Intimations of Immortality

By

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Preface

This essay speculates on attaining astral and physical immortality. I observe individuals who have astral immortality. I then reverse engineer their abilities by exploring meditations that produce what they have.

The basic meditation is to imagine a vast space filled with one of the five elements. Add to this a study of this element in all aspects as it appears in nature on earth. In other words, you identify with being a vast
space filled with an element and then slowly work through different images and aspects of that element.

This is not a “let us improve ourselves in this really neat and easy way.” It is instead part of a solid curriculum for embodying within oneself the creative powers of the universe. I like neat and easy but I am required to master fundamental and primordial creative powers. The primary reason for pursuing this is to enable an individual to solve problems that no one else can solve.

**Astral Immortality**

When one of the four elements—earth, air, fire, water--becomes so much a part of you that the energy in your aura has the same vibration as that element in nature you have attained astral immortality--at any age in this life or in any future incarnation, your astral body remains forever new, fresh, life giving, and pure. For this woman, it is like the stillness of the sun blazing in clear ice--the present moment shines brighter and
The Astral Plane

The astral plane is like a realm of dreams. The energy is thick and rich. Every feeling you can feel, every dream that can be made real, everything that comes to be—first it must pass through this place before it can manifest.

Magic is in the air—like in a lucid dream, think of something and it instantly appears. Any attraction or repulsion you can imagine is instantly expressed through concrete situations wrapped in vivid colors, images, and dynamic interactions.

Souls are here. Some are departed and some are not yet born. There is a vast array of creatures and spirits in every form. And the beings of the four elements dwell here as well. They have many things to teach us and so many stories to tell.

Being here feels exactly like being in the physical world except there are few limitations. There is no time and so there is no history that restricts or binds. You are not forced to learn things in order to survive.

Busy or idle, playful or sober, you can pick any mood, express any feeling you want, taste any bliss, make ecstasy your dish. You are free except you are indeed limited by your soul’s vibration—which is to say your imagination is inscribe with its own karma—heavy or light, dwelling in darkness or the light—it is you yourself that illuminates your own path here on the Other Side.

Human beings often have little awareness of the astral plane. For this reason they are overly dependent on external experiences and interactions in order to maintain the feeling of being alive and to stimulate their emotions. Others wake up each night not only inside lucid dreams. They are free to range about in our world or meet any being on the astral plane. You could say such individuals are actually within both worlds at once—the physical world we know and the astral realm where any feeling can be focused on at will and an entire kingdom created that reflects its life and essence.
I often give this exercise. Hold one wrist with your other wrist. Notice all the physical sensations you can—the texture, the temperature, moisture, the presence of skin, muscle, tendon, bone, and blood flow.

Now without moving your hand in any way simply focus into the palm that holds your other wrist one feelings such as “I love you with all my heart, soul, mind, and spirit.”

You can probably feel the difference—there is another kind of warmth, a penetrating awareness, a feeling of connection, a healing, a bonding, etc. This set of feelings and sensations are the astral plane that is always around and within us. As in this example, you can focus completely on that one feeling and create it so it is tangible and real.

The astral plane, then, is different from the physical world in this way. You can easily create kingdoms in which imagination and heart join together to celebrate whatever light, love, and vibration you want.

Letters to Mermaids: Is not the astral plane lower?

Response

The astral body is in the shape of the physical body but is made of a subtler substance. The astral body expresses our feelings and emotions. It is receptive and impressionable. It gives a sense of being connected to others. It enables us to respond with appreciation and sensitivity to the specific situations that we enter. Our astral body in combination with sensory impressions enables us to feel fully alive.

The astral plane surrounds and penetrates our physical world. Sometimes referred to as the “other side,” the “world beyond,” or “the next world,” the astral plane pertains to the realm of the soul. Mermaids and many other conscious entities exist on the astral plane. Sometimes we enter this realm in our dreams. The astral plane often presents itself to us as being a dream like recreation of the situations, sensations, and feelings we encounter in the real world.

For many spiritual traditions, contact with the astral plane—the realm of feeling and emotions—appears to be an obstacle or “the enemy.” Religion and society consider it dubious at best when individuals
become distracted or fascinated by astral dream like visions and experiences.

At the same time, the astral body mediates between the mind and the physical body. If you are upset or angry, do not drive a car. Your perception of the road and your ability to make snap decisions are greatly impaired. Strong emotions actually interfere with an individual’s ability to think. And the perceptions of the five senses are no longer as clear.

But the astral plane and emotional life of the individual are not just a realm of illusion, distraction, and selfish desires. It is also the realm of inspiration and motivation that moves people to action and inspires them to put forth their best efforts.

A coach talking to his team during half time or a commander speaking to his troops before a battle—these men do not rely on ideas of the mental plane and they no longer have time to engage in physical training. What they do is transmit to those under their authority their own sense of fearlessness, courage, conviction, and the ability to give all of oneself without holding back to what one loves. What they are communicating is pure astral energy. It is force of emotion. Use it well and in a positive manner and you not only connect easily to others. You can transform the world.

The original nature of the astral plane is revealed through refining and combining one or more of the five elements so as to attain astral immortality. Accomplish this and your very presence offers to others direct experience with electrifying courage, endless wonder and curiosity, down to earth and practical perseverance, and pure love.

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

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

Mermaids are united to nature at the core of their being. In effect, mermaids are motivated to love because they never exist without a sense of wonder, beauty, ecstasy, bliss, love, peace, and happiness. They can love because love is endlessly overflowing through themselves like streams of living water.
Water in nature for mermaids is not just a lake, a stream, a waterfall, or an ocean. Water in nature has an inner vibration that embodies the essence of love. The human race as of yet does not sense the energy underlying the element of water in nature.

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

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

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

This awareness has nothing to do with human religions or theologies. Nature is embedded in her very core and so she does not rely on a need to think with concepts or use beliefs. She has direct perception of energy, of the auras of those she meets, and of love. When you are in the presence of a mermaid woman you are in the presence of an immortal spirit from the astral plane who embodies the vibrations of love. The essence of her realm within nature is the ecstasy of bliss, happiness, and love.

It is small wonder that these women have had to disguise themselves when they live among us. Their very existence shatters all human systems of cognition and philosophy and offers a peace and hope the great mystics of the earth have rarely tasted.

You will notice when you are developing astral and physical immortality of the water element within yourself. You make, for example, the realm of mermaids a second home. The mermaids treat you as one of their own.

Your experience of time becomes multidimensional. On one level time stops not because the hand no longer moves on the clock but because your consciousness is focused on the astral plane. Here time is not
measured by the motion of the sun or by the electronic vibration of atoms. And perhaps because you can easily access a kingdom of delight and happiness—time in the outer world no longer seems so important or even real.

You notice you can find within yourself a bliss that is ten times sweeter than the sweetest bliss of lovers when they unite, kiss, or meet. Maybe the difference is that lovers in coming together can give birth to new life whereas the water element inherently gives birth to all life on earth. You sense not just the life within you that you need or can produce. Instead you sense all of life in whatever form it takes.

You feel an intense magnetic field around yourself that is so receptive and giving that it animates and makes fully alive whatever comes in contact with it. Even the dead when near you feel revived to the extent they begin to think they must not have died. And the living who normally feel half dead because they have not yet learned how to create at will any feeling within themselves—they suddenly feel fully alive as if life itself has anointed them with its beauty.

And this magnetism has another quality. It unites you to all the waters of the earth so you feel the seas, rivers, lakes, and streams are right here vibrating inside of you.

And the gravity of the moon that raises the tides and the entire magnetosphere of the earth flow through your soul. Magnets have North and South poles because that is the nature of iron. Astral and physical immortality have the nature of reflecting and embodying the magnetism of the entire planet.

So because you are not always in linear time, because you are so receptive to making things alive, and because reflected in you is the one magnetic field encircling the world, you can sense the place where desires originate, the motivation and inspiration that awaken within the soul, and the way life unfolds—sometimes the waters of life are like a river that flows through a valley; sometimes calm and peaceful it moves in quiet pools; sometimes like a flashflood, a rapids, or in high falls; sometimes hidden underground or on the mirror like surface of a lake it perfectly reflects whatever is around.

You perceive the curves and turns, the wild and the calm—the entire
river or stream is for you one dream—you see the beginnings and the ends all at once. You can perceive the entire flow of life here in this moment right now. This is the nature of water—it is all-encompassing.

A dream is not just a dream. A dream encompasses the desire and the need and also the realization, the manifestation, and the fulfillment of life in every conceivable way. This is not done using ideas, thoughts, or analysis. It is accomplished through direct perception. You perceive images filled with energy, fully alive, and completely real to you as if you are there right now inside of them.

You will notice also that everything that water touches on earth is somehow within your field of vision. Water in nature is a medium that extends the range of your nervous system. This is not a third eye or psychic action or a siddhi. This is the natural capacity of the human body when it is receptive to faint impressions and vibrations.

Those who are united to nature from within have nature embedded in the core of their being. The seas are then a backup energy system. They do not just draw energy into themselves through eating, drinking, and breathing. Water is like a dialysis machine that revives, purifies, and energizes them. Jump into the sea or draw from that invisible, vaporous energy that abides on the surface of water and you feel revived.

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

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

All of these descriptions of water I have just given have been hidden from the human race for various reasons. But now all of that has changed. The human race does not yet know what it is that it seeks. Being united from within to the beauty and wonder of this planet is a possibility to consider. An entire realm of beings exist to celebrate this union.

The Realm of Mermaids

The sensation is watery but lighter than water. The energy is vast and continuously flowing. Love is everywhere. It is unbelievable innocent—that is, it is completely open and receptive, new, self-renewing, and self-purifying: it never loses its willingness to give all of itself in every moment. That is what I call innocence.

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

And the peace and the serenity seem so vast they encompass the universe.

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

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

As long as my mind is joined to hers, it feels completely natural for me to do what she does—to embrace, flow through, become one with, and seek to fulfill anyone I think about. My energy is within the other person seeking to make them whole.

You will not find this energy among human beings as a pure, sensual, perceptual energy exchange on this level. But without this awareness the
human race, for all its vast technological achievements now and more so in the future, can become less evolved than it was fifty thousand years ago. To be precise, without the astral water element flowing through their souls, the human race faces this great danger--their technology may continue to advance but their ability to care for anything living will slowly diminish.

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

Astral and Physical Immortality—the Air Element

The first thing I notice in meditating on embodying the immortality of the air element is that I feel I am aware of the entire atmosphere of the earth. I see it surrounding me and I feel it inside of me. The atmosphere has its own currents, tides, streams, winds, and storms. As I sense these
things I do not feel separate from them. They feel like they are a part of me.

This implies also an awareness of the gas and mineral exchanging going on in plants, animals, rivers, and the sea—carbon dioxide, oxygen, methane, etc.

This is similar to the default mental state of mermaids. If one of them focuses on you it is fully present with you. But if it relaxes it takes on the vibration of the sea. Similarly, as I relax during this meditation I feel I have become the atmosphere itself. I no longer am aware of a me sitting here. In effect, you feel united to the sky.

Since your awareness is open like the sky, your body feels also very open like air. The body feels that air currents pass through it with great ease.

There is a sensitivity to impressions like an artist. There is no conflict, discord, or tension but these things are seen as part of a larger fabric or tapestry that displays beauty, wisdom, and enlightenment. There is a hero’s quest, a journey, or a method of ascending into higher consciousness.

You can see this at family get-togethers. If there is an argument the artist who is present and has a flair for the air element will sit there memorizing every nuance of how each person is engaging the other. A sylph, an air spirit, sees a storm like a like a Beethoven’s 7th Symphony. An artist sees human experience as a great drama. Shakespeare could have written with equal ease about peasants or bakers. Stories about nobility and men of power just happen to sell more tickets to his theater.

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

Breathing itself, as with an inhalation, is like eating a gourmet meal. You feel the texture, vitality, energy, and the life force animating, renewing, and rejuvenating in each breath. You actually feel you have the body of a sylph with its acute sensitivity to the air element.
There is an extraordinary and perhaps an individual’s greatest experience of relaxation. There is a floating sensation of feeling free of all gravity, weightless. And so you are also free of tension and also of anxiety. There is no sense of worrying about the future. No constriction within one’s lungs when some disturbing emotion passes through the body.

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

Add to this what is called Dzogchen which some of the sylphs embody in its perfection. They are aware of all things going on at once and all aspects of the larger and smaller situations and interactions without the faintest reference to or reliance on thoughts. The sylph Cargoste is aware of the entire atmosphere of the earth and how it is unfolding without having to process any thoughts.

There is an awareness of electrical and magnetic charges in a clear sky, in clouds, in the earth, and in energies like lightning discharging and recharging. It is part of the dynamics of the clouds, sky, and weather.

You have the sylph’s clair-feeling—because you can sense the faintest disturbances and changes in the atmosphere you can also sense how people breathe and the breath within their lungs. Aware of the energy within their chests, you can tell what it is like to be that person—that individuals’ sense of freedom, how they approach the future, and the way their consciousness is focused.

The background context for these meditations are drawn from Franz Bardon’s book, *Initiation into Hermetics*, chapter III on the astral level--

“Let us now pass on to the exercises concerning the air element. Take up the same comfortable position, close your eyes, and imagine yourself to be in the middle of a mass of air that is filling the whole universe. You must not perceive anything of your surroundings, and nothing should exist for you but the air-filled space embracing the whole universe. You are inhaling the air element into your empty vessel of the soul, and the
material body thorough the whole-body breathing (with the lungs and pores). Every breath is filling the whole body to an increasing extent and with more air.

“You have got to hold fast the imagination of your body being filled with air by each breath in such a way that is resembles a balloon.

“Combine it at the same time with the imagination that your body is becoming lighter, as light as air itself. The sensation of lightness should be so intense that finally you do not feel your body at all.

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

“By constant practice of this experiment, adepts will succeed in producing phenomena of levitation such as walking on the surface of water, floating in the air, displacement of the body and many more, especially if one concentrates on one element only. But magician is not satisfied with one-sided phenomena, because this would not agree with his aims.”

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

Also, instead of an empty vessel embracing the whole universe I am focused on the actual air element within nature on this planet, namely, on the atmosphere. The elemental beings themselves are virtually immortal. What I am after is that kind of immortality—as I have mentioned, if you find nature inside yourself then your astral and physical bodies do not deteriorate.

Of course you do not have to learn from nature but then again why would you incarnate on this planet without learning from what is already here surrounding you?

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

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

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

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

The Realm of Sylphs

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

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

Like the atmosphere itself, I love harmony and balance. There is constant give and take and negotiations taking place between opposites--hot and cold, moist and dry, highs and lows, fire/light/electricity and water/feeling/magnetism.
But to be as one who dwells here most of all I love the enlightened mind because it is totally free and I love the artistic imagination because it is witness to every nuance in each moment unfolding.

If I imagine Cargoste, a sylph of astonishing ability, I can join my mind with his as easily as I did with the mermaid queen Istiphul. As a sylph, Cargoste is highly empathic as are sylph women. He is aware of the faintest mental vibration. He is the perfect Libra—he embodies harmony finding the perfect balance between himself and another person or spirit or himself and a wind or the entire atmosphere of the earth.

Cargoste embodies wisdom—he is aware of the past, present, and future of a person or of the atmosphere of the earth. He can perfectly read another’s mind to the extent that he can speak to the person’s with the individual’s own inner voice.

The difference between the mermaid queen and the sylph Cargoste is that he is not after oneness and love. He is after balance and harmony. Detachment is never a problem for him because seeing through the other’s eyes and thinking the thoughts in the other’s mind is part of his perception.

Translating this into human terms, the sylph wisdom includes the power of voice, sounds, intonations, and language. What if you could not just feel another’s needs and want to heal them? Not only sense what they feel and want to help them?

What if you could speak with the precise words that persuade others to take care of themselves? What if when you talked to another you made perfect sense to that person and because of the way you speak, the familiarity and understanding in your words, the person would rely on you advice and follow through with your suggestions?

That is the power of the air element. It is not the active empathy that makes another feel what it wants them to feel. This is directly interfacing with the other’s mind so that person feels you totally understand them with your mind. That is one aspect of the wisdom of air.

If you want to persuade and move others to action to pursue a good end, then this might be one of the reasons you would learn to embody air within yourself. This is an ability you can master through practice just
like training to become a pilot of a jumbo jet like one mermaid woman I know.

See also my numerous posts on sylphs, for example, on each of the eight sylphs described by Franz Bardon somewhere under my Notes on Facebook. I will put all of this into a short book on sylphs soon.

Intimations of Immortality—the Earth Element

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

Astral and Physical Immortality and the Earth Element

You will notice as the earth element becomes a part of you consciousness--
1. Your astral consciousness is independent of the external world. You feel you are within your own time frame. Whatever you are doing or focused on defines the passage of time for you. And this inner, customized sense of time feels comfortable, grounded, and very satisfying.

2. The vibration of the earth element is very cohesive and enduring. It keeps track of everything it has done and experienced. It does not suffer from forgetfulness. It is diligent, circumspect, thorough, and accountable.

3. You feel rock solid like sandstone, limestone, minerals like lead, tin, or gold or a rock a billion years old. Again, external time does not define your inner nature. You can still act in the immediate moment if there is something you need to do or if there is an emergency. But you never feel impatient. You are independent of time.

   You can synchronize with the electronic and atomic vibration of elements. A carpenter building a house, a jeweler cutting a diamond, or a sculptor working with bronze or clay may come close to immersing his mind in vibration of physical matter. But basically gnome consciousness like this is outside the range of all human endeavors.

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

   This kind of silence of elementals means they do not need to use thoughts to think. They do not need to define or articulate their intentions or purposes. They are aware and alert without needing to use the cognitive layer of consciousness to analyze, evaluate, or make decisions.

   It can be said that the basic initiation of all magical traditions is the ability to perceive without thoughts intervening. What is it like for example to be another person? The earth element will place its awareness directly within the other person’s body, feel the sensations of
what it is like to be that person, and so know directly the other person rather than having to think or label using abstractions, concepts, or indirect modes of knowledge.

5. Silence then is present in terms of having no thoughts, reduced or no mental activity, and no need to reference the external world. As darkness is to light and as a mirror reflects clearly the image that is before it, silence is to sound. You “listen” to the extent you perceive without distorting what is heard. Or, as is sometimes said, “Listen so well that Divine Providence considers you part of itself.” The earth element has that degree of receptivity, purity, and clarity of perception to hear what things are most important to work on and to get done.

You will know when you possess gnome silence. When you relax and focus on the present moment you will feel a quiet ecstasy inside. You are always close to the things you care about and your dreams are always near at hand.

6. If you perceive like a gnome, think like a gnome, act like a gnome, feel like a gnome, and have the inner silence of a gnome, then you are a gnome. The planet earth welcomes you home.

If you go to a Quaker silence meditation, a Catholic Centering Prayer meditation, a Vipassana, Mahayana, or Vajrayana retreat you are still practicing silence with and through a human personality.

Perhaps shaman who directly interact with plants and herbs or the traditional Celtic druids who spend seven years in darkness enter the domains of the gnomes in regard to silence.

Think of putting your personality off to the side, of putting ten thousand years of human civilization off to the side, and then directly perceiving the vibrations of plants, flowers, trees, rocks, mountains, minerals, etc. Now you are home. Now you are within the space of silence that unites you to the universe from within.

The Realm of Gnomes
Intro the realms of gnomes
Into the realms of stones
Into the realms of bones
Some millions of years old
Into the realms of gems
Just because we can
Into the realms of gems
Here we go my friends
Into the hardwood trees
Into evergreens
Into flowers and seeds
Gnomes are busy as bees
Into the realms of gnomes
Gnomes are never alone
The earth is our home
The earth is our home

Here beneath the ground silence reigns. It is deep and still; I am where ages and eons have no meaning. All the same the essence of my being is to take matter in hand and make it something more than it was before.

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

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

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

There are palaces and kingdoms, temples and forgotten pathways of spirit hidden within silence. And when you are very good, having traveled the world beneath the ground, having researched and discovered new things relentlessly, when you open your hand the philosopher’s stone appears—the quintessence of nature perfected. Because I know the ways through the darkest places, spirit reveals to me its greatest secrets concerning matter and its transformations.

The earth is my home; I am never alone; I am cloaked in the beauty of the universe.

If I think of a gnome like the gnome King Mentifil, his mind and my mind instantly join. I can do this with human beings too. Consider the former Prime Minister Noda of Japan.

He loves the status quo. It is jokingly said of the British that they try to get through life without being embarrassed. You could say then of Prime Minister Noda that he wishes to live his life so that he and those around him save face, so that everything remains normal, comfortable, familiar, and in harmony with tradition.

In other words, this man is totally incapable of responding in a crisis, understanding a disaster, or dealing with something new that is not familiar. He will try to fix a problem first by ignoring it and second by ignoring it more.

If I ask him in my mind what would you do about the Fukushima reactors and cooling pool, his thought is that he would talk to TEPCO’s CEO face to face over tea and ask, What do we do to solve the problem? What actually happens though when the Prime Minister of Japan talks to TEPCO’s CEO is he asks, How should we handle this in terms of explaining it to the public so they remain calm and know as little as possible?

When I turn to Mentifil, I have an instant awareness of what a gnome senses about the human body—he is aware of the electro-magnetic waves of the brain, the biochemistry of the metabolism, the electrolytes in your blood stream and the blood circulation through your legs and different parts of your body, the functioning of your lungs and your renal
system. He is aware of what enhances, sustains, and detracts from the health of your body.

Mentifil you could say is the go-to guy or gnome if you want to work on longevity or to develop in yourself the philosopher’s stone which eventually would lead to immortality. He is a gnome king. He knows things.

It is a little like the Taoist master who was walking by while a woman was doing reflexology on my feet. We were sitting by the lake during a break at the Omega Institute in New York. And he simply came up to me and reached down and felt the pulses in my wrist and then started complaining in Chinese about the lack of balance in the acupuncture meridians in my body.

Like certain Taoist masters, he knew nothing at all about feelings, mind, or spirit but the health of the body he could tell just by looking at it. A gnome like Mentifil can look at someone and feel how every body organ is functioning and what herbs and remedies could be used to make them healthier.

In practical terms, then, the gnome awareness allows you to feel one hundred per cent part of the physical world. You will notice that mermaid women so far rarely build anything. At the time of this writing, there are no mermaid training systems, no mermaid correspondence courses, no mermaid seminars run by mermaids, no mermaid institutes, no mermaid on-line classes, no mermaid dance and song training programs, no mermaid magic classes, no mermaid tours to the astral plane, no mermaid spirit guide readings (a mermaid Tarot deck is not quite enough to cut it), no mermaid story tellers though there are a lot of human story tellers publishing new books about mermaids every week.

In other words, with the earth element you build something that endures and enriches the world when you are gone. There is one mermaid who is an exception but she is here on a divine mission that I do not think the human race is ready to understand.

For gnomes, there is step by step procedure and gradual development. There is embodying something that makes individuals stronger over time and that remains with them. And as I like to point out, for a gnome time only exists in terms of what you are working on. When you are finished
then you can say, “I finished what I began—that is the unit I use to measure time.”

(From *Mermaids, Sylphs, Gnomes, and Salamanders*)

For the gnome Mentifil, physical matter is not heavy. It feels light and free. When a gnome meditates on metals, his consciousness does not feel cramped or restricted. He feels at ease like light moving through empty space—he does not feel any hindrances.

The first effect I noticed after meditating with Mentifil was that I stopped getting depressed. If I can state it this way, it is as if depression became afraid of me. It is no longer willing to come near me.

From a psychological view, depression is energy being drawn out of consciousness down into the unconscious. It is suffering a loss of feeling restrained by the weight of circumstances. In some therapeutic methods, you follow the energy to discover where it is leading you. The energy is still a part of yourself. To be whole, you need to discover the feelings and insights hidden in those depths where the energy flows. This is like going on a spiritual quest to recapture or renew part of the spirit you have lost.

But more may be required. What if you need to go beyond an understanding of your personality and your life circumstances? A magician does not seek personal happiness so much as being in harmony with the universe. The gnomes have a great deal to offer in this quest. In the realm of gnomes, it is possible to place your mind within the densest substance and discover freedom and boundless light. The universe is then seen as one interconnected field of energy.

The goal is learning to say to the mysterious energies that move within us, “I know you well. I have already met you. I know your magical name. Your spell which diminishes hope and tears the soul can find no hold upon my heart. I can take all that you are and turn it into something wonderful because I celebrate the beauty of life.”

Mentifil’s procedure is to meditate on the planetary metals one by one spending some time on each until I could see where the metal’s molecular and atomic vibrations dissolve into the pure light of akasha.
Mentifil has a very developed power of concentration. It is hard for me to imagine a human master in any religious tradition having Mentifil's ability to concentrate with such intensity.

Still, the reason Mentifil insists on mastering a wide spectrum of metallic energies relates to Jungian psychology. To upgrade the quality of the life force within your body, you have to gather all aspects of your psyche. No significant part of the self can be left out of the process of refinement. Otherwise, at some point your concentration will weaken and the energy you are trying to refine will become contaminated. A gnome alchemist seeks to embody within himself a miniature version and a reflection of the larger solar system.

An Example of Meditation on a Planetary Metal

Silver—the Metal of the Moon. Silver contains a serenity—a letting go into the inner flow of life. Silver is a magic mirror reflecting the unfolding of time, the rhythms of change, and the forces which give birth to all living beings. The light in silver reveals each of us in our totality so that nothing is hidden.

Within silver, then, is a remarkable feeling. Like the moon sliding in the sky, movement is gentle, slow, and indescribably peaceful. Even in a smallest gesture of affection, you can see the light of eternity—you sense that all the good that will ever come to you is already shining within you. Your life is blessed by a wholeness in which you feel an intimacy with all the beauty and treasures life can bestow.

The sage who says, ‘Contentment is the greatest wealth there is,’ tastes the light hidden in silver when he meditates. Such a man is not distracted by cravings for pleasure or the need for reassurance. He does not forget the part of himself which is transcendent even amid the struggles and conflicts of life.

In silver, there is no tension between desire and satisfaction, between need and fulfillment. You see how they arise together and cannot exist without each other. Desire can only appear because the pleasure it seeks is hidden within it. The sage who says, ’To everything there is a time
and a season,' has found this wisdom. He sees how the past and the future are joined to each other.

Take any personal need that exerts an influence over you. Then enter a dream. This is not the ordinary dream you have each night. This is a dream on the level of an archetype, that is, a dream full of power.

Now, within the dream, imagine you have an entire lifetime to live in a way which satisfies all your desires and needs. Silver is this vision in which you perceive with perfect clarity when, where, and how life will grant you fulfillment. Yet as you dream you find there is no gulf of time separating who you are now from what you desire. In silver, you feel other lifetimes alive within you. This feeling of completion is as real as the world of waking reality.

I am told that there is a civilization on a planet in another solar system where everyone has attained enlightenment. The race that dwells there has discovered that the light of consciousness is an ecstasy that dances in harmony with the universe. On that planet, there is no need to seek wisdom through prolonged or solitary quests. You only need to sit still and open your heart and you become overwhelmed with bliss. But the light in silver already contains all the wisdom and bliss those enlightened masters have ever found. Silver is that profound.

When you meditate in silver, the minds of great masters from other stars are no longer distant or hidden. The reason is that the ecstasy they use to attain liberation is woven into silver's atomic vibration. Nuclear and theoretical physicists will not tell you this. They study the universe—space, time, matter, and energy—as external phenomena.

But for a magician nature has innumerable gates opening to the paths of spirit. Silver is the gate of serenity in which time is suspended. Through the vibration of silver, you see the specific conditions governing each thing's existence and you also perceive the oneness underlying the universe.

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

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

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

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

Now in the modern world if an individual has the faintest air of being sovereign or regal this is right away taken as an insult. We overthrew kings and those who thought they had divine rights hundreds of years
ago. But this sense of originality and seeing clearly is not a matter of ruling over others. It is an internal sense in which you can measure different levels of intuition and perception. And when you compare what you see normally to what you see when you are animated by the pure elemental fire element you sense that you are at the top of list—you have the highest and clearest perception compared to whatever else you have experienced.

At least then in regard to yourself, you feel you have a nearly divine sense of authority. But this is not controlling or domineering. Instead you feel that now you are in a better position to articulate and define priorities and purposes—what needs to get done. Fire is that way—it evaluates, measures, and then acquires the energy necessary to do something.

2. Power—The vibration of fire is like possessing an expansive force and quality that takes over any space it enters and aligns all things to its actions and activities. There are bullies, obnoxious people, and rude people of course who push themselves on others. But fiery energy does not do that. What I am describing is the kind of person who communicates his enthusiasm and energy to others so they feel energized and excited. Elemental energy is not in one’s head. It is thick in the air and yet oftentimes subliminal. You feel its effect without necessarily understanding how it is acting on you.

“They shall beat their swords into plowshares ....” People will not stop waging war because they become more reasonable and respectful of each other out of the goodness of their hearts. No. They will create peace and justice because there is a power present that “encourages, inspires, or requires” them to end war. People will align themselves with this power of peace because it is in their interest to do so.

This kind of fire/power will be more intense, commanding, and inspiring than the kind of power that encourages war. You have to find that kind of power inside yourself. Having faith or hoping that it will appear is not enough in itself.

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

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

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

When you mediate with the elemental fire and its imagery you experience all three levels of fire inside yourself. You can write about religion and be a theologian but if you touch the energy within what you are writing about you become a prophet. Someone can with devotion and good will meditate on the divine but if you find the divine within yourself you establish justice, fair play, and freedom throughout the world.

4. Working directly with the will and power within elemental fire gives you the ability to sense the will and power, that is, the presence of this energy within others. You can sense others’ qualities and strengths as well as their weaknesses and vulnerabilities.

Some people have a primal force and others have a pure, dazzling light. Some are full of conviction and others have genuine authority derived from the amount of experience they have acquired. Some believe their ideas are right with great vehemence and others are daring, fearless, and courageous.
Some have great strength physical, emotional, mental, or spiritual and others have a will of iron, steel, or diamond. Some are extroverts who want to take direct action as soon as possible and some are introverts who may have a laser like will of concentration that burns away and dissolves the obstacles before them without having to engage in direction confrontation. Fire gives you the ability to measure others—to see and to sense the qualities and amount of power within them.

5. Again, with fire, you transmit your energy and enthusiasm to others. You charge them up, inspire them, electrify them, engage them, direct them, encourage them, and communicate faith, conviction, daring, and courage to them. Fire requires fuel to burn bright but it also immediately transforms and radiates outward that source to others in a new form.

6. If you do acquire the will and power of Divine Providence setting off to the side your ego and selfishness and also your personal and historical bias, then the world will align itself to your purposes without you needing to be a Churchill, a Roosevelt, or a General Patton. Such individuals may remain for the most part invisible and unknown to their own generation.

A man I studied within the martial arts said that one time someone came into a restaurant where his father was eating intending to challenge him to mortal combat. Seeing the man’s intentions, his father slowly folded a cloth napkin and placed it on his wrist. And then with an almost imperceptible motion, the napkin flew across the room and hit the wall. Seeing this the other martial artist left the restaurant without saying a word. There was no need to fight. The outcome was already known to both parties. Or to quote Sun Tzu, “The supreme art of war is winning without having to fight.”

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

Over the last two hundred years our world has acquired immense power through its mastery of electricity and fire in various forms. But this is external power. It is still rare to encounter leaders of nations or
men of wealth and influence who have the elemental power of fire within themselves.

This makes it easy for someone who does have a degree of elemental fire to bedazzle, charm, and hypnotize others with their eyes, voice, and body language. But even these individuals are still extraordinarily weak compared to the quality and amount of elemental fire—will and power—that Franz Bardon expects his students to master.

The study of elemental fire is then a study of military, political, and economic history. It is a study of wealth, power, and influence. And it is a study of mystical illumination and self-transformation. It is a study of the mysterious purposes of Divine Providence as they manifest through ideals, dreams, and visions and also as real time plans of actions to transform our world.

I call this essay, *Intimations of Immortality*, because if you unite with the one or more of the four elements in nature they become forever a part of you. They do not weaken or deteriorate. You yourself are now a part of nature and part of an enduring, four billion year old planet.

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

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

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

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

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

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

But Pryhum also looks beyond this planet. He envies the fires of the sun and with that nuclear fire within his dreams he is one. Pyrhum seems to speak within my mind, that is, his thoughts appear within my mind. “I keep the planet alive. I diversify nature and bring it to life. I destroy what needs to be destroyed and new civilizations shall be born by drawing upon my light.”

He goes on, “Give me a mission no one else can accomplish and I will do what needs to be done so that the problem is solved and all obstacles overcome.”
If the mermaid queen Istiphul is nurturing and ecstatic love, then Pyrhum is the ecstasy of will and power.

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

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

“How can I explain the rapture, joy, and the bliss that is the essence of my being? To unite with nature from the depths of yourself, to be part of what transforms the world, and to create new wonders never before seen—one day in an advanced civilization I shall incarnate as one of them after their own form. I shall walk among them and they shall behold the light of the sun standing before them. And then they shall finally understand what their bodies, nervous systems, brains, and minds are capable of. The enlightened mind is not just a mirror perfectly clear and receptive. In you the stars appear not just as dazzling light but as the power unfolding the universe.

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

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

But in the end we shall not only learn to become one with another but our love will become so deep and vast it joins with the universe itself. Perhaps in that day mermaids shall not just be the sea in human form when they incarnate and live among us. But they shall reach further and become a oneness that embraces everything without limitation or boundaries.
I must say that the beauty and gifts of each of these four elemental kingdoms are each astonishing and full of wonder. We each begin with where we are. How and where we proceed is a matter of personal choice and also of the destiny that has captured our hearts and imaginations.

The Fifth Element of Akasha

Along with earth, air, fire, and water there is a fifth element we can call akasha. This fifth element takes on a specific vibration when we are pursuing astral and physical immortality. It is a formless awareness, an omnipresence, that is everywhere and within everything. It is vast and it penetrates through space and time.

1. Because it is formless and everywhere it is one with the four elements in all aspect and expressions on the astral and physical planes. We can say that it resonates with everything that exists.
It is an awareness of the void from which the universe and all beings were created. As the void your awareness penetrates and encompasses all things.

2. The fifth element appears as absolute faith, certainty, and conviction. It is like a coach who tells his player “You can do this—make a supreme effort and put forth all your will and you will succeed in accomplishing your goals.”

It is the authority of someone like General Eisenhower when on D Day the generals come to him and say, “We await your orders.” He is in command. Everything moves according to the decisions he makes and, whether good or bad, he is responsible for the results. Authority is derived from experience and understanding all aspects of the area under consideration.

3. You see the best choices and options. You overcome obstacles because you understand all aspects of what opposes you as if these things are a part of you. You are so much a part of others that they perceive that what you want is what they themselves have always wanted. The sylph that oversees a hurricane responds to your will because it senses your will is its own desire.

For example--

The Realm of Salamanders: salamanders see your conviction and certainty as the perfection of will and power. You understand how fire is their source of their energy, the way they use fire, their desire to expand and to overcome all boundaries.

In their realm, you are absolute sovereign. There is nothing a salamander can do and no where it can go that you are not already there or a part of it. When he looks inside of himself the salamander finds you are already there and in charge.
The Realm of Sylphs: when the sylphs look at you they perceive the perfection of freedom, for your consciousness is everywhere and in everything. You are the wisdom behind the seasons, the rhythms, and changes of time. You give definition to all things designating their purposes according to their form and identities. You can take any conflict and create harmony.

The Realm of Mermaids: Mermaids perceive in you that which overcomes all boundaries so that separation is eliminated and only oneness remains. You are the source, the creator, and the perfection of love, for in you is an awareness that embraces everything. Mermaids are so receptive, innocent, and giving that for them each moment is a new opportunity to share love in which they give all of their being to another. But you can take anything and recreate it so it becomes new and fulfills the highest purpose that resides within it. Every feeling that a mermaid feels, every dream of love that she embodies, and every vibration and aspect of water in nature is a part of you. You will notice that when you appear to mermaids in this way they will assist you in all that you do and some of them will choose to study with you in order to embody the perfection of love they perceive and experience through you.

The Realm of Gnomes. Gnomes see in you the embodiment of their inner silence. You are alert and perceptive but free of mental activity. Gnomes are comfortable with you because they see in you the consciousness from which form, density, matter, and solidity originate. The electronic vibration of gold, lead, tin, minerals, and substances arises from the nothingness that you are.
All recipes, formulas, and configurations of matter’s transformations are reflected in you. The elixir of life and the philosopher’s stone are your awareness in material form. You are formless time and the mystery from which all purpose and destinies are assigned. When a gnome looks into your eyes he sees the void from which the stars arise and the fusion of matter through which the stars shine.

The Realm of Spirit on the Astral Plane: (Note: For Franz Bardon, akasha exists on each plane in a different aspect.)

If I enter the fifth element of akasha on the astral plane, a vast space opens around me. I see through all of space and time. I see each being, spirit, and creature in its original nature. I see its transitions and transformations one after the other. I see the beginning and the final end. The entire journey stands clear before me as if it has already happened even though the individual soul still experiences each moment as it unfolds.

Though I am without form, I am the womb that receives the seed of spirit that gives birth to each element. Though I am without substance, as empty as the space that holds the stars in its embrace, I maintain the harmony of all things. I assign each element its task to fulfill. I am the one who created silence, intelligence, love, and will.

I am within breath. DNA was my plan and design. I caused the conditions and situations that brought it into being.

Though I am well hidden, very hard to find, there is a reason. My joy is infinite. And though my light is invisible to mortal eyes, as I have already said: I see everything. I feel every feeling. Every thought rings with a faint echo of my vibration. I am celebration. And in the end there is nothing I will not join and unite with filling it with beauty. You will then see what I have designed: love shall triumph over all the limitations and restrictions of space and time.

Conclusion
Franz Bardon describes a number of higher spirits from various planetary spheres that teach healing, health, and astral and physical immortality. With certain cosmic letters also he mentions that in practicing them you stop growing old.

What I am doing is simply studying these elemental beings both in their own realms and when some of them are here inside of human bodies. They all seem to possess astral immortality even when they are here in human form. Their astral bodies remain the same incarnation after incarnation without deteriorating and needing to be reformatted again at birth with a new set of elemental combinations. They learn new things but they also are what they are—united to nature from within.

This magical traditions do not seems to grasp—that if you unite with nature from within you acquire the astral immorality of these being. The physical immortality appears to happen when you unite your
consciousness to all of that element in nature—for mermaids, all water on earth or for sylphs—the entire atmosphere.

We do not get this kind of immortality because human beings do not strive for it or practice it. Yet Bardon suggests making these realms a second home and learning all you can about them.

It seems to go like this: the kings and queens of the four elements in nature are so advanced and skilled in their elements they are free to materialize in physical form when and where they want. Their energy is supported by that one element as it exists throughout the entire planet earth.

Appendix

On the Fifth Element

In regard to the book, *The Practice of the True Kaballah*: In comparison to the cosmic letter U (shiny black in color and without space or time), the cosmic letter E (dark ultra violet and penetrating through space and time) is aware of everything that already exists. It sees the future in terms of what is most likely to be or what it is focused on creating.

The letter U, by contrast, is an awareness of non-existence, that is, it perceives quantum realities—all that might be or that is possible.

In any act of creation, other possibilities are set off to the side so that something real, concrete, and specific can come into existence. The U maintains an awareness of the origins of what has been created as well as all alternate realities that might have been or that can be.

The letter U has an advantage in dissolving obstacles so that the original nature and highest path of something can be followed. The letter E has the advantage in mastering what already exists and in manifesting
what it wishes to bring into being. We could say that the letter U is the source from which everything arises and the letter E is the omnipresent awareness of everything once it is brought into being.

In terms of astral and physical immortality, the dark ultra violet letter E encompasses and penetrates through the other four elements overseeing them and maintaining their balance. The letter U comes into play if you are manifesting something previously not revealed.

If I want to master the four elements I work with letter E. If I want to do something utterly new and without precedent--like joining the mermaid and the human realms or eliminating war on earth--I can work with the U. The letter U can reveal and assign new purposes when new purposes are required and it can dissolve the obstacles that oppose those purposes. But the consciousness in the letter E will take you more quickly into acquiring an in-depth experience with each of the four elements.

The Cosmic Letter U as Akasha or the Void

Because there are no barriers, boundaries, restrictions, limitations, or separation of any kind in the void, there is only oneness and so perfect love.

Because there is no attachment and nothing to be attached to, nothing to lay hold of and nothing to lose, no one who attacks and no one who can be harmed and so no fear, the void is perfect enlightenment. Like a mirror it perceives with perfect clarity. Like the sky, it remains open, vast, and relaxed regardless of the storms of life that pass by.

Because the void is the source from which all things arise, overseeing their transformations, guiding, inspiring, refining, freeing them from what holds them back, restoring them to their path to perfection, revealing their original nature, their highest purposes, their final ends,
and all that may be attained and accomplished in any cycle of time, the void is perfect wisdom.

Because the void brings all things into existence granting them form, perception, and self-awareness and because the void is aware of everything that sustains the existence of anything, because it provides the environment, circumstances, and situations through which beings may grow and thrive and because it dissolve their forms again in the fullness of time when they have attained perfect enlightenment and absolute freedom, the void is perfect sovereignty and absolute, omnipotent power.

Because these four—oneness, enlightenment, wisdom, and power flow in and through each other the void is also ecstasy. It is a great celebration in which all things are continuously joining.

Those who study the void shall gain the ability to dissolve any negativity. They shall overcome all obstacles, solve all problems, resolve all conflicts, and heal all illness and wounds.

They shall create love where love does not exist and in the process replace conflict and discord with harmony. They shall create peace where there is war. They shall be the friends of all beings meeting them in their place of greatest darkness and time of deepest need and walking beside them back into the light.

He who studies the void is neither bound by self-image nor limited by any form or tradition. Rather perceiving the original nature of anything he takes whatever life sets before him and recreates it restoring it to its highest path and surrounding it with inconceivable wonders.

Indeed, it is the very nature of the void to offer these gifts so that all things may be accomplished and the world filled with justice, love, and beauty.

From Franz Bardon Chapter Six, *Initiation into Hermetics*
Take up your usual position (asana) and close your eyes. Imagine that you are in the center of an unlimited space. There is no above or below or sideways. This unlimited space is filled with the finest energetic matter, the universal ether. Ether is colorless, but to our senses it appears to be of ultra-violet, near black-violet color, and this is the color in which we imagine the etheric matter. You are inhaling this etheric matter and conveying it deliberately through pulmonary breathing to the blood. If you have achieved a certain skill in doing so, execute the same operation by breathing through the lungs and pores as you did in the accumulation of vital power, but with the difference that you inhale the colored ether and fill your whole body with it instead of with the vital power.

In performing this exercise you have to retain the feeling of being united to the entire infinite space. You have to be as it were completely secluded from the world. It is necessary to become acquainted with this
unusual state of mind. In any case you ought to avoid losing consciousness and falling asleep. Supposing that you do feel tired, break off the exercise immediately and choose another time when you are more fit. After some successful exercises in the whole-body pore-breathing with akasha, you can go ahead.

We have heard that akasja is the primary source, the sphere of all causes. Any deliberate cause, such as a wish, a thought, any imagination created in this sphere together with the dynamic conviction is bound to be realized with the help of the elements, regardless of the level or sphere on which the realization necessarily has to be performed. This is one of the greatest magic mysteries and a universal key for the magician, who will understand its range only later on in the course of his development. The scholar should always keep his mind on his own ethical development, which will certainly help him to do only good and noble deeds.

Our next exercise will be to win absolute control of the elements with the help of the akasha principle in all the three realms. The exercise is as follows: You are sitting in your usual position inhaling a stream of akasha through the lungs and pores and filling the whole body with it. At this point I would like to mention that akasa cannot be accumulated in the same way as vital power. At the very inhaling you must imagine that you are starting the control of the four elements. Consider that you have already got the faculty of mastering the elements and that they will fulfill everything you are ordering or wishing for, no matter on which plane the realization of your desires has to happen. With every breath you ought to feel your mastery of the elements. The faith and the confidence in your control of the elements has to be unshakeable and imperturbable. You must not allow yourself the faintest doubt.

Anyone who is working scrupulously through all these exercises will gain the absolute control of the elements after more or less exercising. A magician who has established the magical balance in himself with respect to the elements, having ennobled his character and having acquired the highest virtues and ideals, will very soon attain this power. He will feel his faith becoming as firm as a rock and will be absolutely sure of his conviction, which excludes any doubt at all. On the other
hand, any person who has not been working scrupulously enough, or scholars who skipped any steps and neglected exercises will feel doubtful about one problem or another, and the influence of one element that is keeping him in check most of the time will not tolerate to be mastered. Here and now the scholar will realize why such a high value is set on scrupulousness and endurance in the execution of the exercises. There is no gap allowed to spring up in the process of development; otherwise the scholar will fall behind and some of the problems could only be set right under the greatest difficulties.