

TABLE OF CONTENTS

About jewels of celestial joy	11
Magic and Mysticism in the Third Millennium	12

THE QUADRUPOLE MAGNET

The electric and magnetic fluid	17
The two fluids in fire & water.....	18
The two fluids in air & earth.....	19
Warm	20
Cold	21
Damp	22
Dry	23
The four elements	24
The four primal qualities	25
The four temperaments	27

CONSCIOUSNESS

Recognise yourself	30
The morning ritual: the resurrection of osiris	31
I AM	32
The monkey and the hidden treasure	36
The body is the realm in this world	38
Being conscious and supporting consciousness	39
The three planes	41
I AM the I AM	42
What is a plane?	44
The ethereal body, maya and the chakras	49

THE HERMETIC ANATOMY

The ethereal limbs and cells of being	50
The chemistry and physics of ethereal planes	51
The organs of the soul	53
The inner and outer world of ethereal planes	60
The light body	62
Elements of consciousness	63
How the body of light is formed	64

HERMETIC PSYCHOLOGY

The cells of being of people and intelligences	68
The axis of consciousness	70
Good and evil	76
The sublime centre: the fifth element	78
The characteristics of the two fluids	89

THE LIFE FORCE

How to gain life force	93
Body – soul – spirit – consciousness	94
Nurturing spirit and soul	98

THE PRACTICE OF HERMETIC TRANSFORMATION

How to strengthen spiritual power	102
Quantity and quality	107
Magical exercises are not a game	109
IVAR - the intelligence of transformation	112

THE ALCHEMICAL TRANSFORMATION

Alchemy	115
Medium of consciousness	118
The cybernetics of consciousness	120
What disturbs balance?	124
Conscious direction	126
Larvae, patterns and complexes	127
The ‘orbit of light’, the alchemy of the taoists	131
Purification through putting things in order; Transforming through mastery	133
Gnostic-hermetic transformation techniques	138

THE TRANSFORMATION OF THE FOUR ELEMENTS

1. The transformation of earth	141
Order and support	142
2. The transformation of the water	153
Male or female?	154
How to maintain inner peace	158
The peace of cold	164
Empathy is soul light	168

3. The transformation of the air	169
The book of questions	171
Information is information, not energy and not material	173
Quicksilver	177
Realisations, opinions, truths	181
Release through joy	183
Reason	185
4. The transformation of fire	187
Yin and Yang	188
Awaken and rule	192
Willpower	194
This is you	199
The problem with practising: Being awake is everything	200

THE PRACTICE OF MYSTICAL TRANSFORMATION

Magic and Mysticism	203
The chemical marriage	208
The mystic water	209
Release	212
The tides of the soul	214
I AM the I AM	216
Retreat to the inner sanctum	218
The ritual of the monastery door	221
Spirit and soul	222
ISIS	224
Unio Mystica	225

THE PRACTICE OF KABBALISTIC TRANSFORMATION

Kabbalah, a mathematical system of writing	228
The Kabbalah of Franz Bardon	228
The body of God and the body of the awoken I self.....	231
The Sepher Yezira	236
The Building Blocks of Kabbalah	238
The 22 Letters	239
Superstition	240
Mistakes in the sources	242
The senses for the planes	246

The Kabbalah of the ancient Egyptians	248
Kabbalah, Tantra and Magic	249
Kabbalistic practice of transformation	252
The release and attachment of the four elements	252
The flesh of spirit and soul	253
The letter SHin	254
The letter Mem	254
The primal qualities as building blocks and media of consciousness ...	255
The letter Aleph	255
The law of balance	257
In the beginning is the thought	258
The letters as magical tools	259
The columns of the world	260

THE ASTROLOGICAL CODE AS KEY TO THE FUNCTIONING OF THE KABBALAH

OF THE KABBALAH	261
The 7 double letters for the planets	264
The 12 simple letters for the signs of the zodiac	266
The 10 Numbers as Law	267
The source of Kabbalah.....	270
The cosmic chemistry	273
Algorithm for eternity	277
A note on the new, expanded edition	280
Every word is an effective being	283

ABOUT THE MAGIC OF BOOKS AND WORD MAGIC

Books are treasures	285
Every book has a soul	286
There are three types of books in the field of the esoteric	187
Books are receptacles of spiritual power	189
How to awaken the spirit contained in books	291
Help from attendant spirits	294
How to write books	297
Words as a magic wand	299
Reading as spiritual sustenance	300
The mystery of language	303
Word magic and the magic of language	305

Magic formulas and Kabbalah	306
Speak of the devil	312

THE PRACTICE OF MAGICAL TRANSFORMATION

Gurus, Masters and instruction	316
Magic - is something like this really possible?	318
What do we actually mean when we say magic'?'	319
The magic of wishes and curses	322
The principle of magical transformation	324
The everyday as magical exercise	326

THE RITUAL OF THE HERMETIC FOUR

The Temple	329
Rituals and ritual magic	332
The Ritual of the Hermetic Four	335
First part of the work: THE PATH	336
Second part of the work: THE LABOUR	347
Third part of the work: THE GOAL	351
The work from the centre	357

THE MAGIC OF THE HELPFUL SPIRIT

Gods, angels and demons	358
The earth belt zone	362
Cloned spirits: the technique of the Kyilchor	363
The Kyilchor as body and portal	367

AKASHA, CONSCIOUSNESS, I AM THE I AM

The exercise alpha and omega	375
Consciousness, wakefulness, being and freedom	378
The true I-self is not God	383
Comprehending Akasha	386
How to shift consciousness in Akasha	390
The awoken I	398
Future prospects	400

The books of "Magic and Mysticism of the Third Millennium"	403
About Emil Stejnar	431