



Liber Congregus Restituo

The Science of Regeneration: To be 'born again' of Spirit
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Man is a trinity of Body, Soul and Spirit, the Alchemical Salt, Sulphur and Mercury (respectively). The soul is the mediator between Spirit and Body and it is also the Astral Body or Khu. It is a double organism, partaking of both the nature of the Body and the nature of the Spirit, and endowed with its own internal senses, known as the Chakras. The seven chakras are essentially electromagnetic centers, found in intimate correlation with the glands of the endocrinal system.

In the human body there are three different nervous systems that are in operation:

1. The cerebrospinal nervous system, agent of conscious function. This is the throne of the Spirit.
2. The great sympathetic nervous system, agent of the unconscious, subconscious and instinctive (sexual) functions. This is the vehicle of the Astral Body.
3. The parasympathetic that collaborates by disciplining the instinctive functions under the direction of the mind.

The seven most important glands of the human organism have their exponent in the seven principal chakras; each one having its roots in intimate correlation with one of the seven nerve ganglia of the spinal column. These ganglia control the seven chakras of the sympathetic nervous system.

In men, there is a hormone pathway that leads from the prostate, connects with the adrenal glands, and continues on to the other glands. During ejaculation, the prostate shoots out its contents in a series of contractions. Then, sexual intercourse ends. With nothing left to ejaculate, induce contractions, or maintain an erection (energy is lost during ejaculation), the man cannot continue to make love. By applying external pressure to the acupuncture point between the anus and the scrotum (the location of the Muladhara chakra, he is then enabled to pump semen out of the prostate in small doses, pumping it in the other direction into the other glands and blood vessels, and he can prolong the sexual congress.

The prostate gland has a specific function, namely semen ejaculation. Ejaculation is a complex process. When the penis is stimulated, the prostate swells with secretions. After the prostate gland swells to its maximum capacity, it undergoes a rapid series of contractions until it shrinks to its normal size. These contractions squeeze the secretions from the prostate, through the urethra, into the penis, and then out the tip of the penis. Every time the prostate contracts and relaxes, it draws sperm from the seminal vesicle.

The semen contains a great deal of vital life force; therefore, an ejaculation also represents a great deal of lost vital energy. This is demonstrated by the exhaustion and even depression experienced after ejaculation. Ejaculation is often called "coming," but a more precise term for it would be "going," since everything — including the erection, vital energy, millions of live sperm, hormones, nutrients, even a little of the man's personality — goes away through the action. It is a great sacrifice for the man spiritually, mentally, and physically.

AL II.26: "I am the secret Serpent coiled about to spring; in my coiling there is joy. If I lift up my head, I and my Nuit are one. If I droop down mine head, and shoot forth venom, then is rapture of the earth, and I and the earth are one."

After ejaculation, all of the Seven Glands are depleted, particularly the sexual glands. If one goes in this direction, moving the energy down through the Seven Glands and out of the body through ejaculation, one is working at incarnating spirit into matter. This can lead to the creation of the homunculus or the 'Magickal Childe.' In contrast, by going in the other direction, moving the energy upward through the Seven Glands in the body, you can develop the instrument for living an immortal life, evolving the matter of the body into spirit.

XC:37-39 - Many have arisen, being foolish. They have said, "Stoop down unto the darkly splendid world, and be wedded to that Blind Creature of the Slime." I who am beyond Wisdom and Folly, arise and say unto you: achieve both weddings! Unite yourselves with both! Beware, beware, I say, lest ye seek after the one and lose the other!

Therefore, the man must have his orgasm *without* ejaculating. Rather, he should *injaculate*, instead. Just before he reaches the point of 'no return,' he needs to press the acupuncture point located halfway between the anus and scrotum by reaching around behind the buttocks. The ejaculation can then be reversed into an improved orgasm and the semen is recycled from the full prostate and reabsorbed into the blood. This point is called the 'Conception Meridian.' When pressed with a finger, this point feels as if there is a small indentation or hole in that location.

If a man is able to injaculate, he will retain this previous vital energy and maintain his erection, increasing his personal pleasure to the point of ecstasy. This facilitates his taking the woman up through the nine levels of a complete orgasm. It is at this point, according to the Formula of ON, that the energy is carried to Tiphareth. He should continue to press this point until the orgasm, or injaculation, is complete.

The energy, released into the blood stream, crystallizes the Astral Body, which is the 'second birth.' Some practice might be needed to learn exactly how and where to press. It is necessary first to practice alone to master the technique. This is the work of the VIIIth Degree of the O.T.O. The pressure should be neither too heavy nor too light. If you press too close toward the scrotum, the semen will enter the bladder and be lost when you urinate. If you press too close toward the anus, ejaculation will not be stopped. In either case, you will lose the benefit of the exercise. To prevent the loss of semen through ejaculation out of the body or into the bladder, the pressure must close the channels right at the base of the prostate gland. Only then is the semen recycled into the blood. (While learning this technique, you might press with three fingers just to be safe.)

After having pressed the point and prevented ejaculation, you could conduct a test to determine whether the semen was absorbed into the blood stream or passed into the bladder. To conduct the test, simply urinate into a glass. Cloudy urine indicates that the semen has passed into the bladder. If you set glass aside for an hour or two, the semen will settle to the bottom, leaving clear urine at the top.

This technique, called 'Pressing the Lion' controls and decreases the rate at which the prostate is emptied. The prostate does not get depleted as quickly, and semen is prevented from entering the penis. Instead, it remains in the prostate where it is absorbed into the blood stream and carried to the rest of the body. The prostate is still emptied, but at a greatly reduced rate. Some prostates are emptied in fractions of a second in regular orgasms. By Pressing the Lion, it may take as long as five minutes to empty the prostate. This results in a five-minute long orgasm!

Even more important than the longer and more intense orgasm is the fact that the energy and nutrients of the semen are reserved for the body. Inside the body, the semen is dispersed throughout the Seven Glands to energize them. The semen further benefits the body by providing energy and nutrients to energize the entire body, by lubricating the skin and joints, and by lubricating and coating the nerves to prevent disorders such as multiple sclerosis.

The Conception Meridian is an "energy gate" through which our bodies continuously leak energy to their surroundings. Abstinence from sex will not prevent this leakage. Properly performed sexual intercourse, as described, is the only way to prevent this energy leakage. So, when you press this point during sexual intercourse, you not only prevent the loss of semen from the body, but also check the loss of vital energy from your body. The tip of the tongue is another point of energy leakage¹. But it is also the point where the man and woman can exchange energy, completing the circuit of the sexual congress.

In women, the equivalent of this is achieved by discontinuing the menstrual period by stimulating the breasts whether through nursing or massage. When a woman stops bleeding, she will no longer lose great amounts of energy contained in the blood. Cessation of menstruation occurs naturally during menopause, which is in reality a great blessing for women. Exercise 36 in the GCL Ordination program must be used in preparation for this work.

A woman's sexual organ system consists of four inter-related parts: the vagina, the uterus, the ovaries, and the breasts. Their inter-relationship can be observed during the course of pregnancy, childbirth, and nursing. Menstruation ceases during these events, and the blood that would be lost during menstruation goes to nourish the baby. After the child is born, the energy is converted to milk for nursing. Menstruation resumes only when nursing stops.

By stimulating the breasts, the body rushes blood to the breasts rather than the uterus. Taoists refer to this phenomenon as "turning back the blood" because it reenergizes the entire body, especially the sexual organs. Doing this exercise will correct menstrual irregularities. It will eliminate menstrual cramps and strengthen sexual ability.

This begs the question, with no blood in the uterine wall, will the fertilized ovum pass out of the vagina? If so, then the operation of the homunculus is possible.

What follows are now the mental and psychic effects of the seven endocrinal glands.

1. The Pineal Gland: The pineal gland is cone-shaped, about the size of a pea, and is in the center of the brain in a tiny cave behind and above the pituitary gland which lies a little behind the root of the nose. The pineal gland is attached to the third ventricle of the brain. It contains a pigment similar to that in the retina of the eye, and also collections of what have been called "brain sand particles."

¹ In Taoist meditation it is recommended that you curve the tip of your tongue to the roof of your mouth in order to retain the energy in your body.

"Numerous attempts have been made to determine what function, if any, the pineal body possesses. Is it indispensable to life, or does it play some role important to a particular phase of metabolic activity? We may perhaps concede that this organ does possess a function in man and in most mammals. It is not improbable that this function is particularly determined by an internal secretion, a secretion, however, which is certainly not indispensable to life. The exact influence of the pineal secretion is still obscure."

- Tilney, Frederick, M.D., *The Pineal Gland*, pp. 537, 542.

It has also been suggested that this gland regulates our susceptibility to light, that it has a definite effect upon the sex nature, that it is related to brain growth and that its active functioning causes intellectual precocity. This gland has also been called the third eye, and the eye of the Cyclops.

Until a few decades ago scant attention was paid to the pineal gland. Then came the case, noted by Dr. Berman, in which a child was brought to a German clinic suffering from eye trouble and headaches. He was five years old and very mature, and apparently had reached the age of adolescence. He was abnormally bright mentally, discussing metaphysical and spiritual subjects. He was strongly group-conscious and only happy when sharing what he had with others. After his arrival at the clinic, he rapidly grew worse and died in a month. An autopsy showed a tumor of the pineal gland.

- Berman, Louis, M.D., *The Glands Regulating Personality*, p. 89.

2. Pituitary: This is really two glands in one. It is about the size of a pea and lies at the base of the brain a short distance behind the root of the nose. It has been called "nature's darling treasure," being cradled in a niche, like a "skull within a skull." As most of the glands do, in some form or other, it has a close relation to sex, and is also related to such periodic phenomena as sleep and sex epochs. We are told that it is a gland of continued effort, of energy consumption, and is essential to life. It is believed to stimulate the brain cells and to have a "direct and important bearing upon the personality." We are also informed that insufficient pituitary development causes, or at least accompanies conspicuous moral and intellectual inferiority, and lack of self-control; but that with a good pituitary development there will also be pronounced mental activity and endurance. It seems to have a very close connection with our emotional and mental qualities.

The secretion of the post-pituitary is pituitrin.

"The post-pituitary governs the maternal-sexual instincts and their sublimations, the social and creative instincts... It might be said to energize deeply the tender emotions... For all the basic sentiments (as opposed to the intellectualized self-protective sentimentalism), tender-heartedness, sympathy and suggestibility, are interlocked with its functions."

The secretion of the ante-pituitary is unknown.

"The ante-pituitary has been depicted as the gland of intellectuality... By intellectuality we mean the capacity of the mind to control its environment by concepts and abstract ideas."

- Berman, Louis, M.D., *The Glands Regulating Personality*, p. 178.

Dr. Berman also adds, "Mental activity is accompanied by increased function of the ante-pituitary, if intellectual, or of the post-pituitary, if emotional."
- Ibid., p. 236.

From a study of these comments, it becomes apparent that the personality qualities - emotions, whether we mean maternal instincts shared with all animals, love of one's fellowmen, or love of God, - are regarded as largely dependent upon the condition of the pituitary gland, as is also the ability to intellectualize.

3. Thyroid: Of the thyroid gland, more is known than of the pineal gland or the pituitary body. This gland is found astride the neck, above the wind-pipe, close to the larynx, and is a very large gland. It was once a sex gland, is frequently called the "third ovary," is always involved in ovarian cases. In the lower vertebrates it is clearly connected with the ducts of the sexual organs, but in the march of evolution upwards,

"that relationship is lost, the thyroid migrates more and more to the head region, to become the great link between sex and brain."
- Berman, Louis, M.D., *The Glands Regulating Personality*, p. 46.

We are told also that it is the great differentiation of tissues, and has anti-toxic power, preventing poisoning and increasing resistance to poison.

Above everything else, however, the thyroid gland is the controller of the metabolism of energy. It has been called the efficient lubricator of energy transformation, and is the great catalyst of energy in the body. It controls the speed of living and is the keystone of the endocrine system. It is indispensable to life.

"Without thyroid there can be no complexity of thought, no learning, no education, no habit-formation, no responsive energy for situations, as well as no physical unfolding of faculty and function and no reproduction of kind, with no sign of adolescence at the expected age, and no exhibition of sex tendencies thereafter."
- Ibid., p. 55.

We are also told that "Sensitivity, the ability to discriminate between grades of sensation or acuteness of perception is another thyroid quality. Just as the thyroid plus is more energetic, so is he more sensitive. He feels things more, he feels pain more readily, because he arrives more quickly at the stage when the stimulus damages his nerve apparatus."
- Ibid., p. 180.

The thyroid like the pituitary, has also close connection with the memory. "...the pituitary seems to be related to preservation of the memory deposit... The thyroid memory applies particularly to perception and precepts, the pituitary to conception (reading, studying, thinking) and concepts."
- Ibid., p. 182.

4. Thymus: Of the thymus gland, we know practically nothing, and it is one of the most mysterious of all. Like the pineal gland, it is regarded as a gland of childhood, but both as yet baffle investigation. It is situated in the chest, covers the upper portion of the heart, and, perhaps,

has relation to nutrition and growth. It seems to be connected with the irresponsible nature of children, and, when over-functioning in adult years, produces the irresponsible man or woman, and the amoral people.

5. Pancreas - The pancreas is situated in the abdomen and is close to the solar plexus (which is the brain of the instinctual animal nature) and is closely concerned with the "mobilization of energy for physical and mental purposes. It has two secretions, both insulin, one concerned with the digestive processes and the other known to be vital to the metabolism of sugar. Without sufficient sugar for the cells, no muscle work or nerve work - essentials in the struggle for existence - are possible."

- Berman, Louis, M.D., *The Glands Regulating Personality*, p. 93.

6. Adrenals: The adrenal glands are each of them dual and are situated on both sides of the abdomen, astride and behind the kidneys. They are concerned with general growth, and the growth of brain cells. The adrenal cortex secretion is one source of the internal secretions producing maturity.

The adrenal glands, however, are primarily the glands of combat. They produce that immediate and active response which men exhibit in times of danger or anger, and their secretion is stimulated in times of emergency. Pain, rage and fear have a definite effect upon the discharge, and we are told,

"all the evidence points to its medulla as the secretor of the substance which makes for the phenomena of fear, and to its cortex as dominant in the reactions of anger."

- Berman, Louis, M.D., *The Glands Regulating Personality*, p. 76.

Also: "Courage is so closely related to fear and anger that all are always associated in any discussion. Courage is commonly thought of as the emotion that is the opposite of fear. It would follow that courage meant simply inhibition of the adrenal medulla. As a matter of fact the mechanism of courage is more complex. One must distinguish animal courage and deliberate courage. Animal courage is literally the courage of the beast. As noted, animals with the largest amounts of adrenal cortex are the pugnacious, aggressive, charging kings of the fields and forests. The emotion experienced by them is probably anger with a sort of blood-lust, and no consideration of the consequences. The object attacked acted like a red rag waved at a bull - it had stimulated a flow of the secretion of the adrenal cortex, and the instinct of anger became sparked, as it were, by the new condition of the blood. In courage, deliberate courage, there is more than instinct. There is an act of volition, a display of will. Admitting that without the adrenal cortex such courage would be impossible, the chief credit for courage must be ascribed to the ante-pituitary. It is the proper conjunction of its secretion and that of the adrenal cortex that makes for true courage. So it is we find that acts of courage have been recorded most often of individuals of the ante-pituitary type."

- Berman, Louis, M.D., *The Glands Regulating Personality*, p. 177.

7. Gonads: The gonads or interstitial glands are the sex glands of external secretion, but are known to have an internal secretion also. Their gross secretion is the medium for reproduction.

Glands and chakras

Gland	Chakra	Location	Function
Pineal	Crown (sahastraar)	Top of the head	It is the opening to the universe - to the highest consciousness. Connected with the upper brain and right eye.
Pituitary	Third Eye (Ajna)	Back of the head	Controls auto-nervous system
Thyroid	Throat (Vishuddh)	Throat	Controls respiratory functions
Thymus	Heart (Anahat)	Heart	Controls heart,liver, pulmonary and circulatory system
Adrenal	Solar Plexus (Manipur)	Two fingers above the naval point	Controls liver, pittashay, and digestive system. Seat of wisdom.
Gonad	Hara (Swaadhistaan)	Four fingers below the naval point	Controls reproductive system
Renal	Root (Mooladhar)	Base of spine	Controls kidneys, bladder and the spine.

Of these chakras, the first three chakras help us connect and develop the spiritual aspect of ourselves and the last three to the more worldly, physical aspects. The heart chakra is the connection between the two - maintaining an ever-so-difficult balance.

The Seven Chakras enter into intense activity with the ascent of Kundalini along the medullar channel. Kundalini dwells in the electromagnetic force of the Body/Soul/Spirit complex. It is the Solar Fire enclosed in the DNA, the ardent electromagnetic substance of the Sun which when liberated, transforms us into terribly divine Gods.

We emit electromagnetic energy. This energy in man differs drastically from that used to run a house, for example. The electrical current in the average house fluctuates at 60 cycles per second; in men, 49,000,000 cycles per second. The latter figure is about half that of light, which travels at 186,000 miles per second.

The Fires of the heart control the ascent of Kundalini through the medullar channel. Kundalini develops, evolves and progresses according to the merits of the heart.

The second chapter of the Apocalypse (Revelation) deals with the four inferior chakras, referring to them as Churches. These are four centers known as: the fundamental or basic, the prostatic, the umbilical and the cardiac.

Church of Ephesus

Revelation 2:1 – To the angel of the church in Ephesus write: ‘The words of him who hold the seven stars in his right hand, who walks among the seven golden lampstands.’

Revelation 2:11 – He who has an ear, let him hear what the Spirit says to the churches. To him who conquers I will grant to eat of the tree of life, which is in the paradise of God.

Kundalini is the primordial energy enclosed within the Church of Ephesus. This Church is located two finger widths above the anus, and two finger widths below the genital organs. The Divine Serpent of Fire sleeps within its Church, coiled three and a half times. When the Solar and Lunar atoms make contact in the tribeni near the coccyx, Kundalini the Fire Serpent awakens. As the Serpent rises through the medullar channel it puts into activity each one of the seven chakras.

To open the Church of Ephesus means to awaken Kundalini. The color of this center is dirty red in the libertine, yellowish red in the Initiate and blue purple red in the Mystic Initiate.

The chakras of the gonads (sexual glands) are directed by Uranus, and the pineal gland situated in the superior part of the brain is controlled by Neptune. An intimate correlation exists between this pair of glands, and Kundalini must unite them with the Sacred Fire to obtain profound Self-Realization.

The Church of Ephesus is a lotus with four radiant petals. This Church has the brilliance of ten million suns. The Elemental Earth of the Wise is conquered with the power of this Church.

Church of Smyrna

Revelation 2:8 – And to the angel of the church in Smyrna write: ‘The words of the first and the last, who died and came to life.’

Revelation 2:11 – He who has an ear, let him hear what the Spirit says to the churches. He who conquers shall not be hurt by the second death.

The center in which the Serpent is found coiled has four petals of which only two are in activity. With initiation the other two are activated. The prostatic chakra has six most precious colors: Red, orange, yellow, green, blue and violet. This is the Church of Smyrna. This center is extremely important to the Magickian. With this center we control the sexual act. This is the Magnetic center of Practical Magic.

The ascent of Kundalini to the prostate region puts into activity the six petals of the Church of Smyrna. This Church confers on us the power to dominate the Elemental Waters of Life and the joy of creating.

Church of Pergamos

Revelation 2:12 – And to the angel of the church in Pergamum write: ‘The words of him who has the sharp two-edged sword.’

Revelation 2:17 – He who has an ear, let him hear what the Spirit says to the churches. To him who conquers I will give some of the hidden manna, and I will give him white stone, white a new name written on the stone, which no one knows except him who receives it.

The third center is the Church of Pergamos. This is the brain of the emotions. Established within the human organism we have a true wireless station. The receptor is the umbilical center. The transmitting antenna is the pineal gland. The mental waves of those who think of us reach the umbilical center or emotional brain and then pass to the cerebrum, where we are made conscious of those thoughts.

The Elemental Fire of the Wise corresponds to the Church of Pergamos, situated in the Solar Plexus. This centre controls the spleen, the liver, the pancreas etc., etc. This centre of Pergamos has ten petals.

Church of Thyatira

Revelation 2:18 – And to the angel of the church in Thyatira write: ‘The words of the Son of God, who has eyes like a flame of fire, and whose feet are like burnished bronze.’

Revelation 2:28-29 – And I will give him the morning star. He that hath an ear, let him hear what the Spirit saith unto the churches.

The Church of Thyatira, the fourth center, as the connecting link between the three chakras above and the three below it, is worthy of much admiration. The cardiac center is intimately related with the heart of the solar system. Man is a microcosm. If we want to study the universe, we should study man. In the universe we discover man. In man we discover the universe. The solar system seen from afar really resembles a glorious man walking through the unalterable infinite. There, all time has been converted into a living form full of ineffable music, the Music of the Spheres. The heart of this celestial man is really found in the center of the Solar disc.

With the ascent of Kundalini to the region of the heart, the Church of Thyatira with its twelve marvelous petals is put into activity. This Church confers on us power over the Elemental Air of the Wise. The development of this cardiac center confers inspiration, premonition, intuition and powers to leave consciously in the astral body, as well as the powers to put the body into the state of Jinas. This is the ‘Supramental Manifestation’ of Mother and Sri Aurobindo; wherein, the etheric body is given material density, perfecting the physical body and giving it theurgic power.

The third chapter of Apocalypse mentions the three superior Churches of our organism.

Church of Sardis

Revelation 3:1 – And to the angel of the church in Sardis write: The words of him who has the seven spirits of God and the seven stars. I know your works; you have the name of being alive, and you are dead.

Revelation 3:5-6 – He who conquers shall be clad thus in white garments, and I will not blot his name out of the book of life; I will confess his name before my father and before his angels. He who has an ear, let him hear what the Spirit says to the churches.

The fifth center is the Church of Sardis. This is the center of the creative larynx. This is the lotus of sixteen petals. When the human being puts this lotus into activity by means of the Fire, he then receives the magic ear.

The Fire Serpent becomes creative in the throat. The Angels create with the power of the Word. The Fire blossoms on the fertile lips, made Word. The Initiate is capable of creating anything with thought and then to materialize it with the Word. The subject of hearing with the magic ear has not been well defined by occultists. We should point out that whoever has the magic ear is really able to hear, to perceive almost physically, or better said in a form similar to the physical.

The ascent of Kundalini to the region of the creative larynx confers on us the power to hear the voices of the beings who live in the superior worlds and to prophecy. This chakra is related with the pure Akāsa. Akāsa is the agent of sound. The laryngeal chakra is the Church of Sardis. When Kundalini opens the Church of Sardis, then made Word, it blossoms on our fertile lips. The laryngeal chakra has sixteen beautiful petals.

Church of Philadelphia

Revelation 3:7 – And to the angel of the church in Philadelphia write: The words of the holy one, the true one, who has the key of David, who opens and no one shall shut, who shuts and no one opens.

Revelation 3:12-13 – He who conquers, I will make him a pillar I the temple of my God; never shall he go out of it, and I will write on him the name of my God, and the name of the city of my God, the new Jerusalem which comes down from my God out of heaven, and my own new name. He who has an ear, let him hear what the Spirit says to the churches.

When the Fire Serpent opens the frontal chakra, which is the Church of Philadelphia with its two marvelous petals and its immeasurable brilliance, then we can see clairvoyantly. The frontal chakra is the throne of the mind. When study and clairvoyance advance in a balanced and harmonious form, then we enter the temple of true wisdom. Clairvoyance is the eye of the Being. Being and knowing should advance in a parallel and balanced manner.

When Kundalini reaches the point between the eyebrows, the Church of Philadelphia is opened. This is the Eye of Wisdom. This chakra, also called the 'Third Eye' has two fundamental petals and many, many splendorous radiations.

Church of Laodicea

Revelation 3:14 – And to the angel of the church in Laodicea write: ‘The words of the Amen, the faithful and true witness, the beginning of God’s creation.

Revelation 3:20-22 – Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me. He who conquers, I will grant him to sit with me on my throne, as I myself conquered and sat down with my Father on his throne. He who has an ear, let him hear what the Spirit says to the churches.

The last lotus flower to open is the Church of Laodicea. This lotus flower has a thousand petals. When the Fire Serpent reaches the pineal gland this marvelous flower opens. With this faculty we can study the memory of nature. This is the Divine Eye of the Spirit.

When Kundalini reaches the level of the pineal gland the Church of Laodicea is opened. The pineal gland is influenced by Neptune. When this Church is opened we become intuitive and psychic. The pineal is intimately related to the chakras of the gonads or sexual glands. The greater the degree of sexual potency, the greater the degree of development of the pineal gland. The lesser the degree of sexual potency, the lesser is the development of the pineal gland. Uranus in the sexual organs and Neptune in the pineal gland unite to take us to total realization.

The Seven Churches confer upon us the power over the Fire, Air, Water and Earth.

Revelation 4:2-8 – At once I was in the Spirit, and lo, a throne stood in heaven, with one seated on the throne! And he who sat there appeared like jasper and carnelian, and round the throne was a rainbow that looked like an emerald. Round the throne were twenty-four elders, clad in white garments, with golden crowns upon the heads. From the throne issue flashes of lightning, and voices and peals of thunder, and before the throne burn seven torches of fire, which are the seven spirits of God; and before the throne there is as it were a sea of glass, like crystal. And round the throne on each side of the throne, are four living creatures, full of eyes in front and behind: the first living creature like a lion, the second living creature like an ox, the third living creature with the face of a man, and the fourth living creature like a flying eagle. And the four living creatures, each of them with six wings, are full of eyes all around and within, and day and night they never cease to sing, “Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!”

During the sexual act we transmute the brutal instincts of the physical body into will², the passionate emotions of the astral into love, the mental impulses into comprehension; and we as Spirits realize the Great Work.

Krumm Heller said: “The Sethians adored the Great Light, and said that the sun, through its emanations, builds a nest in us and forms the Serpent.” This is a good description of the solar Prana or Chi. The Nazarenes³ said: “All of you shall be Gods, if you leave Egypt and cross the Red Sea.” Krumm Heller tells us in his “Gnostic Church” that this Gnostic sect also had as a sacred object a chalice from which they drank the semen of Benjamin. This was a mixture of water and wine. Krumm Heller also tells us that the sacred symbol of the sexual Serpent was never absent from the altars of the Nazarenes. Actually, “the force, the power which accompanied Moses was the Serpent upon the staff which was later transformed into the staff itself. The Serpent was certainly the one who spoke to the other Serpents, and who tempted Eve.”

² The nature of the Beast

³ The Gnostic sect that flourished at the beginning of the Age of Pisces and from which the myth of Jesus Christ was drawn upon.

Krumm Heller, also known as Frater Huiracocha, also stated in the above mentioned work “Moses in the desert showed his people the Serpent upon the staff and said to them that he who takes advantage of this Serpent shall not be injured during his journey.” All the marvelous power of Moses resided in the Fire Serpent and Moses practiced Sexual Magic a great deal to raise the Serpent upon the staff.

The light of the Sun is a product of sexuality. An atom of hydrogen sexually unites with an atom of carbon to produce Solar light. Hydrogen is masculine; Carbon, feminine. Solar light is the result of the sexual union of both. The studies of the processes of carbon are very interesting. These processes are the gestation of light.

Every vegetable, animal or human seed contains the substance of the Solar Logos. The Magickal Child germinates, is born within us by making the creative energy return inwards and upwards. This vehicle confers upon us immortality on the Astral Plane; averting the ‘Second Death.’

The astral ghost that the mundane possess is nothing more than an outline of a man, because it does not have the unity or cohesiveness brought on by the force of the Augoeides. This ghostly facade is a chaotic amalgamation of spirits, incomplete microcosms; the petty egos constantly battling each other for supremacy of the organism. When this person dies these elementals are ultimately dispersed, leading to the Second Death. The person, him or herself, becomes only dust.

When we have given birth to the crystallized Astral Body, we continue living after physical death in that sidereal body. Consciousness is then fully planted in this body upon death’s release. In actuality, without having formed the crystallized Astral Body, one’s soul is not even fully incarnated; merely the embryo of a soul exists in most people. They are but phantoms, the sleepers of the Wake World.

When we stimulate the sexual organs in order to realize the coitus, a Sexual Fire coagulates the tenebrous strands that are the spirits that we can then work to a unified consciousness. The Solar (semen) and Lunar (ovum) atoms are energized producing vapors that are transmuted into energy. The energies bipolarize into positive and negative, and rise through the sympathetic channels of Ida and Pingala to the Chalice. This Chalice is the brain as well noted in Liber Turris. These two sympathetic channels are called the ‘Two Witnesses of Apocalypse’ and ‘The two Olives of the Temple.’ They are the two Serpents which are entwined on the rod of the Caduceus of Mercury. When their tails touch, the Solar and Lunar atoms make contact in the coccyx near the Tribeni. The Fire Serpent awakens.

Whoever has not incarnated his Soul does not have real existence. It is a legion of these spirits or petty egos that struggle to manifest themselves through the personality of man. These would be the many ‘hats’ that we wear or the many faces we present to the different people in our lives. The perfect exercise of the Seven Churches, the complete Priesthood, is realized by placing the body in a state of jinas.

The Formula of IAO

- I. Ignis (Fire, Soul).
- A. Aqua (Water, substance).
- O. Origo (cause, Air, origin).

The fire fecundates the waters of life in order to give birth to the Autoeiades, which is the Magickal child of the union of man and woman.

“I.A.O. is the name of God among the Gnostics.” The Divine Spirit is symbolized by the vowel O, which is the eternal circle. The letter I symbolize the internal being of each man, but both are interjoined with the letter A, the fulcrum. This is the powerful mantram, or magic word which should be sung when we are practicing Sexual Magic with the priestess-wife.

The vowel “I” makes the pineal gland and the Embryo of the Soul, which every human being has incarnated. The vowel “A” puts the physical vehicle into vibration. And the formidable “O” makes the testicles and ovaries vibrate, transmuting the seminal and vaginal liquors until it is converted into spiritual energy, which ascends victoriously to the chalice (the cerebrum).

The sound of these three powerful vowels should be pronounced individually in a prolonged manner [IIIIIIIIII (as the long e), AAAAAAAAA (ah), OOOOOOOO (oh)], to the limit of the breath. It should be repeated constantly until orgasm, which itself should be coordinated to occur simultaneously by both the man and the woman. The nature of the coital position described below is convenient here. The male can easily push the woman off and the woman can easily pull herself off should either approach the orgasmic point without the other. Eye contact, which is directly connected to the pineal gland is essential for communication.

After the dual orgasm, remaining in sexual congress, continue with the powerful archaic mantra of the five vowels: I.E.O.U.A., and concentrate on the associated chakras as you were initially prepared in the Middle Pillar Exercise.

I. Frontal Plexus

The first is for clairvoyance.

E. Larynx Plexus

The second is for the magic ear.

O. Cardiac Plexus

The third is for the chakra of the heart, centre of intuition.

U. Solar Plexus

The fourth is for the solar plexus or telepathic centre.

A. Plexus of the Lungs

The fifth is for the pulmonary chakras. The latter confer the power to remember past incarnations.

There is a close relationship between the sexual organs (Yesod) and the creative larynx (Da'ath), thus an intimate relationship between the elements of nature and the Word. In the work entitled Logos, Mantram, Theurgy by Dr. Arnold Krumm Heller, is stated the following: "In ancient times there was a Mystery School in which there was a ring on which was engraved the image of Iris and Serapis united by a snake." Doctor Krumm Heller then adds: "Here I synthesize all that I have said in this book," and he goes on to say:

"Instead of coitus which reaches orgasm, one should in profound reflection, lavish sweet embraces, amorous words, and delicate caresses, man in taming the mind constantly separated from animal sexuality, sustaining the most pure spirituality, as if the act were a true religious ceremony.

Nevertheless the man can and must introduce the penis and maintain it in the feminine sexual organ, so that for both a divine sensation, full of joy ensues which can last for hours, withdrawing the moment the orgasm approaches to avoid the ejaculation of the semen. Thus, each time they shall have a greater desire to caress each other.

This can be repeated as often as desired without causing tiredness. In fact, on the contrary, it is the magic key to daily rejuvenation, to maintain a healthy body and prolonging life, since this constant magnetization is a fountain of health. We know that with ordinary magnetism the one who magnetizes conveys currents to the subject; and if the former has these forces developed he is able to heal the latter. The transmission of a magnetic current is done ordinarily via the hands or via the eyes, but it is necessary to say that there is no more powerful conductor than the virile member and the vulva, which are a thousand times more powerful, a thousand times superior to the others as receptive organs.

If many people practice this, then they spread force and success in their surroundings to those who come into commercial or social contact with them. But, in the act of divine, sublime magnetization to which we refer both man and woman magnetize each other, reciprocally being one for the other as a musical instrument which when plucked, bursts forth with sounds of sweet and mystical harmony. The strings of this instrument are spread throughout the body, and it is principally the lips and the fingers that make them vibrate, provided that the utmost purity presides over the act. It is this which makes us magicians in that supreme moment."

The couples unite sexually; the man, seated on a rug on the floor in the Buddhic position, with his legs crossed in oriental style, enters into sexual contact with the woman. She sits upon the legs of the man so that her legs encircle the male's trunk. Clearly by sitting upon him in this way the phallus is then taken in and in contact with the vulva and clitoris (the female phallus). The two phalluses are then counter-poised, as the Uraeus Serpent. Thus the man and woman are sexually united in an electromagnetic circuit.

Per the Formula of ON, corporeal substances are converted to spiritual (ideation) substances (Death Atu) and spiritual substances are converted to corporeal (incarnation) substances (Devil Atu). The yogi couple remains in this state for hours without orgasm.

It is the duty of the couple not to think during the practice of Sexual Magic, but to focus on the mantra. In those moments both man and woman are in a state of ecstasy. The couples are thus, deeply in Agape. The creative energies rise victoriously through their respective channels to the chalice of the brain. Then the couples withdraw from the act without either having attained orgasm.

The Sanctuary of Vulcan

Let your Fire (The Red Lion) be tranquil and gentle; always uniform but never weak. In the beginning, the practice must be short in duration; increasing in both duration and intensity with experience. This is of utmost importance. Slowly over time, the working couple may turn up the Fire, little by little. But the focus turns to the V.I.T.R.I.O.L. of Venus (The Green Lion), the tincture of Gold (Spirit). This is the adoration of Nuit by Hadit and the energizing of the Holy Guardian Angel.

AL I.27: "Then the priest answered & said unto the Queen of Space, kissing her lovely brows, and the dew of her light bathing his whole body in a sweet-smelling perfume of sweat: O Nuit, continuous one of Heaven, let it be ever thus; that men speak not of Thee as One but as None; and let them speak not of thee at all, since thou art continuous!"

AL I.28: "None, breathed the light, faint & faery, of the stars, and two."

Should Set appear in the circle, he must be rectified alchemically, per the instructions of Liber 36. This second stage of the operation is dealt with in Liber Laiad and is the basis of the work of creating an homonculus. But herein is the secret of the Magickal Childe; that the two become One, nay, none (or 'no one,' pure spirit). All trace of identity must be surrendered to the lightening flash without any element of the ego consciousness; without lust of result, which would be as dust.

AL I.61: "But to love me is better than all things: if under the night-stars in the desert thou presently burnest mine incense before me, invoking me with a pure heart, and the Serpent flame therein, thou shalt come a little to lie in my bosom. For one kiss wilt thou then be willing to give all; but whoso gives one particle of dust shall lose all in that hour. Ye shall gather goods and store of women and spices; ye shall wear rich jewels; ye shall exceed the nations of the earth in splendour & pride; but always in the love of me, and so shall ye come to my joy. I charge you earnestly to come before me in a single robe, and covered with a rich headdress. I love you! I yearn to you! Pale or purple, veiled or voluptuous, I who am all pleasure and purple, and drunkenness of the innermost sense, desire you. Put on the wings, and arouse the coiled splendour within you: come unto me!"

Preparations for Liber Congregus Restituo

The Deer Exercise for Men

This exercise may be done standing, sitting, or lying down.

First Stage — The purpose of the first stage is to encourage semen production

Rub the palms of your hands together vigorously. This creates heat in your hands by bringing the energy of your body into your hands and palms.

With your right hand, cup your testicles so that the palm of your hand completely covers them. (The exercise is best done without clothing.) Do not squeeze, but apply a slight pressure, and be aware of the heat from your hand.

Place the palm of your left hand on the area of the pubis, one inch below the navel.

With a slight pressure so that a gentle warmth begins to build in the area of the pubis, move your left hand in clockwise or counterclockwise circles eighty-one times.

Rub your hands together vigorously again.

Reverse the position of your hands so that your left hand cups the testicles and your right hand is on the pubis. Repeat the circular rubbing in the opposite direction another eighty-one times. Concentrate on what you are doing, and feel the warmth grow. For all Taoist exercises, it is very important — indeed, it is necessary — that you concentrate on the purpose of the physical motions, for doing so will enhance the results. It will unify the body and mind and bring full power to the purpose. Never try to use the mind to force the natural processes by imagining fires growing in the public area, or any other area. This is dangerous.

Second Stage — Tighten the muscles around the anus and draw them up and in. When done properly, it will feel as if air is being drawn up to your rectum, or as if the entire anal area is being drawn in and upward. Tighten as hard as you can and hold as long as you are able to do so comfortably.

Stop and relax a moment.

Repeat the anal contractions. Do this as many times as you can without feeling discomfort.

As you do the second stage of the exercise, concentrate on feeling a tingling sensation (similar to an electric shock) ascend along the pathway of the Seven Glands. The sensation lasts for fractions of a second and results naturally. Do not try to force this with mental images.

Prostate Massage

There is another technique that can be used to care for the anal area, in addition to the Deer Exercise and careful washing of the anus. This technique is the prostate massage.

You can massage your prostate by simply inserting your finger into the anus and reaching back and up towards the navel until you feel the prostate gland. Use natural-content personal lubricant of the type specific to this purpose (available in drug stores) to facilitate insertion of the finger, and gently rub back and forth on the prostate using as much pressure as you can without causing pain.

This massage can be made even more pleasurable if your partner is willing to do the massage for you. You need not concern yourself about bacterial transmission if the hands are clean.

Traditionally, doctors would massage their patients' prostates regularly to cure or prevent disease. Now, however, most doctors only *check* the prostate, and if they find a problem prefer to cut it out or prescribe medication. But a doctor is not necessarily required for prostate massage. You can do it yourself or have your partner do it for you. Try this practice and discover its health benefits. When you do it yourself, you can be very gentle and make the treatment pleasurable as well as efficacious.

Some people have a psychological block against examining or massaging their prostates. They think the anus is dirty. But there is nothing dirty about the body, which must be cared for. The only thing that might be considered dirty is disease; and these practices are intended to prevent and cure disease through regular care for the entire body, including the anus and prostate.

Many men are troubled by these massages because they think there is something "homosexual" about it, especially if it is pleasurable. They might feel differently if they knew the extent to which neglect ultimately results in prostate dysfunction, malfunction, and disease. Inserting a finger into the anus never turned anyone into a homosexual.

It is important that men examine themselves often by checking the condition of their prostates. You can determine the condition of the prostate by feeling for changes in size and resilience. Check this as often as possible, at least weekly, and you will be able to establish a standard for yourself. By doing so, you will be able to detect any changes in the size and flexibility of your prostate.

A very hard, enlarged, or painful prostate is an indication of a disorder that could lead to cancer or some other major problem. However, prostate disorders do not develop overnight, and regular massage can prevent and reverse problems.

Medical science accepts that it is normal for men over the age of fifty to experience problems with their prostates. Although prostate problems may be common, they are not

normal. They are *abnormal*.

There is no need for any man to have prostate problems. With regular examination and massage and practice of the Deer Exercise, prostate problems may never occur at all.

The Deer Exercise for Women

First Stage

1. Sit so that you can press the heel of one foot against the opening of the vagina. You will want a steady and fairly firm pressure against the clitoris. If it is not possible to place your foot in this position, then place a fairly hard, round object, such as one of the steel balls commonly sold in boxed sets in Chinese shops, against the vaginal opening. (You may experience a pleasurable sensation due to the stimulation of the genital area and the subsequent release of sexual energy.)
2. Rub your hands together vigorously. This will cause heat in your hands by bringing the energy of your body into your palms and fingers.
3. Place your hands on your breasts so that you feel the heat from your hands enter into the skin.
4. Rub your breasts slowly in outward, circular motions. Your right hand will turn counter-clockwise; your left, clockwise.
5. Rub in this circular manner for a minimum of thirty-six times or a maximum of 360 times up to two times a day. It will not be necessary to do 360 hand rotations once a woman has succeeded in stopping her period. Less than 100 rotations, twice a day, will suffice to maintain a suspension of menstruation once it has stopped. A woman is the best judge of when she should suspend or resume menstruation. Resumption occurs after cessation of the exercise.)

Second Stage

This exercise can be done sitting or lying down.

1. First, tighten the muscles of the vagina and anus as if you were trying to close both openings, and then try to draw the rectum upward inside the body, further contracting the anal muscles. When done properly this will feel as though air is being drawn up into the rectum and vagina. Hold these muscles tight for as long as you can comfortably.
2. Relax and repeat the anal and vaginal contractions. Do this as many times as you wish.

NOTE A You may insert a finger into the vagina when you do the contractions, to determine the strength of your contractions.

NOTE B The lips of the vagina are sensitive and must be massaged and stimulated during the Deer Exercise. Sitting on the heel of a foot or a ball serves this purpose. Finger pressure also serves this purpose, but if finger pressure is used on the vaginal lips, it is important to rub the lips and press each of the twelve pressure points surrounding the

opening in a clockwise motion. Alternatively, your partner can rub the vagina. This is very beneficial because the energy that flows through the hands of one partner flows into the body of the other. (In the man's Deer Exercise, the woman can do the rubbing and holding of the testicles.)

If a woman finds it tiring to use both hands at once to do the breast rubbing, she can use one hand on the opposite breast while the other hand rests. Or, the free hand can be used to stimulate the vaginal opening in place of the heel. Another method is that the man rubs both breasts while the woman rubs or presses her vagina with her hand. As you can see, this is very flexible exercise which can be adapted to individual preference.

The first few anal and vaginal contractions may be hard to do. Eventually, though, you will be able to increase the number of times you can do it as well as the length of time you are able to hold the contractions. When done properly, a pleasant feeling will travel from the base of anus through the spinal column to the top of the head. This is caused by the build-up of sexual energy and its movement up through the glandular system to the pineal gland at the top of the head.'

The outward rubbing of the breasts is called "dispersion," and it helps prevent lumps and cancer of the breast. It will also decrease the size of breasts that are too large and flabby. Reversing this direction to an inward motion, so that the right hand circles clockwise and the left hand circles counter-clockwise, is called "stimulation" and its effect is to enlarge undersized breasts.

Do this exercise in the morning upon arising and at night before retiring.

When you practice the Deer Exercise, try to avoid touching the nipples. A woman's nipples are very sensitive and easily over-stimulated.

If the exercise is done correctly, a woman will notice an increased sensitivity in her nipples.