



DE REGVLAE VITAE

(Secret Document of the 1° O.T.O.)

Do what thou wilt shall be the whole of the Law.

O' my new Brother or Sister! If thou comest into our Order to satisfy worldly curiosity, or to spy on us at our enemies behest, or in search of material pleasures and gain, thou art like a diver in a deep lake. Enjoy thy bathing! Thou wilt shortly come out and leave no vestige of thy passing. If I plunge my hand in water, does the surface keep the mark of my fingers?

But if thou comest aspiring to the wider and deeper life of the Adepts—if the Flame of the Spirit shine in thee—hearken these my words.

Thou wouldst change thine animal nature. Thou seekest the spiritual existence of the more advanced members of our species. Thou yearnest for that wisdom that seems superhuman to fools merely because they never conceived that it could be. Learn the first steps along the Way!

Habit is a second nature. Creating in thy daily life very simple little habits thou wilt be taking a giant and intricate step towards fulfillment of the Great Work.

Thou shalt punctually pay the Lodge dues, even if this be a sacrifice to thee.

Thou shalt demand evidence from the Lodge that it is putting thy money to good use.

Thou shalt throw thine arm diagonally in an arch across thy body and pronounce *APO PANTOS KAKODAIMONOSⁱ* whenever thou seest any person in the habit of any of the religions cursed in *Liber AL* chapter III 59-56, or whenever thou enterest one of their places of worship.

Thou shalt say, as a toast: *Do what thou wilt!* Whenever thou art a guest in eat or drink at the table of whoever.

Thou shalt strive to control thine emotions. This does not mean to repress them, but to use them, instead of letting them use thee.

Thou shalt not celebrate in temples of the old aeon; not even as a polite guest. Thou shalt witness no marriage and no last rite unless they be of the Holy Gnostic Catholic Churchⁱⁱ.

Thou shalt observe the utmost cleanliness in thy body wear, thy bed wear, thy table wear, and thy naked body. This does not mean that thou canst not soil thyself ifi it be a part of a job.

Thou shalt perform no magick whatsoever on Tuesdays which are sacred to the Lord of the Aeon.

Shouldst thou feel magickally oppressed—and remember that if thou beest truly of us thou shalt be tested by the infernal hordes—thou shalt do thus:

Thou shalt dissolve soap, or salt, or perfume in clean water, pronouncing the sixty second verse of the second chapter of the *Book of the Law*ⁱⁱⁱ.

Thou shalt wet the tip of thy thumb in the mixture, or the tip of thy middle finger, and thou shalt trace the Banishing Pentagram of Earth^{iv} on the threshold of the doors and on the windowsills of thy place of residence, pronouncing the forty fourth verse of the first chapter of the *Book of the Law*^v. Thou shalt do this right after sunrise and right after sunset whenever thou wilt, or whenever thou feelest attack. Neglect no entrance when thou dost this: it is better to seal none than to forget to seal one.^{vi}

Thou shalt frequent thy lodge assiduously, and thou shalt meditate at least once in Night-in-the-Desert room.^{vii}

Thous shalt give Liber Oz^{viii} as a present to those people thou deemest worthy and who may cross thy path in the outer world. Thou shalt do this and no more. Thou shalt not seek to convert them, nor shalt thou argue with them about the Law.

Thou shalt study diligently in the books of the O.T.O.; thou shalt read and meditate often *Little Essays Towards Truth* of the Master Baphomet.

Thou shalt not have sex unless thou feelest a strong attraction. It is not the act's frequency that marks a man's virility or a woman's charm, but the quality of the relationship.^{ix}

Thou shalt not avoid sex with whomever when thou feelest a strong attraction, unless the inner voice speak in thee. Thou shalt not confuse this voice with restriction of prejudice.

Thou shalt say before retiring: Liber AL chapter II, Verse 9^x.

Thou shalt salute the Sun and the Moon, and the Stars; Thou shalt talk to the rocks, and thou shalt love the plants, and thou shalt treat the animals as if they were human. And thou shalt treat human beings as if they were gods that sleep, and sleeping dream, for indeed they are. And above all, thou shalt do thy will with all thy might!

Listen to the secret of success. The Lodge is a focus for the group energy. Therefore, through Lodge work thou shalt become abler to obtain all those useful preliminaries which the low men take for life's purpose: **comfort, health and leisure**.

But this is possible only insofar as **all the members contribute** to the success of all, and in the measure in which the Law is upheld. For behold, it is written in AI I 61: *but always in the love of me*.

The Law is for all. Our Lady Nuit is all and is in all that exists. Therefore if thy success wounds or restricts the freedom of any other being, **it is not success**, it is failure. It is not magick, it is sorcery.

Understand also that the tiger does not restrict the gazelle's freedom when he eats her flesh. But it would be restriction unto the gazelle to demand that it behave like a tiger.

Thou hast no right but to do thy will.

Therefore, if thou feedeth the Energy of the Lodge and even thus hindrance shows up in thine way, ponder well if thine ambition does no hurt to the universal harmony. And shouldst thou conclude that it does not, watch the Lodge. Surely one of the members is unworthy of it.^{xi}

No chain is stronger than it's weakest link.

Listen to the secret of success. Thou art thyself the fountainhead of the magickal energy thou usest. Therefore, even the rituals and exorcisms derive their power from thee.

Do **not** pronounce ritual words passively; They shall not invoke the Divine Forces, nor protect the against the demonic forces, except as thou dost breathe life into them.

On the other hand, if a Ritual is given thee, use it. Our Secret Writings possess true magick power. When they are put in thy hands, they draw to thee the forces they were designed to control. Woe to thee if thou hast them and dost not use them! Surely thou shalt be led into error.

Listen--- once more!--- to the secret of success. Prove thy words by deeds. The Lord of the Aeon scorns idle thoughts or idle speech. Thou shalt know them by their fruit.

Act, therefore. It is better to act wrongly than to abstain from acting. He who never errs is he who never tries. Try!

Fear not failure. Success is thy proof; but thou shalt never know what is enough unless thou knowest what is too much. Once, a Master of the Temple wrote the following:

*Was it worth it? Worthy is all,
If thy soul is not small.*

Obey the rules. Study the books. Perform the rituals rightly with joy & beauty! Ward the Lodge, which is the source of thy strength. For dost thou not feed it with thy blood?

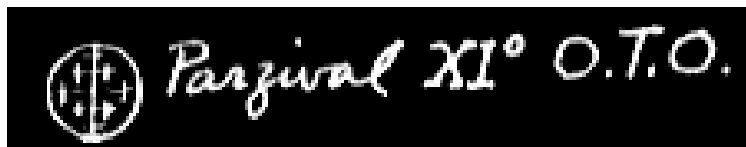
Refine thy feelings. Listen to the music of Mozart, Wagner, Beethoven. Ponder the *Magic Flute*, *Parzival* and the last quartets etc. Such music initiates.

Cultivate a sport. Thou shalt not pass into the Inner Circle ere thou givest proof of excellence in some branch of athletics.

Study mathematics and the classics. The first will teach you the very structure of the higher manas; the second will explain to thee whence thou comest, for they are the treasury of the Collective Unconscious. Thus shall it be made easir to thee to whither thou goest.

Work and aspire. Ora et Labora. Be worthy of the Order, be worthy of Us!

Love is the law, love under will.



Addendum

This text was written by Frater Parzival XI° O.T.O., known as Marcelo Motta in the outer world. In typing the text I realized that it is not an easy document to use, so I have provided the footnotes below to the members of the UR-O.T.O. and the S4L-O.T.O. I hope they prove helpful and insightful to the aspirant and assist in understanding this documents and putting it into effect.

Frater Uranus XI°

ⁱ Note by Frater Uranus XI°: Alternately *Bahlasti! Ohmpedha! I spit on your crapulous creeds!* Liber AL contains the supreme spells of blessing as well as cursing.

ⁱⁱ Frater U.: In the case of S4L-O.T.O. members receiving this document this would read *Ambrosii Magi Horum Rosarum* or *Holy Gnostic Church of Ecstasy*.

ⁱⁱⁱ This being: *I am uplifted in thine heart and the kisses of the stars rain hard upon thy body.*

^{iv} Begin in the lower left hand corner and tracing up to the uppermost point, ending the pentagram in the exact spot you began.

^v This being: *For pure will, unassuaged of purpose, delivered from the lust of result, is every way perfect.*

^{vi} Here Frater Parzival gives us wise council. This process should also be followed in the Lodge temple of the O.T.O. initiate before performing the ritual of the Center of Power or any other ritual of importance to the O.T.O. It is wise council that the initiate also perform this act in their personal temple before ANY personal magick be done, even if I be but a Star Ruby or Lesser Banishing Ritual of the pentagram.

^{vii} The Lodge Temple, see the ritual of the I° O.T.O.

^{viii} Attached to this document

^{ix} This is in stark contrast to the injunction of David Bersson, a.k.a. Frater Sphinx, who suggests cursing anyone that refuses to have sex with you. See his *Gold Coins of the Master* for more details. The injunctions of this document are those we seek to follow in the S4L-O.T.O.

^x This was written in the hand of Frater Parzival. The verse reads: *Remember all ye that existence is pure joy, the sorrows are but as shadows; they pass and are done, there is that which remains.* Some initiates of the Society O.T.O. recited another verse taught to the Inner Circle of the O.T.O. and spread out of it by Frater LVX, now LPD of the Sacred Order of the Lamp of Invisible Light, L.I.L.

^{xi} Frater U: This is not a license to stab your fellow Lodge member in the back by going to the hierarchy, but a license to investigate and discuss the best course of action with the Lodge.