ancient forms still active and quite blood-thirsty.

By the same token, the occult histories of these religions has produced an astral menagerie of demons and fallen angels with specific names and powers falling into at least two main categories by the time of the medieval European grimoires and “books of the spirits”: the Hellenistic Enochian systems (there are several); and the so-called Faustian cycle originating with Agrippa, Pseudo-Agrippa, and the *Heptameron* (Peter of Abano), constituting what E.M. Butler has referred to as the Heptazonic systems of infernal grand dukes, supreme chiefs, princes, electors, etc. The former underlies the Kabbalistic derivations (*Semiphoras*, *Schemhamphorus*), the latter amplifies the Kabbalistic lists with those of ancient

Babylonian, Hebrew, Arabic, and other semitic demonic names. Angelic hosts are confused or enumerated with “fallen” angels and various kinds of demons.

Enochian tradition dating from pseudepigraphical Jewish sectarian apocalypses of the last two centuries before the Christian era attributes the origin of human knowledge of arts and sciences to the wisdom of fallen angels, just as the Genesis story of Adam and Eve traces many of them to the tainted generations of Cain. How different this is from Egyptian Osirian tradition, which regards all the arts and sciences as gifts of Divine Gnosis from Isis, often through Thoth (Hermes Trismegistus)!

The evil attribution of many arts and sciences is a bias of nomadic culture (Abel the husbandman is good, Cain the farmer evil), while the valuation of all human technology by the Egyptians is the natural consequence of a settled, agrarian culture. Proto-Hebraic nomads were driven away from their encampments around the agrarian city of Ur by restrictive legislation still preserved in Hammurabi’s Code, as a consequence of which early Hebrew legends preserved in Genesis tell of God (or Gods--Elohim) confusing human languages to keep the proud technicians building the Tower of Babel from reaching up into heaven’s secret knowledge. The idea is that it is impious to know too much. Indeed, the great sin of the Hebrew Adam or Mankind is partaking of the Tree of Knowledge, for which he is expelled from Paradise!

Within the intertestamental Jewish Wisdom traditions, however, there develops a great respect for the “secret knowledge” revealed to saints by way of the feminine aspect of Godhead, Who tests and tries her disciples before granting revelation. These and other Gnostical traditions stood in exact opposition to the “traditions of the elders” of Judaism, and they formed part of the basis for the Messianic Teachings of Jesus.

THE SINGLE NATURE OF CHRIST AND HUMANITY

But Christianity expelled as heretical those who took seriously the *gnosis* of the Master Jesus, who was now regarded as a god quite unconnected with humanity, and who must be worshipped. The monophysites of Egypt and others, like Arius, who understood the essential humanity of Jesus, knew that following the Master’s path was an *imitatio Christi*, that is, apprenticeship to divine mastery. They knew that Jesus was conceived and born in essentially the same way as all humanity, in spite of the mythological propaganda of “virgin birth” and finally “immaculate conception” of his mother propounded by Roman Catholic advocates of the view that Jesus had two natures--human and divine--unlike all other people!

The ancient Gnostics, however, held to the spiritual truth that HUMANITY AND DIVINITY ARE OF ONE ESSENTIAL NATURE, that humanity descends into

matter from DIVINE HUMANITY or what de Palatine calls the God-Man and Hermes calls the Son of God, and that we each contain within our invisible bodies the tracings, remnants, and spirillae of that descent into matter which we may awaken and galvanize into the kind of activity that brings Divine Reality into this world of maya and illusion, which is ruled by the dark one whom Master Jesus called the Prince of this Aeon, which is the shadow-self of humanity.

For this reason we of the SANCTUARY OF THE GNOSIS perform all Divine Operations, including the Blessing, with the *one, single pointer finger of the Right Hand*. When we transmit Blessing, for example, we curl the last three finger down and hold the pointer finger upright (the thumb is also upright). But the Roman Catholics and all other Christian advocates of the dual nature of Christ give the Blessing with pointer and middle fingers upraised, consciously indicating the dual-nature Christology, which is a denigration of humanity and a clear statement of a theoretical discontinuity between human and divine.

In the sixteenth century Ficino translated the Corpus Hermeticum for the Medici family, and the Hermetic tradition was quickly established in medieval Christianity. This high Gnostic tradition was somewhat Platonized in transmission and somewhat distorted in the medieval European apprehension of its beauty, but was a revalidation of the Cathari and Templar Christology held only in secret Rosicrucian societies and privately among Templar Initiates. The Borgia Pope, whose chambers in the Vatican are preserved with magical, talismantic Hermetic paintings, secretly practiced the monistic gnosis of Hermes, but after his death the Vatican did everything it could to eradicate the heretical idea that Man and God are One. Through the Inquisition they tortured and burnt at the stake such adepts as Giordano Bruno, who sacrificed themselves to bring the truth to humanity. This, coming after the massacre of Cathari, religious wars against Frederick II Hohenstaufen of Germany, crushing of the Templars, and wars against Protestants, forced all dissenting initiatic groups of Europe to remain underground and secret simply to survive. Only with the rise of secular power of the bourgeoisie and the establishment of the "revenge" Templar orders in Freemasonry leading to the fomenting of democratic and anti-monarchic revolution in the eighteenth century--all over the ensuing three centuries--was the Gnostic Christology able to survive.

After the French Revolution, the "underground" Gnostic streams, many of whom held valid Apostolic Succession from Johannite mystics of the twelfth century Templars, were able to emerge from hiding, and Bishops like Fabre-Palapat established the current GNOSTIC AND TEMPLAR APOSTOLIC LINEAGES by means of French and English Gnostic ecclesiastical traditions. These were soon joined by others who established the EPISCOPI VAGANTES or non-Roman, non-Eastern Orthodox, non-Anglican valid (but heretical) Apostolic lines of Europe and England that were finally brought together in all their separate streams into the ORDER OF CORPORATE REUNION by Mar Georgius of Glastonbury, who also passed on to de Palatine, who passed on to Boyer, who

First Order Empowerments: ROOT CHAKRA; LONG LIFE

passed on to T:H:G:, all the warrants and authorities of the PANSOPHIC RITES synthesized by Yarker at the Grand Masonic Lodge of London in the late nineteenth century, encompassing the major European secret societies of the Rosicrucians, Illuminists, Templars, and Ultra-Masonic Rites. Thus the GNOSIS has been preserved for us.

LONG LIFE EMPOWERMENT

VIEW

Because our Work is *incarnational*--bringing the high, invisible Divine Life down into the tangible, visible physical-etheric universe to facilitate the spiritual evolution and sanctification of all "created" or reflected reality (all "sentient beings")--and because we must both act and experience through the lower mental, emotional, physical, and personal vehicles natural to this environment in manifest form, the quality of our biological lives in flesh is important to the Great Work and for the benefit of all.

THE IMPORTANCE OF LONG AND HEALTHY LIFE

The length of personal life is vital. As we progress higher in the root races, we have an increasing accumulation of human incarnational experience that must be integrated into the harmony of an ever- more complex and growing human soul. Thus an *increasing length of time is required in each incarnation* to recapitulate the ontogeny of the soul before the incarnate personality is able to act and experience through an integrated modality.

C. G. Jung rightly considered the third and fourth decades of a personal life--ages thirty through the forties, which was a complete life-span of earlier human generations--to be the period when twentieth-century persons were able to achieve psychological "individuation." The Mother of Agni Yoga observed that it is not until about age forty that what is within a person is connected enough to the physical body to begin manifesting itself in the features of the face. In fact, it is only after a cycle of seven times seven solar years has been completed that the incarnate personality can have a fully prepared constitution for the highest works of Theurgy, and it is usually only after living half a century that he or she has been able to realize and actualize true wisdom in life of the sort that is worth studying and transmitting. For this reason the hellenistic Jews of Jesus' time reserved the honorific titles *rab* ("great soul") or *rabbi* to religious teachers who had attained the age of at least fifty years--a monumental accomplishment in itself for those times!

If we study the image on the Shroud of Turin (which is the face of the historical Master Jesus), we will see why he could be called Rabbi, and even by the Magdalene called Rabboni ("My Dear Great One"). This is the tough, grizzled, and strikingly magnificent face of a holy man *aged fifty or more*.

As the Mahatma letters to A. P. Sinnett pointedly observed, the faces of masters are not smooth and effeminate like those of European dandies. They are the tough, experienced faces of spiritual heroes. Isaiah 53 speaks of the Suffering Servant of God who grows up like a tough plant in a barren desert, having no "beauty" that "we should desire him," and who bears the marks of disease and affliction overcome through grit and perseverance. Such is the life of a shaman or shamaness able to heal the people because he or she carries the keys to victory in the very *auric currents*--hard-earned healings and empowerments that can be transmitted to those willing to persevere and well prepared to receive them. For every master is **self-made** by virtue of the *Communio sanctorum*, *sangha*, or Divine Hierarchy and is thus a "first-fruit" whose essences and fragrances stimulate and encourage all the others to ripen. We say "by virtue of" the community of sacred servers because it is through their collective invocation and sacrifice that the "first fruit" is empowered to ripen, thus bringing a ripening to all others who are prepared.

What a pity it would be that, when one had finally achieved the very beginnings of true wisdom and spiritual service, the life would be cut off by heart attack, disease, cancers, or other "glitches" in the human body! Just as a vehicle had finally been made that could carry and "ground" Divine Life into the earth-life, it would burst like a bubble and all physical benefit would end!

For this reason, adepts like the Comte De St.-Germain used alchemical substances and developed specific Kabbalistic and theurgical practices for achieving length of life. This was not because they were afraid of death or wanted to extend their pursuit of earthly pleasures. Rather, it was in order to preserve intact the wisdom and knowledge it had taken so many years of earthly, incarnate experience to synthesize so that it might be passed on to others, and it was in order to continue and complete their parts of the *Magnum Opus* that hadn't unfolded in their own consciousness until they had reached their forties and fifties. Living teacher to student, master to apprentice--this is the process through which all culture is passed from human generation to generation, and as St. Paul asked, how will the Teachings be spread if there are no teachers?

Manly Hall's Philosophical Research Library in Los Angeles possesses a triangular original manuscript of the Comte De St.-Germain entitled, *La Magie Sainte Revelee A Mose*. It was in the possession of French Masonic orders for many years before it was brought to New York by A. L. Moret in about A.D.1810.

This is a book of Kabbalistic ceremonial magical techniques that were "recovered in an Egyptian monument and carefully preserved in Asia under the Device of a

Winged Dragon,” or the *Wyvern*, whose likeness appears on the cover with the title. The manuscript appears to have been written about A.D.1750 specifically to an advanced student of the Comte, for in it he tells him that he will have the privilege of performing “marvels” that two other students named Beros and Sanchoniaton were not given. St.-Germain goes on to say that he will give this student the code to the ciphers in which the manuscript is written so that he can do three things: find artifacts lost in the sea since the days of Atlantis; discover mines of precious gems and metals; and, “*to preserve the health and prolong the life to a century and over with the freshness of fifty years and the strength of that age.*”

Since there are accounts of St.-Germain’s appearances in European society from later than a century after he wrote *La Magie Sainte*, and it seems that he must have been quite mature when he produced the writing, it is possible that he extended his life and health to the age of at least one-hundred-fifty years or so. Legend has it that he was much older. We reproduce a translation of this book in the Appendix.

We strongly suggest that you purchase, read, and study the information known about St.-Germain in *Comte De St. Germain* by Isabel Cooper-Oakley (Theosophical Publishing House, 1912, 1827, 1985; ISBN #0 7229 5146 9). She brought together diary notes and entries of European nobility who personally knew and had interactions with the Master. You can learn about his dietary habits, politics, and many other clues to his longevity.

My teacher, Mother Jennie, lived to the age of ninety-seven years in excellent health and with all faculties. She accomplished her most significant beneficial work and teaching after the age of ninety. Because many of her internal organs had been crushed and partially damaged in an accident with livestock on a farm while she was in her thirties, Jennie was known to her friends as “the creaking gate” and not expected to live a lengthy life. She seemed too frail and sensitive. But nearly a whole generation before she left the body, all her friends and relatives had died. If Mother had not lived into her nineties, I would never have been initiated into the Divine Gnosis she taught me, and you would not be reading these words.

The choice to continue living and working in the physical body when one is old and all one’s friends and associates are gone, and when one is unappreciated and seemingly blocked from doing the work one knows (as Jennie was before I met her), is a sacrificial choice. When one knows the bliss that awaits, the release from the irritations and pains of physical old age that will come by leaving the body, then to continue in service is indeed sacrificial.

It takes long, healthy life with all faculties intact to produce high spiritual masters, and humanity now--more than ever before--needs such teachers able to demonstrate not only in words, *but in power and in deeds*, the Ageless Wisdom.

Thus length of life, as well as vitality, health, and as full usage of all faculties as possible is essential for those on the path of mastery in the Temple.¹

THE NATURE AND POTENTIAL OF THE PHYSICAL BODY

Modern medical science has shown that aging is not a genetic program. The human body is designed to keep itself vital, healthy, and serviceable for perhaps far more than just one century. The reason most people age, lose vitality, and die is UNTREATED DISORDER IN THE SYSTEM LEADING TO FATAL DISEASE. In other words, the physical body is a plastic, renewable vehicle capable of long and useful service given three basic foundations: good karma; preventative and curative maintenance; and, protection from catastrophic injury.

Good Karma

All of us carry karmic consequences and limitations. While one adept may be able to prolong life for well more than a century, another may work very hard just to remain well unto the age of seventy. We can accept and ripen the Long-Life Empowerment only under the limitations of karma.

However, it is possible to dissolve and reconcile ripe karmic conditions (usually from previous lives) in divine service, or ripening karmic conditions (usually

¹ EXCURSUS ON EASTERN AND WESTERN GNOSIS

It is also significant that St.-Germain's introductory remarks to *LA MAGIE SAINTE* indicate the techniques described were then being preserved, guarded, and probably practiced "in Asia under the Device of a Winged Dragon," i.e. possibly by Chinese or Tibetan monks. This points to the secret fraternal relationships that have existed between Eastern and European mystics ever since the time of the Knights Templar as well as much further back through Byzantine and even Pythagorean traditions. Indeed, one of my university students did an excellent comparative study of Basilidean Gnosis with Brahminical wisdom of the first few Christian centuries and was able to find volumes of parallel material.

We have accounts of the Gymnosophists ("Naked Philosophers") or Hindu Brahmin community established in Egypt at the time of Jesus, and one historian tells us of the Brahmin who leapt to his death into the brilliant holy fire of the Eleusinian Telesterion centuries before that. Somewhat contemporary with Gautama Buddha, Pythagoras made his spiritual pilgrimage to India at an even more remote time (as did his hellenistic spiritual protege, Apollonius of Tyana, in the first Christian century). There has been no separation of Eastern and Western for advanced initiates from remote antiquity.

Some students have suggested that the Grail Teachings are ultimately Tibetan Buddhist in origin because we use modalities like the Empowerment, which appeared in Tibetan tradition after the time of Padmasambhava. But Padma brought his modalities from India, where there were not only Buddhists and Brahmins, but Gnostic and Kabbalistic communities. "Empowerment" is an English term familiar to most through contemporary Tibetan Vajrayana practice, but the modality itself is ancient and Egyptian, Druidic, Semitic, Christian, Islamic as well as Hindu. One merely has to remember Elijah passing his "mantle" to Elisha, or Tat (Thoth-Hermes) "giving birth through the Logos" to an initiated "brother" in Trismegistic tradition.

created in the current life) by means of yogic purgatorials--as did Milarepa. Thus ripening in the Grail Temple Purity Practices is foundational to Long-Life Empowerment.

Some of us enter into incarnation with a spiritually-determined life-limit in order to prepare for another incarnation soon after the end of this one, such as certain Tibetan Rinpoches have done in the recent decades of bringing the Dharma to the West. Others of us pre-determine a sacrificial death-time before karmic limitations in order to prolong life in the astral body, for the purpose of serving as a link between monadic and earthly consciousness of incarnate workers, such as colleagues like Bishop Michael, Mara, and Richard have done. Even others may change plans in mid-life-stream and take an early death for reasons of service related to events in the stream of planetary evolution too complex for those of the human initiations to foresee.

If such a person as the latter were to have received and ripened Long-Life Empowerment, then chosen early death, he or she might offer the physical vehicle to another very old master seeking a vital body for the completion of work that his or her natural vehicle was too vitally weak to properly perform. In this case, the old one would appear to die during the time that the young one was very ill. Then the young one would recover. Only a few close brothers and sisters would know what had happened.

Preventative and Curative Maintenance

The body is a holon of holonic systems, and it is plastic and malleable because it is ever growing and replacing body cells. Some cells (certain neural tissues, etc.) are difficult to regenerate, but bones, muscles, tendons, glands, and others grow very quickly. The cornea of the eye grows faster than asparagus, and epithelial cheek cells as well as epidermal skin cells slough off and are replaced daily.

Through specific meditational work with THE ELEMENTAL (our name for the physical-etheric bodies), it is possible to facilitate, potentiate, and optimize growth function at the cellular and tissue level. In other words, to amplify "healing," rebalancing, or rectification of somatic function. This can be done as preventative or as curative practice. *But it is always done in consultation and cooperation with professional medical practitioners, and with especial respect for Western medical opinion.*

If one has a dangerous malfunction like high blood pressure, the first effort must be to seek medical help to control it. Uncontrolled, it can severely damage the whole body. If medicine is needed, then it must be blessed, welcomed into the Elemental, and the Elemental must do its best to "learn" what the medicine has to teach. The Elemental must also learn how to maximize the smallest possible dosage of this medicine, and how to do without it as soon as other corrective

practices have been ripened--such as weight loss, exercise, salt-reduction, Zone diet, etc.

The condition has been overcome when the Elemental can operate under acceptable blood-pressure limits without medication, or under minimal dosage (if karma requires). The karma that leads to the condition has been reconciled when the malfunction itself returns to normal *as well as other conditions that contributed to it*--such as imbalances in blood-fats, glandular secretions, etc. This may be a long-term effort involving dietary and yogic practices.

The most important aspect of this foundation is PREVENTION. This involves diet, exercise, Temple Purity Practices, and the basic Long-Life Practice that must be done every morning with meditation.

Protection from Catastrophic Injury

In addition to common sense and life-skill, it is necessary for the Grail Initiate to carry out the higher and more interior aspects of First-Empowerment protection. This means "maintaining" the Mirror, Shield, and Beast Aquastor at least once yearly on the exact New Moon (the one following Wesak is especially good for this), and seeking special counsel from the Grailmaster for specific techniques that will enhance the etheric reflex protective mechanisms as need arises. It is well to be aware when currents give temporary advantage to dark forces, or when one is going to become a special target because of potent work--such as that of Samhain.

The greatest vulnerability comes through INATTENTION. When the Master D.K. stepped with his left foot upon an etherically poisoned cloth left on the steep Himalayan path his enemies knew he would climb, then received a powerful and unexpected shock to his system that caused him to lose balance and fall over a cliff, temporarily breaking bones and spirit as well, he was inattentive to the silent Voice that warned of danger. BE ATTENTIVE! But when you are temporarily harmed by the dark ones, know that it will pass quickly. You have the power of healing, of the Divine Future, of the Holy Grail, of all Hierarchy, and of the Grail Community of Brothers and Sisters in flesh with you. All this is the power of Divine Love and Christed Humanity for, "Lo! I am with you always!"

"LIFE TO A CENTURY AND OVER WITH THE FRESHNESS OF FIFTY YEARS AND THE STRENGTH OF THAT AGE" Comte De St.-Germain

At the end of a cycle of seven times seven years, a human being has either crystallized into a spiritual cadaver of whom the Master said, "Let the dead bury their dead--but you, come and follow me!" Or the person has kept a grip of faith on the Ariadne's thread that leads from the maze of life back unto the Gate of Life from which the Soul entered this incarnation, and which is able to guide it

back Home while yet within the maze itself. Only those of the latter category will offer themselves as candidates for higher spiritual instruction, and of these, *some* will seek the higher Empowerments. Again, of these, only some will persevere to ripen them. Those who succeed will be the spiritual masters and teachers of the future.

The Long-Life Empowerment will keep one's body with the "freshness" of forty years *if the person has kept that freshness in his physical vehicle unto the fiftieth year*. It will not rejuvenate one's body to a younger state, as certain alchemical substances are supposed to do. It will merely preserve the health and vigor one achieves, or has potential to achieve, at the end of the forty-ninth year. For most of us that means sexual vigor, freedom from arthritic or other aging pain, a mind at the height of its powers, well-functioning yogic and meditative skills, reasonably good vitality that can be enhanced through pranic practices, and an attractive, dignified appearance.

But if we have had the wisdom to maintain dietary, exercise, and yogic practices through our thirties and forties that bring us into our fifties from a position of radiant health and strength, then we can expect to maintain what we have earned for the equivalent of what might be regarded as another complete incarnation (perhaps fifty years or more) without an intervening death or debilitating illness. In all this we develop the continuity of consciousness already brought to our fiftieth year and gain wisdom and occult skills far beyond the imagination of most humans, and we serve invisibly and far more effectively than could ever be known in human terms.

The Long-Life Empowerment is the gateway to deep occult service and the development of all the higher latent human faculties.

THE LONG-LIFE PRACTICES

The powers within one's own flesh developed through the Long-Life Practices evolve into those necessary to receive the Healing Empowerment (working with angels), Root Chakra Empowerment (working with elementals), Evocation and Projection in the Iliaster Empowerment (working with Divine creative manifestation and AUM), and the Astral Worker Initiation (a special Empowerment leading into the Second Order Priest-Adept degrees).

Self-healing and spiritual purification is the gateway to these powers, as the Master taught, WE MUST FIRST STRUGGLE SUCCESSFULLY WITH THE INNER EVIL BEFORE WE CAN OVERCOME THE EVIL OF THE WORLD; THUS WE SHADOW-BOX AND BUILD OUR INNER STRENGTH BY FAITHFULLY OVERCOMING EACH TEST. (X.45)

DID I NOT TELL YOU THAT WHEN YOU HAVE MASTERED THE INNER NATURE, YOU WILL HAVE MASTERY OVER THE OUTER? (XII.44)

WHEN YOU COMPREHEND, THEN WILL YOUR INNER NATURE RULE OVER THE OUTER NATURE. (XII.57)

RECEIVING THE EMPOWERMENT

The Empowerment opens up a direct and sacred channel between one's monadic individuality and one's physical flesh in the cellular matrix so that the body's vibratory or "reality" level can be skillfully raised by small increments to make all systems more intelligent, harmonious, and able to achieve self-transformation. This is the "new, powerful, and sanctified flesh" referred to in the Anamnesis of the Grail Liturgy. Ultimately this is the flesh created in the bodies of true saints that does not easily decay or decompose after physical death, and that gives off the "odour of sanctity" long after normal human cadavers have gone putrid.

This sacred channel must be used daily in a special meditation practice, and the health and vigor of the physical body must be maintained through diet, exercise, medical analysis, and esoteric purificatory and pranic practices explained in this section and on the accompanying taped lectures.

Transmission of the Empowerment is done by increments over one lunar cycle, from New Moon to New Moon, by means of the Long-Life Stone. This is a small quartz piece that has been incubated with the Sacred Round that carries the actual Energy of Empowerment. This Round was blessed, authorized, and

returned by mail to Grailmaster and Grailmother by Lama Gangen Rinpoche for use in the Temple under whatever ripening practices the Grailmaster might design. It was activated as a Transmission Talisman over two lunar cycles intercepting Samhain by being worn over the Grailmaster's Monadic Heart Center while he drew the Empowerment through It in daily Long-Life Practices until he felt empowered.

The modality of receiving Transmission by use of the Long-Life Stone is as follows: **Place the Stone in your pouch containing the Temple Talisman on the exact time of a New Moon. DO NOT ALLOW ANYONE ELSE TO TOUCH THE STONE! Keep it in a dark place until the time of its initial usage. Begin the Long-Life Meditation Practice on the first morning following the New Moon wearing the pouch over the Monadic Heart Center. The Stone may be kept permanently in the pouch with the Talisman, or it may be removed at any time after the next New Moon. (If removed, never remove from its silken wrapper.) Once the lunar cycle has passed with establishment of the morning practice, you have received Transmission.**

You may "incubate" other small, rounded quartz Stones for yourself as "backup" by keeping them in physical contact with your Stone beginning on an exact New Moon for one complete lunar cycle. A small wooden box is preferred for the incubation, and the Stones must be kept out of sunlight and completely wrapped in purple silk for the entire cycle. Take Stones out only at night, and keep all unused Stones dark and wrapped in purple silk. Do not let anyone handle them other than the person intended! Be certain you first wrap the Stone in red or purple silk before exposing it to sunlight or using it. Only Initiates of T.:H.:G.: are able to use the Stones. A stolen Stone, like all Temple tools and Empowerments, cannot work for one not properly initiated and authorized by the Grailmaster and/or Grail Mother.

THE LONG-LIFE MEDITATION PRACTICE

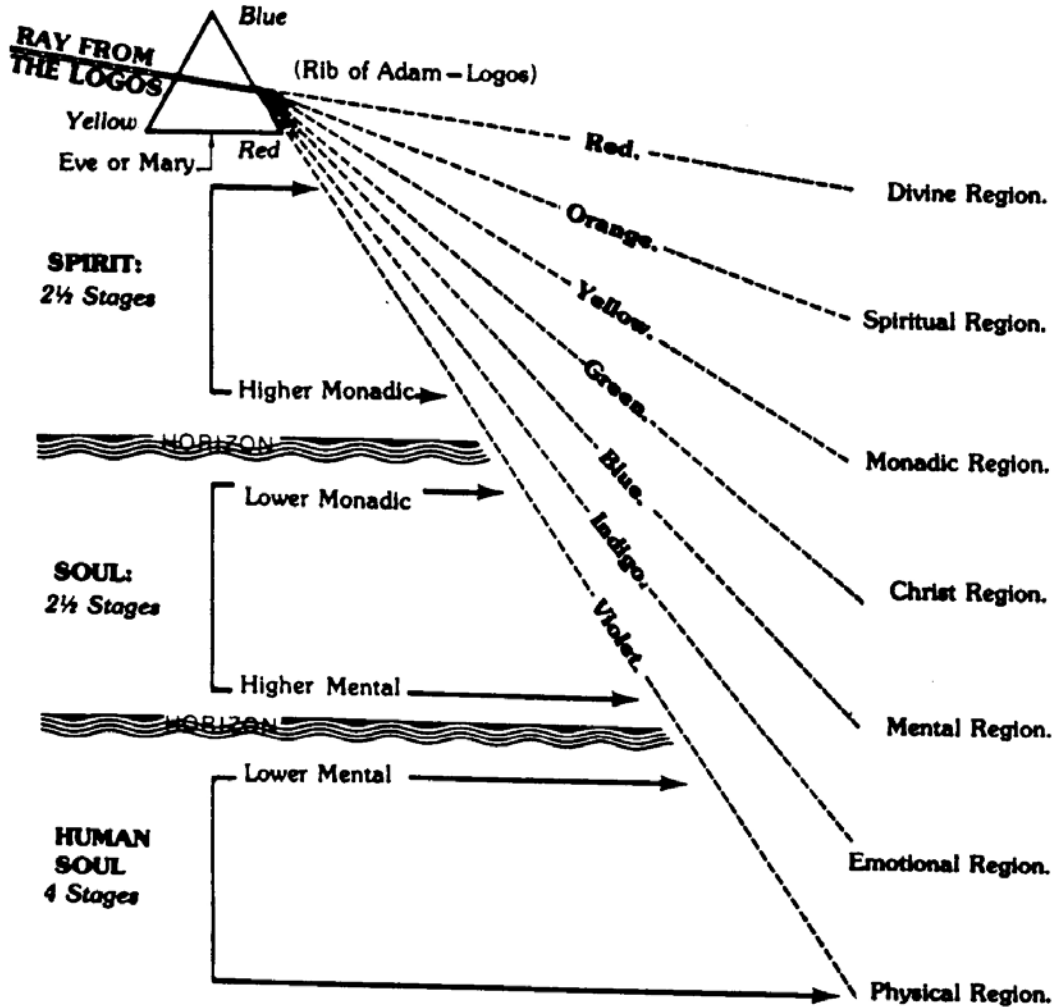
The following practice must be done daily during morning meditation for the rest of your physical life. It is done for the first lunar cycle when the Empowerment is being received, and well as from then on in life. It requires only two minutes, *but if you don't do it daily, rhythmically, regularly, you will allow the subtle Sacred Channel to close and the Empowerment will dissipate. Even if you have to miss an occasional morning meditation, always find time to do the Long-Life Practice once daily before going to sleep for the night!*

After chakra attunement and before Iliaster meditation, place your left hand over your Monadic Heart Center with thumb and first two fingers pointed in a triangle toward the Throat. Place your right palm directly over the Solar Plexus. With closed eyes, visualize one large eye about 18 inches in diameter and three feet in front of you. The pupil is brilliant golden, and the entire iris is of a very fine-grained, electric, and radiant violet.

When you have formed the visualization (you may also use a visual aid—the THG Long-Life Eye), inhale deeply through the nostrils and slowly intone the A-U-M on the note F# (if possible), paying special attention to the radiant violet of the iris. When you are halfway through the intonation, your mouth will have closed on the “M” so that all sound is coming through your nostrils. While continuing to intone the “mmmm,” change the visualization to a view of your flesh and aura completely permeated with the radiant, electric violet light. Hold this until you run out of breath for the intonation. Then inhale once more through the nostrils while visualizing a golden column of light coming from infinitely high above you down through your Crown, into your Heart, with the golden radiance flowing from your Heart through left hand and arm, across shoulders, and out across the right arm—which should now be extended outward to the world, pointing with the forefinger in the Grail Blessing mudra. Intone a second long A-U-M sending the golden Grail Blessing out unto all need, while visualizing the golden radiance completely permeating your flesh and aura as well as outpouring from your right hand.

DYNAMICS: The iris of each eye has a reflexological relationship to all somatic tissues and organs. The Eye Mandala is a simple means of accessing one’s own entire cellular structure with the Divine Violet Light. The Golden Light is a balancing power, but the Divine Violet Light is the modality in which Divine Light acts in physical matter. (See diagram on next page from the Duc De Palatine’s book entitled, *YOU AND REINCARNATION*.) We use Violet Light for all modalities in which Divine Healing and Evolutionary Power (Light) is extended into physical matter. The Use of the Golden Light or Grail Blessing is for psycho-noetic balance after treatment, and it permeates you *only as you send it forth into the world*.

THE MODALITIES OF THE SEVEN-FOLD DIVINE LIGHT SPECTRUM IN ALL PLANES OF REALITY, BOTH DIVINE AND CREATED OR "REFLECTED," DEMONSTRATES WHY THE VIOLET LIGHT VISUALIZATION PROVIDES THE LINK FROM PHYSICAL TO MONADIC REALITIES.



DIAGRAMMATIC REPRESENTATION OF MANIFESTATION

LONG-LIFE MEDICAL, DIETARY, AND EXERCISE PRACTICES

MEDICAL

Using Western medicine, have annual checkups for cardio-vascular, tumor (breast or prostate, etc.), blood panel. Treat anything that requires attention. Western allopathic medicine is best for surgeries and acute infections, but homeopathic treatment and other modalities that reinforce the immune system, natural healing, and preventative medicine are to be preferred. In any therapies or treatments try to aim for eventual independence from therapeutic drugs or herbs. As the body ages, however, this may become less practical.

Any medicines or herbs taken must be done so by communion practices (cf. Root Chakra teachings). Speak to the elements, direct them as to what they must do in your body, and welcome them into your system consciously as pilgrims into a temple. After all, they will be assimilated into your flesh and raised to a higher evolutionary vibration.

DIETARY

If you have never used a totally vegetarian diet, you will later adopt one for a minimum of one lunar cycle, using Temple Soap and auric cleansing at the time of the New Moon (starting time). This will be done as part of the Antahkarana Building Empowerment.

However, extreme vegetarianism or veganism without supplemental fat-soluble vitamins (A, D) found in organic and raw dairy products is bad for long-term health. If you have been or are a vegetarian, it is now time to introduce raw, organic, and lacto-fermented dairy products into your daily diet (cheese, yoghurt, kefer). You should also add small quantities of fish or fowl into your diet *so that you can begin to process imperil in small doses*.

People who live primarily on a vegetable diet have not inoculated themselves properly against imperil and are at high risk for imperil poisoning when they work in the world of humanity. Without developing imperil tolerance like the legendary Peacock of Tibetan Vajrayana, as one grows more psychically sensitive he/she will be unable to maintain good health anywhere but in a monk's cave far from humanity! For radical vegans, one serving of fish or fowl a month working up to one serving a week over whatever time it takes to be comfortable is sufficient for inoculation. Use only white meat (chicken or turkey breast) and clean migratory ocean fish like salmon or halibut. But it is best to develop an ability to actually

thrive on imperil, like Tibetan monks who happily devour steaks and roasts. If you get to this point, however, eat organic and free-range or grass-fed meats.

Carry pure spring or filtered water with you in your automobile, have it also at home, and sip from it often. We use a reverse-osmosis system in our home. Try to intake one to two quarts of pure water each day, depending upon climate and in addition to other fluids. Bless your water and commune with it before drinking, and ask the elementals of water to help cleanse and empower your Elemental for optimal health. Consume half a cup of pomegranate juice daily for a few days when exposed to high doses of radiant energy like RF, dental X-ray, etc.

The Grail Mother raises free-range chickens and milk goats to supply us with the finest organic, pesticide-free eggs, cheeses, milk, yoghurt, kefer, and various lacto-fermented foods (sauerkraut, beets, etc.). We use the principles of permaculture and sustainability at our little home mini-farm. You can learn more about it at <http://www.goatsforhealth.com>

[The Following is Excerpted from Home Temple Priesthood Training]

PHYSICAL HEALTH AND AGING

In the last century, people were considered to be old at age forty. In the mid-twentieth century, they were considered to be just entering middle age at forty. In the last two decades of the twenty-first century, the population of U.S. citizens who had reached the age of 100 years increased by four-fold, with expectation that this trend will continue. Mandatory retirement ages were increased, and Social Security age was increased.

Over the same century rates of heart disease, cancer, and other serious illnesses radically increased. The cost of health care has soared, and the development and availability of high-tech surgery and hospitalization for degenerative diseases associated with aging has become a major factor in the lives of older people.

Why are we living longer, but not necessarily healthier? Two major factors, each with both positive and negative aspects, have created this paradox.

First, we are eating a greater variety of healthful foods and nutrients than ever before, but they are poisoned with hormones, pesticides, and chemical additives that we now realize can have major implications even in very small, long-term doses at the cellular level.

Second, Western allopathic medical science and surgery have made incredible advances, but they have not been used in a wise balance with holistic and homeopathic methods. Western medicine has taken a "magic bullet" approach that depends, for example, too much upon antibiotics and too little upon strengthening the natural immune system.

In a culture that is primarily materialistic and does not generally value and respect its elder citizens, all of this has resulted in a fear of growing old and a negative attitude toward the physical process of aging.

In the Home Temple Mind-Body teachings, we offer proven and effective means for maintaining radiant health based upon nutrition, exercise, and mental orientation. It is possible to grow older not only gracefully, but beautifully and with wisdom. It is possible to live a life after age sixty or eighty that is meaningful and of value to society--perhaps more-so than it was in younger days.

NUTRITIONAL PROBLEMS IN HEALTH AND LONGEVITY

It is vital to become educated about the effects of nutrition and diet, because it is a main area in which people can take daily control of their health. There is much excellent information in health food and natural food stores, where organic fruits and vegetables can be purchased, meat from free-range and grass-fed animals free of pesticides, antibiotics, and artificial hormones can be obtained, as well as grass-fed, hormone-free butter.

Let us look at some of the major problems that exist in a twentieth-century diet and ways to solve them.

CONCENTRATED SUGARS AND SALTS

Major Causes for Degenerative Disease

One reason that babies feed from their mother's milk is the sweet or sugary taste. Sugars are simple carbohydrates that convert quickly into energy when consumed. We retain our initial taste for sweets and sweet liquids long after we are weaned. We consume milk products, sweet pastries, candy, and sugary fruit or soft drinks as part of the normal twentieth-century diet. Our fast food provides us with non-essential luxury foods like ice cream and Coke.

But cow's milk and sugars refined from cane, beets, and fruits has major long-term effects on metabolism. Milk products cause subtle chronic allergic responses in many people, and adult humans do not need a milk-rich diet.

Refined sugars are to natural sugars in fruit and vegetables like hard liquor is to wine--highly concentrated chemicals that impact our bodies. They radically increase our production of insulin and body fats, and they contribute to a chronic nutritional and metabolic imbalance that results in outcomes like:

- obesity,
- heart disease,
- diabetes,
- arteriosclerosis,
- radically weakened immune system unable to fight micro-cellular tendencies toward various tissue cancers and other immune failures,

- and other degenerative diseases that make us frail and unhealthy in our older years.

Read John Yudkin, *Sweet and Dangerous* (New York: Wyden, 1972); T.L. Cleave, *The Saccharine Disease* (New Canaan, CT: Keats, 1975); Ann Louise Gittleman, *Get the Sugar Out: 501 Ways to Cut the Sugar Out of Any Diet* (New York: Crown, 1996), or her pamphlet entitled *The 40-30-30 Phenomenon* (New Canaan, CT: Keats, 1997).

Some Solutions to the Sugar Problem

The first solution is to cut down on sugar. That means to make a major lifestyle change. Eliminate or at least moderate your use of soft drinks, fruit juices, and other sweet drinks, or make your own slightly sweet drinks with carbonated water and fruit juice. But don't substitute diet drinks. They have worse problems than sugar!

The two main F.D.A. approved sugar substitutes are saccharine and aspartame ("NutraSweet"). Unfortunately, there is mounting evidence that long-term usage is associated with diseases like brain cancer. Also, aspartame degrades into formaldehyde when stored in cans at room temperature for extended periods. That's the chemical used to embalm bodies and preserve specimens in laboratories, which has now been shown to cause serious immune system problems such as general environmental allergy. Diet drinks are often transported in hot weather by open trucks and stored on unrefrigerated shelves in a supermarket, producing formaldehydes.

A second solution for a sweetener is to substitute Stevia for sugar. This is an herb used for many centuries in South America as a sweetener that is now marketed at health food stores. The F.D.A. has not been willing to test and approve it, probably because of pressure from the sugar and other sweetener industries. But it is not an artificial chemical, like saccharine and aspartame. It is a food. It has been used for thousands of years without identifiable negative health consequences, and it is considered by nutritionists to be far less dangerous than artificial sweeteners.

It comes in packets for your tea or coffee, as well as a liquid like honey and in granules like white sugar. It is far sweeter than sugar. It can be used on cereal, in cooking. In combination with small amounts of regular sugar or honey it takes on their flavor and can be used in this way to sweeten jams, jellies, etc. It costs no more than the artificial sweeteners. The Grailmaster uses Stevia with a little bit of organic honey or sugar added to improve flavor.

Another good alternative is Xylitol from organic hardwoods like Birch, with 40% fewer calories than sugar. You can find more about it at www.smartsweet.com

In addition to sugar, processed foods are also full of sodium salts that have various negative effects on blood pressure and other systemic functions. This brings up the topic of food additives in general.

UBIQUITOUS COMMERCIAL FOOD ADDITIVES

Long-Term Consequences of Added Chemicals

The advent of food chemistry helped us to preserve food and make wide distribution possible, but it also created a metabolic hell for our bodies that is only recently being really understood. In the past, scientists felt that very small amounts of any chemicals that showed no immediate effects were safe. That, in fact, is how the original guidelines for food and water purity were established by government health agencies.

However, we now know that there are long-term major effects of micro-quantities of chemicals regularly ingested. Various food colorings or dyes have been found to cause serious effects, as well as other preservatives or taste enhancers, like monosodium glutamate. We have only scratched the surface. Most foods we purchase from the grocery store have many kinds of additives for which the long-term effects are unknown.

Solutions

First, *learn about research on food additives*. This information is available at libraries, bookstores, and in health food stores. Then *read the labels* of what you buy from the grocery store. Avoid feeding things to yourself and your family that are highly processed and full of additives. Remember, however, that labels contain information only on what the FDA requires. There may be *dozens more additives than listed*.

Therefore it is better to spend more money and purchase unprocessed or intelligently processed foods from a health or natural food store. It is well worth the investment. But even “health food” processed foods like dry cereals have all the defects of commercial brands—i.e., they are “extruded” and their proteins changed into dangerous amines. This is true of all dry cereals except grapenuts-types. Flakes, shredded wheats, puffed and “shot from guns” cereals—all are best avoided. A recent experiment at Princeton University studied the health of rats fed on a commercial dry cereal. They died of malnutrition after four weeks. Rats who were allowed to eat the cereal box instead (which they preferred to the cereal) lived twice as long!

HORMONES AND PESTICIDES IN MEATS

The Hidden Dangers

Several years ago American newspapers published stories about Indonesian girls aged eight to ten who were suddenly sprouting huge breasts. Why? Because the chicken they ate was saturated with growth hormones that ranchers add to the grain they fed the chickens to make them grow faster and fatter. The

hormones, like pesticides also used in cattle and chicken feed, are not destroyed by cooking. They are ingested by humans and become chemically active.

Pesticides are stored in human body fat, and hormones are metabolized just as though a person had taken a hormone injection. That is why the pre-pubescent girls were developing huge breast. Their food had given them long-term hormone treatments.

In the U.S., most animals raised for food are now given grains permeated with:

- pesticides (left over from current agricultural practices,
- antibiotics used to keep the animals artificially free of disease, and
- growth hormones used to maximize size and time toward maturation for market.

Anyone who eats grocery-store meats, no matter how well they cook them, ingests these chemicals. The hormone in particular are a serious health problem because they trip metabolic processes that ultimately promote degenerative diseases.

Recently the European Common Market refused to accept American beef because of its saturation with hormones. The Europeans are aware of the problem, and they do not allow use of hormones in cattle feed. But the U.S. forced them to accept the American beef by threat of embargo against European imports.

This also means that grocery-store butter is full of these chemicals as well as the meat, and that milk has similar problems. In fact, all dairy foods suffer from this because of current practices in feeding and artificially stimulating the growth of market animals and animal products.

Butter, by the way, is far better for your body than any of the artificial margarines. The Grailmaster uses imported Kerrygold butter from grassfed cows in Ireland, which can be purchased inexpensively from Trader Joe's.

Solutions

If you eat meats, buy them from a natural food store or some other place that carries what are known as "organic" meats. These are free of hormones, pesticides, and antibiotics. They cost about the same as grocery-store meats.

Look for "range fed" chicken and beef. This means that they graze on growing plants that are not permeated with chemicals. Many brands of "free-range" chicken are now available, although the label can legally be used by companies that do not truly "free-range" their chickens..

Red meat should be eaten less often, fish and fowl more often. Ground meats should be cooked until no pink color remains. Bacterial infestations from the surface of meats that are normally killed by cooking can survive the heat if they are ground up and folded into the interior of a meatloaf or hamburger patty. They can cause illness that may require hospitalization.

Salmon and other oily fish like sardines carry important micro-nutrients that are present in much lower levels in other fish. Learn about fish oils and their advantages.

PURE WATER

It's Up to You

We take for granted our well water or municipal water supply. Until recently most people drank tap water without a second thought. We authorized city water departments to add dilutions of deadly chlorine to kill micro-life and fluorine to strengthen tooth enamel.

Now we find that our ground water is contaminated with pesticides, detergents, and all sorts of other poisons we drain into the earth in agriculture and manufacturing. These chemicals are now polluting our municipal water supplies. Recent research shows that the chemicals we add to drinking water may have long-term negative effects of many kinds.

Those who are aware of the problems with tap water purchase water filters to remove chlorine, asbestos, detergents, and other pollutants. But many of the filtration systems being sold are over-priced and only moderately effective.

Solutions

Most experts agree that water quality issues must be solved by the end-user. That means home filtration.

You will have to spend from \$200 to \$900 for a truly effective system--not just one that makes the water taste better. Really good carbon filters are adequate, but you must compare available options and brands by looking at the published test results for effectiveness in filtration. Reverse osmosis is far superior. You must also know when to change your filter, because a clogged or outworn filter can make your water even worse than it is from the tap.

SOIL DEPLETION AND MINERAL STARVATION

You Need Organic Foods

Over centuries of farming, our soils have been depleted of their natural minerals. Plants absorb minerals into their fruit and vegetable products and fix them into forms that humans can digest and assimilate. Animals that eat plants do the

same. We can't get or assimilate minerals by chewing on rocks. We get them ultimately from fruits and vegetables, and from animals that eat vegetation.

Because of soil depletion, America has experienced tragedies like the Dust Bowl era, when family farms were no longer able to support crops. We learned the proper method for keeping the soil potent, which is crop rotation and allowing fields to lie fallow covered with other different vegetation that died and was assimilated back into the soil. But we wanted a quick fix, and so we developed chemical fertilizers based on nitrogen. This is what is now used to keep most agricultural soils viable.

What have we lost? Scores of trace minerals that our bodies need for optimal operation. Can we get these through mineral supplements? Not in assimilable form, and not in proper balance. We can ingest shotgun combinations of mineral in pills, but for them to be properly assimilated and orchestrated, they should come through actual fruits and vegetables.

Without a proper balance of minerals, our brain chemistry is compromised. We have more difficulty sleeping the seven or eight hours that have been shown to be necessary for health and longevity. We don't learn in school as well as we should. Our memories are not as sharp. With more extreme electrolytic imbalance, we can develop malfunctions like epilepsy. This often occurs in people who have been on hospital life-support systems with intravenous liquid feeding. Medical science gives them the best it can of mineral balance, but it's not good enough for the long haul, and malfunctions eventually arise in the brain of the hospitalized person. By the same token, manufacturers of mineral supplements can't duplicate what whole foods--fruits and vegetables--naturally provide.

Many spiritual groups have based their diets upon that for the legendary Adam and Eve in the Garden of Paradise--total vegetarianism. In many ways, vegetarian diets have produced healthier people than those eating Safeway foods, but *only when supplemented with dairy (eggs, butter, milk, cream)*. But the same is also true of diets including meat.

Vegetarians in the 1930's were poisoned by pesticides used in American agriculture. The standards for American pesticides have been radically improved, but now fruits and vegetables from Central and South America flood the world markets, and they are not subject to the same control of pesticide. Recently, watermelons from Mexico were so grossly covered with pesticides that they had permeated the outer shell. The fruit inside was so toxic that many people were hospitalized.

Note on Genetically Modified Foods (GMF's, GMO's): One of the main problems with GMO's is nutritional. By replacing a natural gene with one taken from another plant or animal to produce agriculturally-preferable traits like frost

resistance, basic nutritional traits and phytochemicals are lost. This makes agro-business happy, but denies the full nutritional benefit to consumers. This, however, has never been a problem for agro-business, which supplies the world's supermarkets with flavorless tomatoes and lettuce kept "green and fresh" by means of chemical gases and artificial ripening agents that make for a flashy exterior, but undeveloped interior!

Solutions

Eat organic fruits and vegetables. Most of them are pesticide free, or sprayed only with the most innocuous forms of pesticide.

Avoid fruits and vegetables shipped from outside the U.S., because the stringent controls that obtain over American farmers do *not* apply to Mexican or South American farmers, who tend to over-use pesticides.

Take *Juice Plus* (see next section).

ANTI-OXIDANTS

Effective Prevention Against Degenerative and Aging Diseases (Cancer, Diabetes, Stroke, Heart Disease, Arteriosclerosis, etc.)

Every time your body metabolizes food, it produces oxidized products known as free radicals. An over-production of free radicals starts processes that lead to degenerative diseases. Free radicals are kept in check by anti-oxidants, which can be found in many foods, but most effectively in fruits and vegetables. For example, the carotenes (found in carrots).

Anti-oxidants are related to the phytochemicals in all plants that cause the rainbow of colors we see in fruits and vegetables --red, orange, yellow, green, blue, purple, and violet.

We need the entire range of these anti-oxidants from whole foods--not just the few isolated types that can be easily extracted and sold as supplements. In fact, recent research has shown that people taking Beta-Carotene supplements (the only carotene easily extractable from whole foods) were actually more likely to suffer from degenerative diseases. Why? Because our cells need the entire spectrum of carotenes and other anti-oxidants that can come only in whole foods in order to properly balance and orchestrate cellular health.

Solutions

Eat fresh, raw, clean, organic, unsprayed fruits and vegetables, as well as other foods that provide high anti-oxidant nutrients.

Supplement fresh fruits and vegetables daily with the full phytochemical range found in *Juice Plus* (See <https://www.juiceplus.com/+wk27355>). This is

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especially good for those who want the health advantages of a full variety of raw, organic fruits and vegetables but are unable to chew or digest them, let alone get the wide variety needed every day for full benefits.

HOME TEMPLE DIET, NUTRITION, AND EXERCISE RECOMMENDATIONS INCLUDE:

- eating organic fruits, vegetables, and meats as far as possible;
- using *Juice Plus* to complete daily intake of fruit and vegetable phytochemicals (<https://www.juiceplus.com/+wk27355>) ;
- taking daily high-quality cod liver oil supplementation for fat-soluble A and D (available in capsules if you don't like taste)
- supplementing normal health care with homeopathic and herbal remedies;
- adopting the 40-30-30 "Zone" type of general diet (Read M.R. and M.D. Eades, *Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--in Just Weeks!* (New York: Bantam, 1996); and Barry Sears, *The Zone* (New York: HarperCollins, 1995);
- keeping a half-gallon bottle of pure water with you all day and finishing it before dinner;
- eating a hearty breakfast including poached or soft-boiled eggs, or making lunch your main meal, and eating an early light supper least two hours before bedtime;
- practicing *Tai Chi*, *Silat*, or other Asian health movements regularly each morning;
- walking two miles, or for at least half an hour, each day;
- join the Weston Price Foundation, purchase Sally Fallon's cook book entitled *Nourishing Traditions*, and learn how to lacto-ferment and prepare healing foods (web site: <http://www.westonaprice.org/>). You can also order Bishop Willa's six-hour videotape on preparing healing foods from the Home Temple web site, showing how she prepares our food and why. Web site: <http://www.hometemple.org/CADUCEUS.htm> and see under Healing Foods classes.

JUICE+PLUS

Today the American Cancer Society, U.S. Surgeon General, U.S.D.A., and most authorities on nutrition recommend that people eat nine to twelve servings of **raw** fruits and vegetables each day (heavier on the vegetables) because of the proven benefits of phytochemical (plant nutrients) in cancer prevention. What is more, this diet should include all the fruit and vegetable colors (reds, greens, yellows, purples, oranges, etc.) because each of these characterizes different families of phytochemicals that complement each other for human health. *Obviously, eating nine to twelve servings of differently constituted fruits and vegetables every day, let alone getting them **raw, organic, and pesticide-free**, is a practical impossibility—or is it?*

We recommend a product called *Juice Plus*. It consists of gelatin capsules of two sorts: fruit and vegetable. Two fruit capsules are taken each morning, and two vegetable capsules each evening.

These capsules contain dehydrated and powdered concentrates of fourteen fruits and vegetables, with acidophilus and fiber added back into the mix to aid assimilation. The four capsules together contain everything a person can get from the **twelve** servings a day of fruits and vegetables recommended by the American Cancer Society.

The ingredients are taken from organically grown, pesticide-free fruits and vegetables that are processed through a proprietary laboratory vacuum method fresh and without heating to avoid loss of any perishable enzymes, anti-oxidants, and other phytochemicals. Everything in the fruits and vegetables is there in “live” form except water, sugars, and salts. Willa and I have toured the processing laboratories and been extremely impressed with their standards. These are not vitamin supplements, but food supplements. Where else can you get twelve servings of raw, organic, pesticide-free fruits and vegetables for about thirty cents a day?

We make *Juice Plus* available through Caduceus Institute because we have used it since 1998 and it has proven to be of great value for our health and immune systems. We know that the extremely long-lived Comte de St.-Germaine ate only his own mysterious food, which seems to have been an alchemical brew of fruits and vegetables—a kind of precursor to *Juice Plus*. A more advanced form of that science is now available to us. It is the most effective anti-aging strategy we’ve ever seen.

On the Home Temple web site at <http://www.hometemple.org> at the bottom of the home page you will find a link to the Home Temple Caduceus Institute *Juice Plus* portal. We strongly urge you to start taking this powerful food supplement. Other kinds and brands of fruit and vegetable powders simply do not have the proprietary processing necessary to create the equivalent of real fruits and vegetables. *Juice Plus* has been tested for bio-availability, anti-oxidant effect, immune system effect, and many other things that have been reported in peer-reviewed medical journals. It is used therapeutically in many medical clinics treating people with immune deficiencies because of its proven antioxidant and immune system effects. You can read abstracts of the medical research and journal articles online at the *Juice Plus* portal, <https://www.juiceplus.com/+wk27355>

EXERCISE REGIMEN

EXERCISE DAILY BY DOING A BRISK BLESSING WALK FOR THIRTY MINUTES BEFORE BREAKFAST OR LUNCH, IF POSSIBLE. As the day wears on, and after lunch, exercise may become more difficult, less attractive, and a lower psychological priority. This will raise your metabolism all day and help with overall health, optimal weight, muscle mass, and BMI. This is all the cardiovascular exercise you may need for the rest of your life, but it must be done daily, rhythmically, and faithfully. And you don't need to pay for membership in a health club!

If you live in an area where walking is not practical, get a stationary bicycle, stepper, or other exercise equipment. But walking is best because it is a means of physically blessing a large area through the Blessing Walk. If you want to burn fat, drink a small glass of grape juice before walking or bicycling. The fructose helps the large leg muscles metabolize fats.

BLESSING WALK is done bare-headed under the sun or its light refracted through clouds. Choose a beginning point, face East, raise arms up into "wings," intone the A-U-M while turning sun-wise once, and project a visualization of the Golden Grail Blessing through all directions of the circle as you turn. Visualize Golden Radiance projected from your Monadic Heart Center out your arms into all the area your eyes see as you turn.

Then begin walking briskly while visualizing Golden Blessing Radiance projected out of the soles of your feet leaving Golden Footsteps on the Earth behind you that immediately expand and absorb into the Earth's crust leaving the entire area behind you transformed into Golden. Visualize the same flowing off your hands and palms onto the Earth as you walk. Also visualize everything your eye scans as transformed into Golden, and scan far and wide in front and to the side as you walk. When you come upon any visible sentient being, greet it from your Heart and project the blessing to it.

BREATHING WHILE WALKING: Inhale *prana* for seven steps, starting out on your left foot and visualizing golden solar *prana* entering through the top of your aura and filling it to the bottom, well below your feet and all round you. It flows downward and mostly in front of you. Breathe in slowly as you breathe and hold the breath until the seventh step is complete.

Then exhale for seven steps (you will be starting on your right foot), visualizing golden *prana* filling you up like a bottle from the bottom of your aura back to the top. It fills upward mostly behind you and radiates outward through feet, hands, and eyes, blessing everything in view. When you are able to coordinate breath with steps and visualizations, you will find the Blessing Walk becomes easy, natural, and automatic.

Walk for fifteen minutes away from your starting point and then make a sun-wise turn back toward that point and begin the walk back. You will see that everything behind you--which you are now facing--is Blessed. When you return to the starting point you will complete and close the large sun-wise loop your feet have made upon the Earth ("Earth" means street, sidewalk, or any other solid structure made from the elements of the Earth crust, for the Blessing flows downward into the Earth). Now all who walk upon the areas you have blessed will receive blessing through the soles of their feet, all who fly receive through the air and sky you have blessed, etc. If this is your neighborhood or place of business, you will mediate a great cumulative blessing to it and all its inhabitants that will amplify through time as you continue to build the power of Grail Blessing through the regular Blessing Walk, and you can extent its power using this "home" area as a base to all other places you may do the Walk.

You also get not only the Blessing you project, but the cardio-vascular benefit of the exercise, and every time you walk bare-headed in sunlight breathing deeply you accumulate solar prana.

PRANIC BREATHING

When conditions permit and tasks are coming that require unusual vitality or energy, store extra solar prana in the aura with the following practice.

Stand in the sunrise and look indirectly at the sunrise (cf. Root Chakra Empowerment practices). Inhale through nostrils, visualizing golden solar prana flowing down into your aura from above the Crown and circulating all around to below your feet. Close eyes and hold a "bated" breath (Throat open--not closed or pushing downward on Solar Plexus). This "pause" of several seconds allows for circulation into all four etheric ethers. (The same is done while eating food--chewing slowly while tasting and savoring food aroma, texture--in order to allow for circulation of etheric nutrients into subtle bodies.) After "pause, slowly exhale through mouth, visualizing pranic circulation moving up from feet through entire aura to Crown like a glass filling up, sealing into aura with a final "hummm." Open eyes and repeat. Do three to seven times (depending upon vital energy needs). End with homage to sun (*Nacham*).

The same technique can be used to internalize other kinds of Divine Prana that the spiritually sensitive person will find as invisible treasures hidden in nature, art, music, and all forms of beauty. When an artist is strongly moved by the esthetic senses, the nostrils involuntarily flair and breath is inhaled while a noble *gloire* momentarily floods the consciousness. That is a form of pranic breathing--albeit unconscious--and what is taken into the aura is of a very refined and life-ennobling vibration. Such pranas must also be sought, recognized, and "inhaled," for the energies of love, bliss, joy, gratitude, compassion, beauty, and worship cumulatively potentiate the Long-Life Empowerment.

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The **BLESSING WAY** (cf. Root Chakra Empowerment) must be cultivated along with a life-affirming joy in all conditions. Life must be always approached with *joy and interest in others*, as opposed to separation, self-absorption, and irritation with younger souls.

Spiritual service must be offered regularly and freely to all who in need. When the chalice is full, it needs be poured forth, if an even better wine is to come.

As it was written, *HE Poured out his soul unto the end.*

APPENDIX:

The Triangular Book of the Comte de St.-Germain Entitled, *La Magie Saint*

HINT: The sonnet on the cover of the book contains more clues to the Work than does the text.

PHILOSOPHICAL SONNET

(Attributed to the famous Saint-Germain)

*Curious scrutator of all nature,
I have known of the great whole the principle and the end,
I have seen gold thick in the depths of the double mercury,
I have seized its substance and surprised its changing.
I explain by that art the soul with the womb of a mother,
Make its home, take it away, and as a kernel
Placed against a grain of wheat, under the humid pollen;
The one plant and the other vine-stock, are the bread and wine.
Nothing was, God willing, nothing became something,
I doubted it, I sought that on which the universe rests,
Nothing preserves the equilibrium and serves to sustain.
Then, with the weight of praise and of blame,
I weighed the eternal, it called my soul,
I died, I adored, I knew nothing more.*

TRANSLATED FROM THE RARE ORIGINAL EDITION IN THE
BRITISH MUSEUM.



The first page of the cipher manuscript, *La Magie Sainte*. Above a wyvern proper are the words: "By the gift of the most wise Comte St.-Germain who passed through the circle of the earth."

The Triangular Book of the Count of St. Germain

We are indebted to Bishop Alberto LaCava for finding this translation. It may be a corrupt summary of one or more of his theurgical operations. We include it for whatever interest it may hold. However, it does not contain the longevity secrets of the Comte de St.-Germain, which appear to have been mainly *dietary and homeopathic*. He seemed to have used plant alchemy and spagyrics to prepare his own phytochemical supplements and herbal remedies, which is probably why he always took his meals privately. In this era we can all benefit by God-given phytochemical nutrition--fresh, vine-ripened, organic, pesticide-free fruits and vegetables, or what I call the Garden of Eden diet. Do this with exercise and the Long-Life Empowerment, and you will optimize health and maximize length of life. +LK+

The Holy Magic revealed to Moses discovered within an Egyptian monument and preciously preserved in Asia under the emblem of a winged dragon.

1. To find things lost in the seas since the flooding of the globe.
2. To discover mines and diamonds, gold and silver within the bowels of the earth.
3. To preserve one's health and prolong one's life for a century, and that with the freshness of fifty years, and the strength of that age.

You should do your operations for the first two objects only when the sun, earth, and moon are found in conjunction in the same line, and within the same plane. As for the third marvel, you may perform the operation at any time, but it is necessary to carry on your person a figure like that which you see here.

You shall take an appropriate vase (made of any material) and fill it with fire which you shall exorcise in the following manner:

O Creature of Fire, I exorcise you by Him by whom all things were made in order that you shall remove from yourself all phantoms.

Bless it, O eternal Father, for the glory of thy holy and immortal Name. Thou who lives and reigns through all the centuries of the centuries.

A Levite which you shall have with you shall respond: AMEN.

Next, you shall bless the incense and four lamps in the following manner: O eternal God, sovereign Being, bless this incense and these lamps in order that their strength and their virtue shall augment the fear of their enemies, that they may not enter herein. Thou who lives and reigns through all the centuries of the centuries. Your Levite responds: AMEN.

You shall pour this incense so blessed upon the fire and light the lamps before your operations. The small concentric circle is the place which you shall take during these operations. The other circle which is below is the place to be occupied by your Levite; you shall be clad as in the days of the sacrificial ceremonies. Upon entering your circle you shall have in your left hand the

following figure. Your Levite shall follow you in carrying the characters of revelation.

When you shall have arrived at the destined place, you shall give back to you Levite the figure with which you entered; then the Levite having occupied his, you shall bless his circle in pronouncing these sacred words:

NOTAMARGATET, -- bless that circle -- bless it YANODA -- bless it MIOLE -- bless it ALAG -- bless it AOTHIO -- bless it SORIDIS -- bless it APHAL -- bless it AGEMO, bless it THOBASSA -- bless it ARIF -- bless it BADORA, Thou who lives and reigns through all the centuries of the centuries. Your Levite shall respond AMEN.

Next you shall invoke the spirits to whom I have given the power to preside over the hours of the night in commencing from the side where the sun rises, saying: LEAMAN, LECIAB, LATRANAVIO, RIBRAL, TELARO.

From the side where the sun sets: ELANA, LEPAB, USTAE, THAERRUB, SOTARECO, ILIBAPAC.

From the highest side of the circle: ELIA, ELINA, AMIGABIREL.

From the lowest side of the circle: PEDINBAD, FIALECHAM, CHARSIEL.

You shall then make the following invocation on the side where the sun rises, prostrated upon the ground:

We invoke you YALATINA, and LEMIROT, LESIAB, and TELAR, HERIBAG and ARNAVIO, TRABA and ARIOT, ANIEL and LEDIMAT, YANAEL and CALMAS, LEASO and VIANOEL; we command you by Him by whom all things were made and by all the other names of the ETERNAL, and by these:

IANODA, EL MIHOLES, HOLAE MEBOTH, NOLICSAZ, and NOTAMMARGATEL who is the Lord God exalted before you and represented invisibly near this circle; let me know by a just inspiration if you judge me to be dignified by the purity of my soul -- the places where there are mines of diamonds, gold, and silver, those who find precious things lost in the seas -- to prolong my life in health and that for a century -- I request these favors to be granted without incurring danger, risk, or peril, by Y and V which Adam understood, by the name AGLA for the preservation of Lot and his family from the fire of Sodom and Gomorrha. By the name Joth, for the deliverance of Jacob from the persecution of his brother. By those of SOIGAD, YANADA, THEOS or NOTAMMARGATET, and by the other names of the ALL-POWERFUL who truly lives and reigns. Such is the WILL of Him who created all, and Whose empire endures through all the centuries of the centuries.

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Your Levite shall respond: AMEN.

You shall place upon your head with your left hand the figure which you gave to your Levite; then if your soul is pure, it shall be exalted.

You shall feel yourself to be inspired; you shall lend an attentive ear to all that which the aerial spirits shall whisper, having care to trace from right to left on a brass plate the inspired characters which; you shall bless with these words:

Blessed Be PAO THEOS.

You may communicate these things to no person because you would render unworthy my divine bounty and you would not have the success for which you have obtained hope.

You shall then take the figure which was upon your head with the same hand; then holding it in both hands and prostrating in adoration you shall pronounce these characters:

In the name of the Eternal my God, true master of my body, my soul, and my spirit, go, go in peace; retire that you may accompany me always, and be ever ready to come when I shall call you.

AMEN and AMEN.

FINIS.