

RAWN'S SELF-HEALING ARCHAEOUS

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~ Lesson One ~

The Complete Awareness and Integration of the Physical Body

Introduction:

Hello, this is Rawn Clark and you're listening to Lesson One of the Self-Healing Archaeous.

I call this technique an archaeous because it's patterned after an Alchemical work known as the archaeous of water. In this alchemical work, one takes a volume of water and separates it into its Elements through a process of distillation. Once the parts are separated and purified, they are recombined or re-integrated, resulting in empowered water that has faculties it didn't possess before. The self-healing archaeous follows this same alchemical pattern of separation, purification and subsequent re-integration, but instead of water, our subject is the three part human body.

Like Bardon, the Archaeous defines three "bodies" which correspond to three "realms": Mental, Astral, and Physical. The healing effects of the Archaeous are achieved through the conscious manipulation of these three bodies, and *most especially*, through their integration.

At every step in the Archaeous, one works in conscious cooperation with the pathways of influence and power which Nature herself provides. The technique mimics one of Nature's most essential processes: Integration + Separation + Re-integration . . . the rhythm of life itself. To this fundamental equation, is added the practitioner's own magical will, along with the focus of healing.

Lessons one, two and three, are concerned with the complete awareness of each body and their integration with each of the others. Lesson one with the complete awareness, relaxation and integration of the physical body; lesson two with the complete awareness of the astral body and its conscious integration with the physical body; and, lesson three with the complete awareness of the mental body and its conscious integration with the astral and physical bodies.

Lessons four and five are concerned with the passive separation of these bodies, one from the other, and with their subsequent re-integration. During the period of separation, each body naturally achieves a degree of rest unknown to it by any other means. The archaeous takes full advantage of this healing by-product of their restful solitude.

Lesson Six is concerned with the purification and balancing of each solitary body and the subsequent re-integration of these balanced bodies. This is achieved through the loading

of each body with the four Elements in their appropriate regions.

The final lesson, seven, is concerned with a higher form of integration -- that of integrated self-expression through your consciously unified and Elementally balanced physical-astral-mental body.

The archaeous is designed to be pursued in conjunction with the work of Initiation Into Hermetics. Lessons one, two and three, which are focused upon integration, are suitable at any of Bardon's Steps.

Lessons four and five however, which are focused upon separation, should only be pursued after the completion of Step Two and the attainment of the rudimentary Elemental Equilibrium.

Lesson six, which pertains to manipulation of the Four Elements, should only be pursued after good progress has been achieved with Step Four and the work of accumulating the Elements.

And finally, lesson seven should not be undertaken until the work of Step Six is begun.

So, let's move on to the practice of lesson one and the complete awareness, relaxation and integration of the physical body.

Practice:

Close your eyes and situate yourself comfortably. It is best if you sit upright, with your hands resting gently on your thighs, as this will help you resist the temptation to fall asleep during the relaxation phase.

Clear your mind of all unwanted, mundane concerns and thoughts. Now focus your attention upon your feet. Become aware of how your feet feel. Sense the toes and the arches and the tops of your feet. Now relax all the tension in your feet.

Move your awareness upwards to your calves. Similarly, become aware of how your calves feel and relax away all of the tension stored in their musculature.

Now move your awareness to your thighs. Note how they feel and relax their muscles.

Now move to your buttocks and groin and relax all of the muscles in this area.

Relax all the tension from your abdomen and gut.

From your lower back.

Your upper back.

Release all the tension from your chest.

Relax your shoulders, arms and hands.

Relax all the muscles in your neck.

Relax your jaw and mouth.

Relax your nose.

Your eyes.

Your cheeks.

Your ears.

Now relax your scalp.

Focus on how relaxed your entire body is at this moment.

Now focus your awareness in the Fire region of your head, from the base of your neck to the top of your scalp. Sense all of the various parts that compose this region. Sense the skin that covers your head and face. Sense your eyes, right and left; your nose and sinuses; your ears, right and left; your tongue, teeth and lips. Sense your neck and throat.

Now sense all the parts of your head region at once. Put all of these sensations together and sense your whole head region as a single unit.

Now move your awareness down to the Air region of your chest, from the tops of your shoulders down to your solar plexus, plus your upper arms, right and left, down to your elbows. Sense all of the various parts that compose this region. Sense the skin that covers your torso. Sense the skin, muscle and bone of your right upper arm and shoulder. Sense the skin, muscle and bone of your left upper arm and shoulder. Sense your breathing lungs and your beating heart. Sense your upper spine, your ribs and your breast. Now sense all parts of your chest region at once. Put all of these sensations together and sense your chest region as a single unit.

Now move your awareness down to the Water region of your abdomen, from the bottom of your sternum down to just above your genitalia, plus your forearms, right and left, from elbows to wrists. Sense all the various parts that compose this region. Sense the skin that covers your abdomen and lower back. Sense the skin, muscle and bone of your right elbow and forearm. Sense the skin, muscle and bone of your left elbow and forearm. Sense your stomach, your intestines, your kidneys and the all other organs that fill your abdomen. Sense your lower spine and all the musculature that supports your abdomen. Now sense all the parts of your abdominal region at once. Put all of these sensations together and sense your abdominal region as a single unit.

Now move your awareness down to the Earth region of your legs, from the top of your hips down to the soles of your feet, plus your wrists and hands, right and left. Sense all the various parts that compose this region. Sense the skin, muscle and bone of your right wrist and hand. Sense the skin, muscle and bone of your left wrist and hand. Sense the skin and muscle of your buttocks and the bone of your pelvis. Sense your genitalia. Sense the skin, muscle and bone of your right thigh, your right calf, and your right foot. Sense the skin, muscle and bone of your left thigh, your left calf, and your left foot. Now sense all the parts of your leg region at once. Put all of these sensations together and sense your leg region as a single unit.

Sense the solid, supportive, Earth nature of this region as a whole. It is the solid foundation upon which you stand.

Now, retain your awareness of the Earthy leg region and add the Watery region of your abdomen to this awareness. Sense your leg region and your abdominal region simultaneously. Sense the fluid, digestive Water nature of your abdominal region and let it float atop the solid Earth region of your legs. Sense how the Water nature of your abdominal region penetrates the uppermost layer of the Earth nature of your leg region, binding the two regions together.

Now retain this awareness of the conjoined Earth and Water regions, stretching from the bottoms of your feet up to your sternum, and add the Air region of your chest to this awareness. Sense your leg region, your abdominal region and your chest region simultaneously. Sense the respiring, light Air nature of your chest region and let it hover

over the fluid Water region of your abdomen, which floats atop the solid Earth region of your legs. Sense how the Air nature of your chest region mingles with the uppermost layer of the Water nature of your abdominal region, binding the two regions together. Sense how these three regions connect, one to the other and form a conjoined whole.

Now retain this awareness of the conjoined Earth, Water and Air regions, stretching from the soles of your feet up to the tops of your shoulders, and add the Fire region of your head to this awareness. Sense your leg region, your abdominal region, your chest region and your head region simultaneously. Sense the active, expressive Fire nature of your head region and let it dance upon the Airy nature of your chest region, which hovers over the Watery nature of your abdominal region, which in turn, floats atop the solid Earthy nature of your leg region. Sense how the Fire nature of your head region consumes the uppermost layer of the Air nature of your chest region, binding these two regions together. Sense how these four regions connect, one with the other, to form a single body.

Sense your entire body as a single unified whole.

Now visualize roots growing downward from the base of your spine, the palms of your hands and the soles of your feet. Cause them to burrow deep into the soil below your feet. From the soil below you, draw whatever energetic nutrients your body needs, up into the Earth region of your body. Sense how the Water region passes these energetic nutrients to the Air region and how the Air feeds them to the Fire region. Sense how the Fire region, thus nourished, sends a return energy downward into the Air region, which in turn is passed by the Air to the Water region. Sense how this energy flows from the Water region, down into the Earth region and back, through your roots, to the soil below your feet.

Release any excess energy you may sense within your body, through your roots and into the soil below. Release any negativity you may harbor, through your roots and into the soil below.

Now turn your awareness away from your roots and return to sensing your whole body. Sense the unification of the four regions.

Now begin your return to normal awareness. Before opening your eyes or moving your body, take a moment to listen to the noises around you, to smell the air, etc. Now take a deep breath and exhale it gently. Now move your hands up along your thighs and up your abdomen and chest, up to your face and back down again, awakening your body to normal sensation. Now gently open your eyes and slowly begin to physically move about.

This ends lesson one of the Self-Healing Archaeous concerning the complete awareness, relaxation and integration of the physical body.

I suggest that you use this recording as your guide only for as long as it takes you to learn this technique. Once you have memorized the working pattern and have succeeded in following along with this recording a couple of times, you should try the technique solo, without the use of this recording. It is imperative that you learn to perform this technique without my guiding voice if you wish to continue on to the next lessons.

When this technique becomes easy for you to perform, you may move on to lesson two and the complete awareness and integration of the astral body.

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

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~ Lesson Two ~

The Complete Awareness and Integration of the Astral Body

Introduction:

Hello, this is Rawn Clark bringing you lesson two in the Self-Healing Archaeous. Our subject in this lesson is the complete awareness and integration of the astral body.

The astral body is composed of emotional-energy, as opposed to physical-energy. Unlike physical energy, emotional-energy is not measurable with scientific instruments. Therefore the astral body should not be confused with the aura since the aura, which can be measured, is composed of physical-energy, albeit of a highly rarified nature. An aura is naturally generated by a living physical body and while it reflects the nature of the astral body, it is not the astral body itself.

The astral body is an intermediary body caused by the descent of the mental body, into the physical plane and is dependant upon this connection between mental and physical for its existence. If the mental influx is cut off or if the physical vessel is destroyed, the astral body begins to disintegrate. The raw astral substance is crystallized into an astral body only when there is a descent of the mental into the physical.

Each astral body reflects the descending mental influx that forms it, thus your own natural astral body is just as unique as your physical body. No two are exactly alike.

An astral body acts as a two-way connector between the mental and physical bodies. Whatever transpires in your mental body is reflected in your astral body and passes through your astral body to effect your physical body. Conversely, whatever happens to your physical body effects your astral body and, by extension, your mental body.

The seat of perception is the mental body but the seat of sensation is the astral body. When you experience a sensation you perceive it initially with your mental senses. This is a perception of the essential meaning that underlies the sensation. This essential meaning is then personalized by your astral body and the sensation is given significance.

Significance is a matter of the emotional content that we associate with a particular thing, idea, event, etc. Which emotions we associate with which thing depends upon our upbringing, just as much as it depends upon our self-developed thoughts and experiences. This attribution of emotional significance to our perceptions is a very complex and primarily unconscious, process. The habitual pattern that a person follows in their attribution of emotional significance is know as their personality. This is why the astral body is generally equated with the personality. However, the astral body is more than

just a complex of emotional responses. It's also our link to the astral realm.

The first work in Hermetic initiation is the analysis and subsequent transformation of the personality. Understanding the dynamics of one's own personality allows the initiate to more clearly perceive the essential meaning that underlies each sensation, event, thing or idea. When you can see through your instinctual emotional interpretations and understand why you are reacting in that particular manner, you are then in a position to *consciously* respond, instead of reacting out of unconscious habit. This reformation of the personality removes it from the realm of pure unconscious, habitual reaction and turns it into a conscious tool of self-expression. With this tool in hand, the initiate seeks to clearly express their own essential meaning through the medium of conscious emotions.

One task of this lesson of the Archaeus is the sensing of your astral body. This adds a new dimension to the work of analyzing and transforming the personality by providing a sensory point of reference to a process that is primarily intellectual.

The astral body feels very similar to the physical body but has a vibrancy to it that physical sensation does not. The feeling is very much like the physical sensation of goose bumps or that other-worldly tingling sensation that arises when you encounter something deeply significant.

Since the astral body is so intimately connected to the physical body, the sensing of the astral body feels to the physical nerves like you're hooked up to a mild current of electricity. It's as if you feel the tips of each hair on your body as the electric current forces them to stand straight out. But this is only how your brain naturally interprets the conscious sensing of the astral body.

As I said previously, the astral body is not composed of physical energy, so what you feel of it with your physical body, is not the astral body itself. Instead, it is a physical sensation caused by your brain's habit of translating the conscious awareness of significance into physical sensation. Since your brain is receiving an input of significance and essential meaning that it naturally associates with physical sensation, it is responding by firing off a few neurons that create the physical sensations I've described.

This fact can lead to a great amount of confusion as many will conclude that the astral body is an energetic or etheric body. So please remember as you're sensing your astral body that what you feel as a physical sensation is only an effect of becoming conscious of your astral body. Do not identify it as the astral body itself, but rather, look beyond the physical sensation and try to perceive the significance underlying the sensation. That is where you will find the true astral body.

The physical body corresponds to the Earth Element and the astral body, to the Water Element. The astral body is very fluidic and rhythmic in nature and tends to adapt itself to any vibration it encounters. For this reason, all things perceived through hearing have an especially direct impact upon your astral body. A really moving song, for example,

directly manipulates your astral body, evoking specific, predictable emotional responses through sound and rhythm.

Since music is probably the best example of the effect that sound and rhythm have upon your astral or emotional body, I will be using snippets of a few appropriate musical passages as an aid during the exercise itself.

So, let's move on to the practice of lesson two and the complete awareness and integration of the astral body.

Practice:

Each lesson of the archaеous begins with the relaxation and awareness of the physical body. Assuming that you have mastered lesson one, we will move through the initial relaxation phase fairly quickly.

Situate yourself comfortably, sitting upright, with your hands resting gently on your thighs, and clear your mind of all unwanted, mundane concerns and thoughts.

Now focus your awareness in the Earth region of your physical body and quickly relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Water region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Air region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Fire region and relax all of the muscles in this region. Release every bit of tension.

Now sense your entire head region as a whole.

Add to this your chest region and sense both together.

Add to this your abdominal region and sense all three together.

And finally, add your leg region and sense your entire physical body as a whole.

Project your roots down into the soil below you and release every bit of negativity you might be holding.

Now return your focus to sensing your entire physical body as a whole. Feel the solidity of the Earth region, the fluidity of the Water region, the lightness of the Air region and the electricity of the head region. Sense how these four regions penetrate each other and are a single, inseparable whole.

Now focus your awareness in the skin that covers your entire body. Sense the surface of your entire physical body.

Now push your awareness outward just a couple of inches or about 5 centimeters. Sense the vibrant energy that exists when you push your awareness ever so slightly outward.

Hold onto the sensation of this energy. Focus your mind exclusively upon sensing this energy. This is your astral body.

Now focus your awareness in the area surrounding your physical body's Earth region. Sense the energetic solidity of this area of your astral body. Here are your foundational emotions. The rudimentary emotions and beliefs from which all the rest of your emotions spring. Sense their solid energy pulsating within the Earth region of your astral body.

[Earth Music]

Now focus your awareness in the area surrounding your physical body's Water region. Sense the energetic fluidity of this area of your astral body. Here are your emotions that adapt your foundational emotions so that they fit with the outside world. The emotions and beliefs that translate your foundation into action. Sense their fluid energy pulsating within the Water region of your astral body.

[Water Music]

Now focus your awareness in the area surrounding your physical body's Air region. Sense the energetic lightness of this area of your astral body. Here are your emotions that communicate your foundational emotions to the outside world. The surface emotions and beliefs that you express every day. Sense their changeable energy pulsating within the Air region of your astral body.

[Air Music]

Now focus your awareness in the area surrounding your physical body's Fire region. Sense the energetic expansiveness of this area of your astral body. Here are your most fleeting and most passionate emotions. The powerful emotions whose expression is transformative. Sense their radiant energy pulsating within the Fire region of your astral body.

[Fire Music]

Now add the awareness of the Air region of your astral body to that of the Fire region. Sense how the energy of these two regions blend, one with the other. Sense these two regions as a single unit.

Now add the awareness of the Water region of your astral body to that of the combined Air and Fire. Sense how the energy of the Water region blends with the energy of the combined Air and Fire and form a single unit. Sense the unity of these three regions of your astral body.

Now add the awareness of the Earth region of your astral body to that of the combined Water, Air and Fire. Sense how the energy of the Earth region blends with the combined energy of Water, Air and Fire. Sense how the Earth region solidifies your astral body, holding it all together as a single unit.

Focus on the vibrant energy of your entire astral body.

Now shrink your awareness back down to your skin and sense the skin that covers your entire physical body. Draw the energy of your astral body inward still further and let it permeate your entire physical body to its core. Draw the energy of your astral body down into the very marrow of your bones.

Sense the bright energy that fills your entire physical body. Sense the Fiery energy permeating the head region of your physical body. The Airy energy permeating the chest region of your physical body. The Watery energy permeating the abdominal region of your physical body. And the Earthy energy permeating the leg region of your physical body.

Now project your roots deep into the soil below you and release all of the excess energy you feel. Just release what ever needs to flow down into the earth. Don't force it, just let it flow. Your physical body knows how much to retain and how much to release, so trust its wisdom.

Now return your awareness to sensing your physical body. Sense the solidity of your leg region, the fluidity of your abdominal region, the lightness of your chest region and the electricity of your head region.

Sense all four regions simultaneously as a unified whole.

Now begin your return to normal awareness. Before opening your eyes or moving your body, take a moment to listen to the noises around you, to smell the air, etc.

Now take a deep breath and exhale it gently.

Now move your hands up along your thighs and up your abdomen and chest, up to your face and back down again, awakening your body to normal sensation.

Now gently open your eyes and slowly begin to physically move about.

This ends lesson two of the Self-Healing Archaeous concerning the complete awareness and integration of the astral body.

I suggest that you use this recording as your guide only for as long as it takes you to learn this technique. Once you have memorized the working pattern and have succeeded in following along with this recording a couple of times, you should try the technique solo, without the use of this recording. It is imperative that you learn to perform this technique without my guiding voice if you wish to continue on to the next lessons.

When this technique becomes easy for you to perform, you may move on to lesson three and the complete awareness and integration of the mental body.

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

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~ Lesson Three ~

The Complete Awareness and Integration of the Mental Body

Introduction:

Hello, this is Rawn Clark bringing you lesson three in the Self-Healing Archaeous. Our subject in this lesson is the complete awareness and integration of the mental body.

The physical body senses things and the astral body feels them, but it is the mental body that perceives these sensations and feelings. Your mental body is your conscious awareness. Wherever your awareness is focused is where your mental body is. For example when your awareness is focused in your feet, your mental body is concentrated around your feet. When your awareness is spread throughout your entire body, your mental body is likewise spread throughout your entire body. In the preceding two lessons, it was your mental body that was directing the entire exercise.

The mental body is the most pliable and fluid of our three bodies. It alone can assume any shape, size, color, or tone and can transfer itself to any place or time. It can even be all of these things simultaneously and exist every where and every when, simultaneously. The mental body or conscious awareness, is our link to higher levels of Self and to the Unity of all Self.

The mental body has two aspects, one temporal and one eternal. Our temporal mental body is what we use here and now, within the realm of time and space. This is the mental body that incarnates and which, through repeated incarnation, evolves. In its purest form, this is the Individual Self or Solar, Tiphareth Self. It's this level of Self that descends into the physical realm and is the causal agent behind the formation of the astral body. In other words, our conscious awareness or mental body, permeates our physical body and our astral body simultaneously. The temporal mental body is what gives life to our astral and physical bodies.

The eternal mental body, on the other hand, is what gives life to our temporal mental body. This is the Greater Self or Binah Self which exists within the eternal or supernal realm. There are an infinite number of these Greater Selves, each one of which projects countless temporal mental bodies into the temporal realm. This projection of Individual Selves or temporal mental bodies into the temporal realm is what continuously creates our temporal reality.

Our temporal mental body is continuously fed and sustained by an influx descending from our own Greater Self. This is most readily perceived as the inner voice of one's conscience. In occult literature, the conscious awareness of this influx is often called the

Holy Guardian Angel. Its counsel is always with us whether we recognize it as such or not.

Paul Foster Case best described this relationship between the eternal Binah, or Greater Self and the temporal, Individual Self, in his Pattern On The Trestleboard statement for number three, corresponding to Binah. Quote: "Three. Filled with Understanding of its perfect law, I am guided, moment by moment, along the path of liberation."

Since this lesson of the Archaeous concerns only the temporal mental body, I will not go further into this complex subject of the eternal mental body. If you wish to learn more about this, then I invite you to read a piece I wrote several years ago, titled, "Sowantha". You can find it listed in the Other Articles section of my website or find it in downloadable, .PDF format on my PDF-Links page.

So, getting back to the main subject of this lesson of the Archaeous -- our temporal mental body. This is our conscious awareness.

Our conscious awareness is composed of the four Elements, just like our astral and physical bodies. The four Elemental regions of the physical body, correspond to the physical functions and sensations of those areas of our physical body. The leg region supports us, our abdominal region is where the rhythmic and fluid processes of digestion occur, the chest where the airy respiration occurs, and the head where the finer senses and brain reside. With the astral body, on the other hand, the regions correspond to the quality of emotional energy and to the significance we attach to physical sensory perceptions.

The division of the mental body into Elemental regions is even more subtle than emotional significance. Here, the Elemental regions correspond to the quality of awareness and perception. As I said at the outset, it is the mental body that perceives sensation. Without perception, sensation means nothing. The point being, that each perception by our senses means something. The perception of meaning that is hidden within sensation, occurs at four essential levels and this is what defines the Elemental regions of the mental body.

Corresponding to the Fire region is the direct perception of essential meaning. This is perception of the universal, objective and impersonal meaning behind each sensation.

Corresponding to the Air region is the perception of ideas and thoughts. This is the first layer of clothing given to essential meaning by our cognitive process. It is the beginning of our subjectification and personalization of essential meaning.

Corresponding to the Water region is the perception of personal significance or emotion. This is the heart of our personalization of essential meaning and is the most subjectifying component of our mechanism of perception. Here also is the sub-conscious aspect of the psyche, a realm where essential meaning is densely clothed with highly personalized symbols.

And finally, corresponding to the Earth region is the mundane awareness. This level of awareness is the active combination of the Fire, Air and Water aspects, processed through the physical brain, seated firmly in time and space. Its focus is primarily the physical realm. Here also is the influence of the rudimentary biologic consciousness of the physical body itself -- the inherited, cellular memory of human instinct.

In the practice of lesson three, we will explore the Elemental regions of our mental bodies in a unique way. We will begin as usual with the relaxation and complete awareness of the physical body, firmly planting us in the Earth region of our mental body. Here we will focus upon perceiving the emotional significance hidden within our perception of physical sensation.

Next we will extend our awareness outward and sense our astral bodies, planting ourselves firmly in the Water region of our mental body. Here we will focus upon perceiving the thoughts and ideas hidden within our perception of emotional significance.

This will lead us to the Air region of thoughts and ideas, independent of the astral and physical sensations. Here we will focus upon perceiving the essential meaning hidden within our perception of thoughts.

This will lead to the Fire region of our mental bodies where we will focus upon the direct perception of the naked, unfiltered essential meaning. This will be a form of the emptiness or vacancy of mind exercise from Step One of IHH.

So, let's turn now to the practice of lesson three, the complete awareness and integration of the mental body.

Practice:

Situate yourself comfortably, sitting upright, with your hands resting gently on your thighs, and clear your mind of all unwanted, mundane concerns and thoughts.

Now focus your awareness in the Earth region of your physical body and quickly relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Water region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Air region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Fire region and relax all of the muscles in this region. Release every bit of tension.

Now sense your entire head region as a whole.

Add to this your chest region and sense both together.

Add to this your abdominal region and sense all three together.

And finally, add your leg region and sense your entire physical body as a whole.

Project your roots down into the soil below you and release every bit of negativity you might be holding.

Now return your focus to sensing your entire physical body as a whole. Feel the solidity of the Earth region, the fluidity of the Water region, the lightness of the Air region and the electricity of the head region. Sense how these four regions penetrate each other and are a single, inseparable whole.

Focus intently upon the physical sensation of your entire body. This perception of pure physical sensation is the Earth region of your mental body.

Now let go of your perception of physical sensation itself and focus upon the emotional significance communicated to your consciousness by these sensations. How do these sensations make you feel? Happy? Sad? Neutral? Energized? Tired?

2 minutes silence

Now shift your awareness to your astral body. Sense the Earth region of your astral body. Its Water region, Air region and Fire region. Sense your astral body as a whole. Focus your awareness upon the direct perception of emotional significance. This perception of pure emotional significance is the Water region of your mental body.

Now let go of your perception of emotional significance and focus upon the thoughts and ideas that compose that significance. What thoughts and ideas serve as the building blocks of the emotional significance you perceive?

2 minutes silence

Now shift your awareness entirely away from the perception of sensations of any kind. Isolate just the thoughts and ideas that fill your awareness and perceive them directly. This perception of pure thought and idea is the Air region of your mental body.

Now let go of your perception of thoughts and ideas and focus upon the essential meaning they express. Look beyond the clothing of thought and seek the pearl of essential meaning that gives birth to thought and idea.

2 minutes silence

Now release all thoughts from your mind and submerge your awareness in the essential meaning itself. This direct perception of essential meaning is the Fire region of your mental body.

3 minutes silence

Now gently allow your perception of essential meaning to take form as thought. Perceive how the Air region of your mental body unites with the Fire region, giving it its first degree of substance.

1 minute silence

Now gently allow the thoughts which express your perception of essential meaning to take form as emotional significance. Perceive how the Water region of your mental body naturally adheres to the combined Fire and Air, uniting to give personal significance to your perception of essential meaning.

1 minute silence

Sense your entire astral body and gently allow the emotional significance you perceive to sink down into the sensation of your entire physical body. Perceive how the Earth region of your mental body is a natural consequence of the unification of Fire, Air and Water.

1 minute silence

Sense your entire physical body.

Spread your awareness to encompass your astral body and your physical body simultaneously.

Spread your awareness to encompass your perception of essential meaning in its three forms of thought, emotional significance and physical sensation. Perceive the common link of essential meaning which unites your three bodies.

2 minutes silence

Now restrict your awareness to just the sensing of your physical body. Sense the Fire region of your physical body. Its Air region, Water region and Earth region. Sense the unification of these four regions.

Now send your roots deep down into the soil below and release any excess of energy that you may feel.

Turn your attention away from your roots and back to the sensing of your physical body.

Now begin your return to normal awareness. Before opening your eyes or moving your body, take a moment to listen to the noises around you, to smell the air, etc.

Now take a deep breath and exhale it gently.

Now move your hands up along your thighs and up your abdomen and chest, up to your face and back down again, awakening your body to normal sensation.

Now gently open your eyes and slowly begin to physically move about.

This ends lesson three of the Self-Healing Archaeous concerning the complete awareness and integration of the mental body.

I suggest that you use this recording as your guide only for as long as it takes you to learn this technique. Once you have memorized the working pattern and have succeeded in following along with this recording a couple of times, you should try the technique solo, without the use of this recording. It is imperative that you learn to perform this technique without my guiding voice if you wish to continue on to the next lessons.

When this technique becomes easy for you to perform, you may move on to lesson four.

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

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~ Lesson Four ~

The Passive Separation and Resting of the Astra-Mental Body

Introduction:

Hello, this is Rawn Clark bringing you lesson four in the Self-Healing Archaeous. Our subject in this lesson is the passive separation of the astra-mental body.

This Lesson is suitable only for those who have successfully completed Step Two of IHH. The primary reason for this prerequisite is because a rudimentary Elemental balance is essential for accomplishing a passive separation of the astra-mental body from the physical body. In the absence of a rudimentary Elemental balance, this separation requires an accumulation of significant amounts of energy in order to overcome the natural resistance encountered when one tries to separate an imbalanced astral body from its physical shell.

A secondary reason for this prerequisite is because by the completion of Step Two your mental will has reached a level of great strength due to the sensory concentration exercises. The passive separation of your three bodies is entirely directed by your mental body and requires sufficient will power and focus to achieve.

One benefit of the passive separation of the astra-mental body from its physical shell is that it affords a deep degree of rest for the physical shell itself. This has a very healing effect that is rarely achieved in the course of a normal life. The effect is similar to sleeping yet deeper due to the fact that during normal sleep the astra-mental body does not actually leave the physical shell.

You will note that I've been referring to the astra-mental body instead of just an astral body. The reason I use this specific term is to emphasize the fact that without the mental body, the astral body is unconscious, inert and incapable of activity of any sort. All astral wandering of any kind is accomplished by the conjoined astral and mental bodies and since they act in unison, I call this conjoined body an astra-mental body.

The first step in separation of the astra-mental body from its physical shell is a conscious act of withdrawing the mental body from the Earth region of itself. Awareness is turned away from the direct perception of physical sensation and fixed upon the Water region of the mental body and the direct perception of emotional significance.

When conscious awareness is withdrawn from the Earth region of the mental body there ceases to be a conscious awareness of physical sensation. Without the ingredient of our conscious attention, the Earth region of the mental body fades into the far background of

awareness. By simultaneously focusing the whole of our attention upon the Water region, we increase the strength of our astral body and bring it to the forefront of our conscious awareness.

These two simultaneous acts constrict and condense the mental body into its Water, Air and Fire regions and place the mental body's focus within the astral body. This conjunction of the astral and mental bodies wherein the mental body is focused upon its astral shell instead of its physical shell, is the true astra-mental body.

So our first step in the passive separation will be a one-pointedness meditation wherein we focus our conscious awareness exclusively upon the experience of our astral body.

The second step is a spatial one. Here we must willfully move our astra-mental body slightly away from the same space occupied by our physical shell. The ease with which this is accomplished depends upon how completely you have focused your conscious awareness within your astral body. If you are expecting *only* the physical sensations of movement or are conceptualizing it in those terms, then this may be very difficult for you at first. Just remember that the only thing that can hinder this separation is your mind so if you have difficulty, work at letting go of your preconceptions of what it *should* feel like.. Be present and in the moment instead of off exploring the no-time zone of speculation and expectation.

In the Archaeous, I will have you stand upright, right next to your physical shell. At first you will focus exclusively upon the astral sensations of separation and of standing. You will examine your astral body from its Earth region upwards. Once your astra-mental body is firmly and wholly separated, I will turn your attention toward an examination of your empty physical shell. Here you will have an opportunity to directly perceive the emotional significance of your own physical form and to further increase the completeness of your separation from it.

We will let the physical shell rest for several minutes total before returning our astra-mental body to it. The process of return is one of gentle descent and fully conscious reintegration.

The first step of reintegration is to reoccupy the same space as our physical shell. This is done slowly and requires self-control to avoid the inclination to just snap back.

The second step is to reintegrate the Earth region of the mental body. This is accomplished by shifting the conscious awareness away from direct perception of the astral body and focusing it upon the direct perception of physical sensation. This too is done slowly and gently and, as usual, will involve the four Elemental regions of the physical body.

During the experience of observing your physical shell from the perspective of your separate astra-mental body, you will be instructed to notice a silver cord or thread that connects your astra-mental body to your physical shell. This is all that remains of the

Earth region of your mental body when your conscious attention is focused exclusively within your astra-mental body and when your astra-mental body occupies a different space than its physical shell. The Earth region remains rooted in the physical shell and this is what keeps the physical body functioning enough to sustain its life. This is your physical shell's lifeline, so to speak.

While this cord is eventually capable of nearly infinite elasticity, it is at first a fairly fragile thing which can easily be harmed. It's therefore important to treat your physical shell's lifeline with care and respect. After all, you have to return to that physical shell and suffer through any negative consequences your actions might cause.

The things that harm this lifeline and which you must avoid are, number one, snapping back into your physical shell. This violent return stresses the cord and bypasses the process of conscious reintegration, both of which will leave you feeling out of sorts. So when you do return, it's wise to return gently and with full awareness of the entire process of reintegration.

To avoid this snapping back effect, I suggest that you make sure you will not be disturbed while you're performing the Archaeous. Tell your housemates not to disturb you under any circumstances, lock your door, unplug your phone and turn off the lights. This becomes less important once you are proficient at the process of separation and reintegration. With practice, you will be able to effectively reintegrate your astra-mental body with your physical shell in an instant, with full awareness and no detrimental after-effects. So if someone does disturb you, your return will remain under *your* control and not be harmful.

The number two thing to avoid is wandering too far away from the location of your physical shell too soon. Since this is only the Earth region of your mental body it is the most rigid part and therefore the most prone to breaking. Imagine if you will, a plastic, clay-like substance that is at first hard, but as you handle it and work it with your fingers, it begins to loosen and become more and more pliable. With patience, it will stretch as far as you can stretch your arms without breaking. But if you were to immediately try stretching it or try stretching it all the way when it's only just starting to loosen, it would snap in two.

Your silver cord, the lifeline between yourself and your physical shell, has these same properties. It *can* be broken. 99% of the time that this happens, the astra-mental body will immediately snap back into the physical shell. This is an almost insurmountable manifestation of the instinct of self-preservation. Nature's way of making sure we don't kill ourselves. But the consequences are still quite unpleasant, albeit usually not terminal.

The primary effect of a cord break is that the astra-mental body cannot fully reintegrate with the physical shell until the cord itself has healed. In other words, the Fire, Air and Water regions of the mental body are not fully integrated with the Earth region. A very mild example of this would be a strong sense of feeling disconnected from events and your own life, mentally and emotionally disoriented. Physical effects would be

exhaustion and the exacerbation of any present ailments.

In other words, take good care of your silver cord! If you always treat it conscientiously and with gentle care then you will have absolutely nothing to fear.

Lesson four of the Archaeous demands that you already possess a strong will and are in control of yourself to such a degree that if you are tempted to wander too far or are lured by other actions that would harm your physical shell's lifeline, you *will* be capable of refusing the temptation and sticking to the task at hand. If, in absolute honesty with yourself, you do not yet possess this ability of self-direction in the face of temptation, then I *very* strongly suggest that you proceed no further with the Archaeous until you have developed it. The first three lessons will greatly help your progress in achieving that ability, so please focus yourself on them for now and return to lesson four at a future date.

A final issue I want to raise before moving on to the practice is what you should do if you have difficulty at first with the actual separation act of moving away from your physical shell. Since the recording may progress at a speed that doesn't match your own, I suggest that if you can't separate apace with the recording, then spend the time while I'm talking about what to do after you've separated, focused instead upon the sensations of your astral body and the direct perception of emotional significance. Use that time to deepen your sense of separation from the Earth region of your mental body. This will help prepare you for the next time you perform the lesson.

So, let's turn now to the practice itself.

Practice:

Before we begin, make sure that you will not be disturbed. If you haven't done so already, then put the recording on pause and take a moment now to lock the door, turn off the phone and turn out the lights.

Situate yourself comfortably, either sitting upright, with your hands resting gently on your thighs, or lying down on your back. Clear your mind of all unwanted, mundane concerns and thoughts.

Now focus your awareness in the Earth region of your physical body and quickly relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Water region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Air region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Fire region and relax all of the muscles in this region. Release every bit of tension.

Now sense your entire head region as a whole.

Add to this your chest region and sense both together.

Add to this your abdominal region and sense all three together.

And finally, add your leg region and sense your entire physical body as a whole.

Project your roots down into the soil below you and release every bit of negativity you might be holding.

Now return your focus to sensing your entire physical body as a whole. Feel the solidity of the Earth region, the fluidity of the Water region, the lightness of the Air region and the electricity of the head region. Sense how these four regions penetrate each other and are a single, inseparable whole.

Focus intently upon the physical sensation of your entire body. This perception of pure physical sensation is the Earth region of your mental body.

Now push your awareness outward slightly until you feel the vibrant energy of your astral body. Focus just upon your astral body and the direct perception of emotional significance. Willfully turn your attention away from the Earth region of your mental body and focus exclusively upon the Water region of your mental body.

Focus upon the emotional significance of the solid energy you perceive within the Earth region of your astral body.

Now move your awareness upward to the Water region of your astral body and sense the significance of the fluid energy you perceive there.

Now move your awareness upward to the Air region of your astral body and sense the significance of the light energy you perceive there.

Now move your awareness upward to the Fire region of your astral body and sense the significance of the radiant energy you perceive there.

Hold this awareness of your astral body's Fire region and add to it the awareness of the Air region. Sense these two regions of your astral body as a unified whole.

Hold this awareness of your astral body's conjoined Fire and Air regions and add to it the awareness of the Water region. Sense these three regions of your astral body as a unified whole.

Hold this awareness of your astral body's conjoined Fire, Air and Water regions and add to it the awareness of the Earth region. Sense these four regions of your astral body as a unified whole.

Focus all of your awareness upon the sensations of your entire astral body. Focus upon the direct perception of emotional significance.

Hold this awareness of the Water region of your mental body and add to it the awareness of the Air region of your mental body. Incorporate the direct perception of thoughts and ideas into your direct perception of emotional significance and sense these two regions of your mental body as a unified whole.

Hold this awareness of your mental body's conjoined Water and Air regions and add to it the awareness of the Fire region of your mental body. Incorporate the direct perception of essential meaning into your direct perceptions of thoughts, ideas and emotional significance and sense these three regions of your mental body as a unified whole.

Focus all of your awareness upon the sensations and perceptions of your entire astral-mental body. Sense the fluidic emotional energy of the Water region, the light thought energy of the Air region and the radiant energy of essential meaning in the Fire region. Sense how these three qualities of perception interpenetrate each other and form a unified whole.

Now sense the parameters of your astra-mental body and imagine that this is your astra-mental skin. Your astra-mental skin is independent of your physical skin and you are able to move your astral-mental body independently of your physical shell. Without moving your physical body, raise the right hand and arm of your astra-mental body so that it is fully extended in front of you..

Now lower it back into alignment with your physical position.

Focus again upon the sensations and perception of your entire astra-mental body. Sense the astra-mental skin that defines the shape and size of your astra-mental body.

Now, without moving your physical body at all, slowly stand upright with your astra-mental body. If you were sitting in a chair, you should now be standing immediately in front of the chair with your back to your physical shell. If you were lying down, then you should now be standing immediately at the feet of, and facing away from your reclining physical shell.

Stand perfectly still within your astra-mental body and focus your awareness upon the sensations you perceive. Sense the solid energy of the Earth region of your astral body, the fluid energy of its Water region, the light energy of its Air region and the radiant energy of its Fire region. Sense all four regions of your astral body as a unified whole, standing upright, independent of your physical shell.

Hold this awareness of the Water region of your mental body and add to it the awareness of the Air region of your mental body. Sense their union.

Hold this awareness of your mental body's conjoined Water and Air regions and add to it the awareness of the Fire region of your mental body. Sense the unification of your entire astra-mental body.

Now look through your astra-mental eyes and directly perceive the emotional significance of whatever lies directly in front of you in the room where you're standing. As you examine with your astra-mental eyes, also perceive the current of thoughts and ideas that underlie this direct perception of emotional significance. Now look still deeper and perceive the essential meaning that these thoughts and emotional significance give shape to.

Now slowly turn to your right until you are looking directly at your empty physical shell. Examine your physical shell with your astra-mental eyes and directly perceive the emotional significance of its form. Resist any inclination to re-enter your physical shell with all of your mental will power.

Take a moment now to sense your astra-mental skin once again and reaffirm your separateness and independence from your physical shell.

Now return to your examination of your physical shell. Once again, directly perceive the emotional significance expressed by your physical form with your astra-mental eyes. Now look deeper and perceive the current of thoughts and ideas that underlie this direct perception of emotional significance. Now look still deeper and perceive the essential meaning that these thoughts and emotional significance give shape to.

Now once again, take a moment to sense your astra-mental skin and reaffirm your separateness and independence from your physical shell.

Now take note, with your astra-mental eyes, of the silver cord that connects your astra-mental body and your physical shell. This is the life sustaining umbilicus that keeps the autonomic functions of your physical shell continuing uninterrupted in the absence of your astra-mental body. Observe the subtle energy that flows along this cord and keeps your heart pumping and your lungs respiring. Directly perceive its emotional significance. Now look deeper and perceive the current of thoughts and ideas that underlie this direct perception of emotional significance. Now look still deeper and perceive the essential meaning that these thoughts and emotional significance give shape to.

Now once again, take a moment to sense your astra-mental skin and reaffirm your separateness and independence from your physical shell.

Now take note, with your astra-mental eyes, of the rested state of your physical shell. Observe the slow, relaxed pace of its breathing and the flaccid muscles in the face. Directly perceive the emotional significance expressed by this state of physical relaxation. Take note also of the thoughts, ideas and essential meaning that underlie your perception of emotional significance.

Now once again, sense your astra-mental skin and reaffirm your separateness and independence from your physical shell. Sense your entire astra-mental body. Sense the solid Earth region of your astral body. Add to this the fluid Water region, the light Air region and the radiant Fire region of your astral body. Sense your astral body as a unified whole and add to this awareness of the Water region of your mental body, the awareness of the Air region of your mental body. Sense you mental body's conjoined Water and Air regions and add to this the awareness of your mental body's Fire region. Sense the unification of these three regions. Sense your astra-mental body as a unified whole.

Now turn again to your right until you are once again facing away from your physical shell. Now slowly back into your physical shell and once again occupy the same space as your physical shell.

Sense your astra-mental skin, independent of your physical skin. Now close your astra-mental eyes and relax into your physical shell. Let your astra-mental body fill your entire physical frame and gently turn your awareness back to the Earth region of your mental body and the direct perception of physical sensation. Become aware of your physical skin, muscle and bone and integrate the vibrant energy of your astra-mental skin into every cell of your physical body.

Shift your attention to the Earth region of your physical body and integrate the solid energy of the Earth region of your astral body into it. Spread this energy throughout your leg region.

Move your awareness upward to the Water region of your physical body and likewise, integrate the fluid energy of your astral body's Water region into that of your physical body. Spread this energy throughout your abdominal region.

Move your awareness upward to the Air region of your physical body and integrate the light energy of your astral body's Air region. Spread this energy throughout your chest region.

Now move your awareness upward to the Fire region of your physical body and integrate the radiant energy of your astral body's Fire region. Spread this energy throughout your head region.

Hold your awareness of the conjoined astral and physical Fire regions and add to it the awareness of your conjoined astral and physical Air region. Sense these two Elemental regions as a unified whole.

Hold the awareness of these conjoined astral and physical Fire and Air regions and add to it the awareness of the conjoined astral and physical Water region. Sense these three Elemental regions as a unified whole.

Now hold the awareness of these conjoined astral and physical Fire, Air and Water regions and add to it the awareness of the conjoined astral and physical Earth region. Sense these Four Elemental regions as a unified whole.

Sense your entire physical-astra-mental body as a single unified whole.

Now send your roots deep down into the soil below and release any excess of energy that you may feel.

Turn your attention away from your roots and back to the sensing of your physical body.

Now begin your return to normal awareness. Before opening your eyes or moving your body, take a moment to listen to the noises around you, to smell the air, etc.

Now take a deep breath and exhale it gently.

Now move your hands up along your thighs and up your abdomen and chest, up to your face and back down again, awakening your body to normal sensation.

Now gently open your eyes and slowly begin to physically move about.

This ends lesson four of the Self-Healing Archaeous concerning the passive separation of the astra-mental body.

I suggest that you use this recording as your guide only for as long as it takes you to learn

this technique. Once you have memorized the working pattern and have succeeded in following along with this recording a couple of times, you should try the technique solo, without the use of this recording. It is imperative that you learn to perform this technique without my guiding voice if you wish to continue on to the next lessons.

When this technique becomes easy for you to perform, you may move on to lesson five and the passive separation of the solitary mental body.

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

Audio Version Script © 2003 By Rawn Clark

~ Lesson Five ~

The Passive Separation and Resting of the Solitary Mental Body

Introduction:

Hello, this is Rawn Clark bringing you lesson five in the Self-Healing Archaeous. Like the previous lesson, this one is suitable only for those who have completed Step Two of IIIH.

Our subject in this lesson is the passive separation of the *solitary* mental body. In Lesson Four, we separated our astra-mental body from our physical shell and now with this lesson we will enact a further separation as we vacate our astral shell. This means a constriction of our focus to just the Air and Fire regions of our mental body. I call this the solitary mental body because in this state, the mental body is bereft of its astral and physical clothing. This is the most versatile and flexible of our three temporal bodies.

The solitary mental body, composed of just the Air and Fire regions, is two-fold in nature and equates with the Individual Self or, in kabbalistic terms, the Tiphareth Self. This particular level of Self is capable of direct perception of the lower personal self *and* direct perception of the higher Self. As you know, the Air region of the mental body represents the direct perception of thoughts and ideas. This is the downward-focused aspect of the Individual Self. That part of the Individual Self which is concerned with, and involved in, the personal and physical aspects of existence. The Fire region on the other hand, represents the direct perception of essential meaning which occurs without the solid form of thoughts and ideas. This region of the solitary mental body is the upward-focused aspect of the Individual Self. That part of the Individual Self which is continuously receiving an influx from the Greater Self.

In this lesson, we will be using the same techniques presented in Lesson Four. First, we will constrict our mental body to just its Water, Air and Fire regions and thereby separate our astra-mental body from its physical shell. As before, this reveals a silver cord corresponding to what remains of the Earth region of the mental body. Then we will constrict our mental body still further to just its Air and Fire regions and separate our solitary mental body from its astral shell. This reveals a second cord of a lavender color rooted in the astral shell, corresponding to what remains of the Water region of the mental body.

The reason we are doing this specific form of separation is because in this way we completely separate and rest our three bodies. As each of our bodies rest, they naturally revert to a more pristine and healthful state. The act of letting them rest separately, significantly decreases the input from one level to the next, thus increasing the *depth* of

their rest. Without the active impress of the astral energy, the physical body rests more calmly and completely than in sleep. Likewise, the astral body, separated from both physical *and* mental input, rests as it rarely does in the course of a normal human life. And the mental body, freed in this way from both astral and physical restraints, can be led to a very deep state of restful calm.

Ordinarily, when the solitary mental body is separated, the astral body is left within the physical shell instead of being separated from it. This means that the connection between the astral and physical levels of awareness is not diminished and therefore both bodies remain relatively integrated. Ordinary separation reveals only a *single purple* cord instead of the two cords that the triple separation reveals. The reason such a cord is darker in color is because it is what remains of the Water *and* Earth regions of the mental body, both of which remain rooted in the astra-physical shell. In the triple separation however, the purple cord becomes two cords -- the silver cord corresponding to the Earth region and the lavender cord corresponding to the Water region. The lavender cord, since it is *just* the Water region is immediately fluid and can easily stretch to infinity.

The shade, width and degree of translucence that the lavender cord displays, will vary in direct ratio to the degree of one's focus. For example, when awareness is focused exclusively within just the Fire region of the solitary mental body, the lavender cord will be as thin as a hair and as clear as water and there will be no perception other than the direct perception of essential meaning. In such a state there is no processing of perception into words, thoughts, emotional significance or sensation of any kind. In such a state, you would not be able to hear my voice, nor would you feel it if I were to touch your physical body.

On the other hand, when awareness is focused exclusively with the Fire *and* Air regions, thoughts and words do accompany perception. In such a state the lavender cord has the width of a string and the opacity of lavender Jello.

With lesson five however, even though you will be primarily focused within the Air and Fire regions of your mental body, a part of your awareness will still be receiving input from your physical ears in the form of my guiding voice, and processing your perceptions via your astral body, giving them form as shape and color. Since there is this much information passing along your lavender cord, it will be the width of a finger, have the opacity of milk and shine with a distinctly bright lavender color.

In order to achieve deeper states of separation of the solitary mental body, in which there is no perception below the density of thoughts, you will have to perform this lesson without depending upon the recording to guide you. Nonetheless, this recording will sufficiently introduce you to the technique and even with its limitations, it will enable you to attain a significant degree of separation, rest and healing benefit.

So, let's turn now to the practice itself.

Practice:

Before we begin, make sure that you will not be disturbed. If you haven't done so already, take a moment to lock the door, turn off the phone and turn out the lights.

Situate yourself comfortably, either sitting upright, with your hands resting gently on your thighs, or lying down on your back, and clear your mind of all unwanted, mundane concerns and thoughts.

Now focus your awareness in the Earth region of your physical body and quickly relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Water region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Air region and relax all of the muscles in this region. Release every bit of tension.

Now move your awareness upwards to your Fire region and relax all of the muscles in this region. Release every bit of tension.

Now sense your entire head region as a whole.

Add to this your chest region and sense both together.

Add to this your abdominal region and sense all three together.

And finally, add your leg region and sense your entire physical body as a whole.

Project your roots down into the soil below you and release every bit of negativity you might be holding.

Now return your focus to sensing your entire physical body as a whole.

Now push your awareness outward slightly until you feel the vibrant energy of your astral body. Focus just upon your astral body and the direct perception of emotional significance. Willfully turn your attention away from the Earth region of your mental body and focus exclusively upon the Water region of your mental body.

Focus upon the emotional significance of the solid energy you perceive within the Earth region of your astral body.

Now move your awareness upward to the Water region of your astral body and sense the significance of the fluid energy you perceive there.

Now move your awareness upward to the Air region of your astral body and sense the

significance of the light energy you perceive there.

Now move your awareness upward to the Fire region of your astral body and sense the significance of the radiant energy you perceive there.

Hold this awareness of your astral body's Fire region and add to it the awareness of the Air region. Sense these two regions of your astral body as a unified whole.

Hold this awareness of your astral body's conjoined Fire and Air regions and add to it the awareness of the Water region. Sense these three regions of your astral body as a unified whole.

Hold this awareness of your astral body's conjoined Fire, Air and Water regions and add to it the awareness of the Earth region. Sense these four regions of your astral body as a unified whole.

Focus all of your awareness upon the sensations of your entire astral body.

Hold this awareness of the Water region of your mental body and add to it the awareness of the Air region of your mental body. Incorporate the direct perception of thoughts and ideas into your direct perception of emotional significance and sense these two regions of your mental body as a unified whole.

Hold this awareness of your mental body's conjoined Water and Air regions and add to it the awareness of the Fire region of your mental body. Incorporate the direct perception of essential meaning into your direct perceptions of thoughts, ideas and emotional significance and sense these three regions of your mental body as a unified whole.

Now sense the parameters of your astra-mental body and feel your astra-mental skin.

Now, without moving your physical body at all, slowly stand upright with your astra-mental body.

Stand perfectly still within your astra-mental body and focus your awareness upon the sensations you perceive. Sense the fluid energy of its Water region, the light energy of its Air region and the radiant energy of its Fire region. Sense all three regions of your astra-mental body as a unified whole, standing upright, independent of your physical shell.

Now turn to your right until you are facing your physical shell and observe its state of rest.

Now sit down at the foot of your physical shell. Observe the silver cord that connects you with your physical shell.

Now close your astral eyes and turn your focus inward. Willfully turn your attention away from the Water region of your mental body and focus exclusively upon the Air and

Fire regions. Sense the light energy of the Air region's thoughts and ideas and the radiant energy of the Fire region's essential meaning. Sense how these two regions are a unified whole.

Sense how the form provided by thoughts and ideas create a sort of mental skin that contains and expresses the radiant energy of essential meaning. Feel your mental skin. Sense how free and independent it is from your astral and physical skins.

Fill the Air and Fire regions of your mental body with the thought that you are now free of your astral shell.

Now, without moving your astral shell at all, gently float upwards until you are just a few inches above your astral shell. Focus your awareness exclusively within the unified Air and Fire regions of your solitary mental body.

Feel your mental skin and focus upon your independence from your astral shell.

Now open your mental eyes and look down upon your empty astral and physical shells. Focus upon your separateness and independence from them.

Observe the lavender cord that connects you to your astral shell. Observe also the silver cord that connects your astral shell to your physical shell.

Observe the relaxed state of both shells.

Now close your mental eyes and turn your focus inward. Focus upon the thoughts and ideas that you directly perceive in this moment.

Now turn your focus away from the Air region and towards the Fire region. Immerse yourself in the direct perception of essential meaning.

Silence . . .

Now gently return to the awareness of thoughts and ideas. Let your direct perceptions of essential meaning permeate the Air region of your mental body and take form.

Feel your mental skin and sense the unification of the Air and Fire regions of your solitary mental body.

Now open your mental eyes and observe the well rested state of your astral and physical shells. Willfully descend into your astral shell and gently turn your awareness back to the Water region of your mental body and the direct perception of emotional significance. Spread your solitary mental body throughout your entire astra-mental body and sense your astra-mental skin. Sense your entire astra-mental body as a unified whole.

Shift your attention to the Earth region of your astral body and integrate the energy of

your solitary mental body into it.

Shift your attention to the Water region of your astral body and integrate the energy of your solitary mental body into it.

Shift your attention to the Air region of your astral body and integrate the energy of your solitary mental body into it.

Shift your attention to the Fire region of your astral body and integrate the energy of your solitary mental body into it.

Sense all four regions of your astral body as a unified whole. Add to this the awareness of the Air region of your mental body and sense the Water and Air regions of your mental body as a unified whole.

Now add to this the awareness of the Fire region of your mental body and sense all three regions of your astra-mental body as a unified whole.

Now open your astra-mental eyes and observe the deeply rested state of your physical shell. Sense your astra-mental skin, independent of your physical skin.

Now close your astra-mental eyes and relax into your physical shell. Let your astra-mental body fill your entire physical frame and gently turn your awareness back to the Earth region of your mental body and the direct perception of physical sensation. Become aware of your physical skin, muscle and bone and integrate the vibrant energy of your astra-mental skin into every cell of your physical body.

Shift your attention to the Earth region of your physical body and integrate the solid energy of the Earth region of your astral body into it.

Move your awareness upward to the Water region of your physical body and likewise, integrate the fluid energy of your astral body's Water region into that of your physical body.

Move your awareness upward to the Air region of your physical body and integrate the light energy of your astral body's Air region.

Now move your awareness upward to the Fire region of your physical body and integrate the radiant energy of your astral body's Fire region.

Hold your awareness of the conjoined astra and physical Fire regions and add to it the awareness of your conjoined astral and physical Air region. Sense these two Elemental regions as a unified whole.

Hold the awareness of these conjoined astral and physical Fire and Air regions and add to it the awareness of the conjoined astral and physical Water region. Sense these three

Elemental regions as a unified whole.

Now hold the awareness of these conjoined astral and physical Fire, Air and Water regions and add to it the awareness of the conjoined astral and physical Earth region. Sense these Four Elemental regions as a unified whole.

Sense your entire physical-astra-mental body as a single unified whole.

Now send your roots deep down into the soil below and release any excess of energy that you may feel.

Turn your attention away from your roots and back to the sensing of your physical body.

Now begin your return to normal awareness. Before opening your eyes or moving your body, take a moment to listen to the noises around you, to smell the air, etc.

Now take a deep breath and exhale it gently.

Now move your hands up along your thighs and up your abdomen and chest, up to your face and back down again, awakening your body to normal sensation.

Now gently open your eyes and slowly begin to physically move about.

This ends lesson five of the Self-Healing Archaeous concerning the passive separation of the solitary mental body.

I suggest that you use this recording as your guide only for as long as it takes you to learn this technique. Once you have memorized the working pattern and have succeeded in following along with this recording a couple of times, you should try the technique solo, without the use of this recording. It is imperative that you learn to perform this technique without my guiding voice if you wish to continue on to the next lessons.

When this technique becomes easy for you to perform, you may move on to lesson six and healing through the Elemental balancing of your three bodies.

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

Audio Version Script © 2003 By Rawn Clark

~ Lesson Six ~

Elemental Balancing and Re-integration of the Three Bodies.

Hello, this is Rawn Clark bringing you Lesson Six in the Self-Healing Archaeous. This Lesson is suitable only for those who have made good headway with the work of Step Four of IHH and are already proficient with accumulating the Elements.

Our subject in this lesson is the Elemental balancing of each of our three bodies. Mastery of Lesson Five is an absolute prerequisite for the pursuit of this Lesson since the Elemental balancing work requires a separation of the three bodies.

This Lesson of the Archaeous is an extension of an exercise found at the end of the astral training of Step Four in "Initiation Into Hermetics". In Bardon's version, the student accumulates the Elements into their respective regions of the physical body in order to attain an Elemental harmony. In the Archaeous however, we will be accumulating the Elements into all three of our bodies and will thereby attain a deeper degree of Elemental harmony.

We will begin with the mental body, then the astral body and end with the physical body. Great care is taken with the process of re-integrating the mental and astral bodies, and with re-integrating the astra-mental and physical bodies. In this way, the mental body's Elemental harmony is brought from the mental, into the astral and then reaffirmed by accumulating the Elements into the astral body. Then the astra-mental harmony is brought from the astral, into the physical and again reaffirmed by accumulating the Elements into the physical body.

Since the work of Lesson Six requires a very deep level of concentration and separation of the three bodies, I will not be guiding you through the process as I did in the previous Lessons. Instead, I will be describing the process and it will be up to you to then put it into practice.

So, let's move on to a description of the practice.

You begin as usual and work your way through the Archaeous up until the point at which your three bodies are separated and your focus of awareness is solely within your solitary mental body. This is the point at which Lesson Six begins.

Turn your solitary mental body until you are gazing at your resting astral and physical bodies. Take note of the cord connecting your solitary mental body to your resting astral body and the cord connecting your astral body with your resting physical body.

Focus upon the cord connecting your astral and physical bodies. As you know, this is the

Earth region of your mental body. Your first task is to fill the Earth region of your mental body with the Earth Element. Do not accumulate a great amount of the Element - - only enough to fill the cord. You don't want to condense the Element, so this is to be just a gentle filling of the Earth region with the Earth Element.

Now focus your attention upon the cord connecting your resting astral body and your solitary mental body. As you know, this is the Water region of your mental body. Your next task then, is to fill the Water region of your mental body with an equal amount of the Water Element. As before, do not accumulate too much of the Element -- only fill the cord without condensing the Element.

When the Earth and Water regions of your mental body have been filled with their respective Elements, turn your focus upon the Air region of your solitary mental body. Your next task is to fill the Air region with an equal amount of the Air Element in the same manner as before. Again, just fill the Air region with the Air Element; don't condense the Element.

Then turn your focus to the Fire region of your solitary mental body and fill it with an equal amount of the Fire Element, exactly as before.

When all four regions of your mental body are thus filled with an equal amount of their respective Elements, spread your awareness throughout your entire mental body (all four regions simultaneously). Spend several moments of meditation in this state of integrated balance.

When your meditation feels complete, release the accumulated Elements in reverse order, starting with the Fire and ending with the Earth. When you are done, spend a few moments sensing the Elemental harmony and balance within your mental body.

Now turn your attention to your reclining and fully rested astral body. Gently sink down into it and regain full awareness of it. Consciously permeate it as usual, linking your astral and mental bodies intimately together. When you are ready, stand up with your astral-mental body, paying close attention to reconnecting with all of the astral sensations.

Stand still and closely integrate your astral and mental bodies. Consciously vitalize your astral body with the Elemental Equilibrium of your mental body. Bring the balancing influence of your re-vivified mental body firmly into all aspects of your rested astral energy. Special attention must be given to this re-integration. Take your time and be as thorough as possible.

Once you have fully reclaimed your astral body, turn your focus upon the Earth region of your astral body and fill it with the Earth Element. As with the filling of the mental body, you do not want to condense the Element, just fill the region.

Then turn your attention to the Water region of your astral body and fill it with an equal

amount of the Water Element. Follow this by filling the Air region of your astral body with the Air Element and then the Fire region with the Fire Element.

When all four regions of your astral body are thus filled with an equal amount of their respective Elements, spread your awareness throughout your entire astral body (all four regions simultaneously). Spend several moments of meditation in this state of integrated balance.

When your meditation feels complete, release the accumulated Elements in reverse order, starting with the Fire and ending with the Earth. When you are done, spend a few moments sensing the Elemental harmony and balance within your astral body.

Now turn your focus to your resting physical body and re-integrate your astral-mental body and resting physical body. Spend several moments upon this process of re-integrating your physical-astra-mental body. Consciously integrate the Elemental harmony of your astral-mental body into every aspect of your physical body. Special attention must be given to this re-integration. Take your time and be as thorough as possible.

Once you have fully reclaimed your physical body, turn your focus upon the leg region of your physical body and fill it with the Earth Element. As before, you do not want to condense the Element, just fill the region.

Then turn your attention to the abdominal region of your physical body and fill it with an equal amount of the Water Element. Follow this by filling the chest region of your physical body with the Air Element and then the head region with the Fire Element.

When all four regions of your physical body are thus filled with an equal amount of their respective Elements, spread your awareness throughout your entire physical body (all four regions simultaneously). Spend several moments of meditation in this state of integrated balance.

When your meditation feels complete, release the accumulated Elements in reverse order, starting with the Fire and ending with the Earth. When you are done, spend a few moments sensing the Elemental harmony and balance within your physical-astra-mental body. Concentrate upon the sensations caused by this re-vivifying Equilibrium of your three bodies united. Integrate every bit of astral-mental energy you can into your physical structure, consciously guiding it into every cell of your physical body. And then release whatever excess energy remains.

Visualize your mental body as actively brightening, and willfully giving direction to, the astral. Also visualize the physical conforming its structure into agreement with this renewed astral template. This final integration and balancing should be pursued with the utmost care and concentration.

End your meditation in the usual manner, being absolutely sure to make a full return to

normal, waking consciousness.

So, to summarize the process:

First you follow the Archaeous up to the point at which all three bodies are separated and your awareness is firmly rooted in your solitary mental body.

Then you load each of the four Elemental regions of your mental body with their respective Elements, starting with Earth and ending with Fire. After a few minutes in this state, you release the Elements in reverse order, from Fire to Earth. Upon completion, you re-integrate your solitary mental body with your resting astral body.

You then repeat the same exercise with your astral body by filling each region with its respective Element. After a few minutes the Elements are released in reverse order and you re-integrate your astra-mental and physical bodies.

The same work is repeated with your physical body. Again, fill each region with its respective Element and then, after a few minutes, release the Elements in reverse order.

Achieving the fully integrated and Elementally balanced physical-astra-mental body is the most healing level of the Archaeous. To quote Bardon, "If the magician should ever get into disharmony through any particular circumstances, all he has to do is practice these exercises and he will immediately redress the harmony. He will experience the comforting influence of the entire universal harmony, which is creating and keeping in him the feeling of peace and happiness, not only for a few hours, but for days."

This concludes Lesson Six of the Self-Healing Archaeous, concerning the Elemental balancing and re-integration of the three bodies. I wish you much peace, happiness and Elemental harmony!

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

Audio Version Script © 2003 By Rawn Clark

~ Lesson Seven ~ Astra-Mental Wandering

Hello, this is Rawn Clark bringing you Lesson Seven in the Self-Healing Archaeous. This Lesson is suitable only for those who have mastered Step Four of IHH and are making good headway with the Step Five work.

Our subject in this lesson is Astra-Mental Wandering. Mastery of Archaeous Lesson Six is an *absolute* prerequisite for the pursuit of this Lesson since the Elemental balance is what releases the astra-mental body from its bonds and enables true wandering.

One of my motivations for creating this series of audio Lessons in the first place was the many requests I received from students of IHH for a safe and sane method of astral projection that could be employed prior to reaching Step nine. The desirability of astral projection has become a very strong part of the current magical culture and many are willing to take great risks to achieve it. In fact, during my years serving as a Companion to countless students of IHH, I have been faced with many instances where the student has done considerable damage to their astral and mental bodies through their attempts to master astral projection employing today's popular techniques. So I see that meeting this need in a safer manner than is presently available and in a quicker manner than Bardon suggested, has become important to the welfare of many students of IHH.

At first, I felt a great amount of resistance to illuminating the following technique since I firmly believe that Bardon's system is THE best, most beneficial way to proceed. I had planned to merely introduce those aspects of the Archaeous which are most healing for the three bodies in the hope that this would ameliorate the damage being done through the pursuit of today's latest fad. In fact, Lesson Seven was to originally have been about the benefits of integrated self-expression through the consciously unified and Elementally balanced physical-astra-mental body, instead of being about Astra-Mental Wandering. What deterred me from this plan was the receipt of several notes indicating that folks had realized the possibilities of projection inherent to Lessons Four and Five which deal with the passive separation of the three bodies. Therefore it became imperative that I explain the *proper* way of using the Archaeous to achieve astra-mental wandering.

In order to safely astra-mental wander, there must be a state of Elemental balance within the three bodies. For example, spontaneous or unintentional astra-mental body separation occurs at times when there is a *natural* Elemental balance among all three bodies. When everything is just so and all the right factors come into temporal accord, the astra-mental body spontaneously exits the physical body. Primary among those conditions is a state wherein the three bodies achieve a temporary state of Elemental balance. There are also additional conditions that must be met at the same time, such as a behest from higher levels of Self, karmic need, etc. The bond which binds the astra-

mental body to the physical body is not loosened *naturally* unless these conditions are met. Nonetheless, many popular techniques seek to override these natural conditions through an intensive accumulation and projection of raw energy. And therein lies the greatest danger of these techniques, since they abuse and ignore the safeguards that Nature has deemed necessary.

As Bardon illustrated in IHH however, when an Elemental *Equilibrium* of *all three* bodies is achieved, separation of the Astra-mental body becomes a matter of conscious intention, instead of meeting certain conditions. This is one reason why Bardon placed Mental Wandering at Step Eight and Astral Wandering at Step Nine -- by Step Eight, all three bodies have been brought into a state of Elemental Equilibrium.

From the very beginning, the Archaeous seeks to incubate this Equilibrium. First with the physical body and a process that leads toward an understanding of how the Universal Qualities of the Elements manifest within the physical body. Then with the astral body through a similar process with the same end. And finally with the mental body in the same manner. Once the Qualities are recognized and to a certain degree this realization has been integrated into the three bodies, *separation* -- NOT wandering or travel -- becomes possible. This coincides with the work of Step Three at which point one has achieved what I call the "rudimentary Astral Elemental balance", wherein the most outstanding negative personality traits have been transformed.

Then, once one has made good progress with Step Four, there is Lesson Six of the Archaeous, in which I turn to balancing the Elements, through accumulation, within each of the three bodies, followed by thorough re-integration. At this point in the IHH training, the Astral Elemental Equilibrium is close at hand, if not already in place, so Lesson Six reinforces the nascent Astral Equilibrium and speeds the practitioner toward its maturity.

Compared to Bardon's pacing, the only ingredient actually lacking in order for there to ensue safe astra-mental wandering, is the matter of the *Mental* Elemental Equilibrium. In IHH, Bardon doesn't begin directly addressing the Mental Equilibrium until Step Seven (which is another reason why mental wandering doesn't come until Step Eight), but here in Lesson Six of the Archaeous, is an exercise which directly addresses the Mental Equilibrium by the end of Step Four.

By the end of Step Four / beginning of Step Five, there is already a *Mental balance* in place, so the Lesson Six exercise will strengthen this balance and speed its evolution toward a true Equilibrium. What makes this speeding up safe, is the careful integration of the Elemental harmony into each of the three bodies in succession. This "grounds" the harmony which is what transforms transitory 'harmony' into less transient 'balance' and ultimately, into Equilibrium.

As I said, in order to safely astra-mental wander, there must be a state of Elemental balance within the three bodies. This degree of balance can be induced by the Archaeous process and in this present Lesson Seven, I will be elucidating a method by which this is achieved.

As with the previous Lesson Six, this Lesson requires such a deep level of concentration and separation of the three bodies that it would be impractical for me to lead you through the practice as I did in the early Lessons. Instead, I will once again be simply describing the process and it will be up to you to then put it into practice.

So, let's move on to a description of the practice.

Lesson Seven begins with a complete replication of Lesson Six. This is the foundation which establishes the Elemental balance of all three bodies.

So first, you will separate your three bodies and then create an Elemental harmony within your solitary mental body. You then integrate this mental harmony into your astral body and create an Elemental harmony within your astra-mental body. Next, you integrate this astra-mental harmony into your physical body and create an Elemental harmony within your physical-astra-mental body.

This whole procedure must be enacted very carefully and thoroughly, with special attention being given to the successive integrations.

At this point, you must spend a few minutes deeply focused upon the unity of your three bodies and upon their mutual Elemental balance.

When this meditation feels complete, focus upon your intention to astra-mental wander. You must build a very strong force of will into this intention.

Now constrict your awareness to your astra-mental body in the usual manner and separate your Elementally balanced astra-mental body from your Elementally balanced physical body. At first you must stand very still, right next to your empty physical shell. Focus again upon the balanced state of your bodies and upon the usual sensations of your astra-mental body. Focus your attention exclusively within your astra-mental body.

Observe the silver cord that connects your astra-mental body to your physical shell. See how thin and elastic it is. Note how much more elastic it is than when you separated your astra-mental body previously, prior to achieving the Elemental balancing of all three bodies.

Now turn your attention away from your physical body and from the silver cord. Focus exclusively within your astra-mental body and re-affirm its Elemental balance by gently accumulating the four Elements into their respective regions and then releasing them.

Now turn your attention outward to your physical surroundings. It is likely that you will feel a great sense of freedom, compounded by an eagerness to immediately fly off, but this *must* be kept in check. *You* must be in control of it, instead of it controlling you. Stand perfectly still until you feel that you are in command and able to resist any urges to fly off.

Your ability to be self-directing in the face of this strong urge is dependant upon the maturity of your mental discipline and your Elemental Equilibrium.

Once you are certain that you have command of yourself, take a few steps around the room in which your physical body rests. Examine the details of your physical surroundings with the faculties inherent to your astra-mental body.

After a few minutes of this, stop and stand very still once again. Focus inwardly and once again re-affirm the Elemental balance of your astra-mental body. If necessary, briefly accumulate and release the Elements.

When this feels complete, turn your attention to the silver cord and to your resting physical body. Observe the changes in the silver cord regarding its thinness and elasticity. Again, turn your attention back to your physical surroundings and explore them once again. This time, look for a few small details of the room and commit them to memory. Later, you will compare these memories with a physical viewing of the same details.

After a few minutes of this, turn your attention back upon your physical body. Re-affirm the Elemental Balance of your astra-mental body and then re-enter your physical body.

Thoroughly integrate your astra-mental body with your physical body in the manner of Lesson Six, including the accumulation of the four Elements into their respective regions. Release the Elements and then return to normal waking consciousness in the usual manner.

Immediately after you have regained your normal physical awareness and senses, you must examine your physical surroundings and discern how closely your astra-mental perceptions correspond with your physical perceptions. Look for the specific details that you memorized during your astra-mental journey and compare those memories to what you see now.

Repeat this practice of examining your immediate surroundings while inhabiting your astra-mental body and then comparing them to your physical perceptions, over and over, until such time as your astra-mental perceptions align with the physical reality. From this practice you will learn how to discern between subconscious projections and factual reality.

When you have reached the point where your astra-mental perceptions of your immediate surroundings are reliably accurate, you may then begin to venture further afield. When possible, view the places you travel astra-mentally, with your physical body later on, in order to be certain that, at a distance, your astra-mental perceptions are accurate.

Venture further and further away from your physical body as time goes by, but stay within the temporal present moment. Proceed in this way until you have become adept at

visiting any place within the present moment of time-space you choose.

The method by which you get from the location of your physical body, to any other point in space, is fairly simple. It's merely a matter of forming a strong intention to visit such and such a place. This creates a mental resonance which, because of the mental plane law of 'like attracts like', immediately draws you to your location of choice. For example, if you wish to astra-mentally wander to a relative's home, you would need to create the strong mental intention to do so and this would carry your astra-mental body to their physical presence.

The practice of mastering astra-mental wandering within the physical present moment, prepares the astra-mental body for entry into the more ephemeral layers of the astral realm. Navigation within these layers of the astral is somewhat different and involves, in addition to a strongly formulated intention, the accumulation of the single Elements for exploring the Elemental realms, and the accumulation of specific frequencies of colored Light for exploring the Zone Girdling the Earth. In other words, these explorations require an alteration of your astra-mental body from its natural state.

This concludes Lesson Seven of the Self-Healing Archaeous, concerning Astra-Mental Wandering. I hope, for your sake, that you choose to use this knowledge wisely and apply it to the forwarding of your magical evolution.

My best to you!

RAWN'S SELF-HEALING ARCHAEOUS

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~ Lesson Eight ~ Techniques of Mental Wandering

Hello, this is Rawn Clark bringing you Lesson Eight in the Self-Healing Archaeous. This Lesson is suitable only for those who have mastered the previous Lesson Six.

There are three degrees or types of mental wandering. The first is when the solitary mental body is separated from the astra-physical shell. The second is when the astra-mental body is first separated from the physical shell and then the solitary mental body is separated from the astral shell. The third and final degree is when, having performed the separation of astra-mental from physical and then solitary mental from astral, the Fire region of the mental body is separated from the Air region of the solitary mental body.

The first degree of wandering is what Franz Bardon described in Step 8 of IIIH. By this method of separating the solitary mental body directly from the astra-physical shell, one reveals a purple cord that represents what's left of the conjoined Earth and Water regions of the mental body. With this degree, one's perceptions can range from purely mental to astral and the integration of perceptions by the solitary mental body, into the emotional context is very easy. This degree is most suitable for mental wandering of the present moment, one's physical environs, other places on earth, etc. This is the precursor state for the Astral Wandering technique that Bardon taught in Step Nine of IIIH.

In the second degree of wandering, one first separates the astra-mental body from the physical shell, revealing the silver cord which is just the deflated Earth region of the mental body. Then one separates the solitary mental body from the astral shell, revealing the violet cord (instead of the denser purple cord), which is just the deflated Water region of the mental body. This provides for a deeper separation of the solitary mental body and is more suitable for purely mental perceptions that involve the integration of direct perception of essential meaning with thought. It is possible to quickly integrate the mental perceptions into the emotional level but this is not automatic and therefore requires intention. It is also an easy matter to draw the astral shell to the solitary mental body and revert to astral wandering from this state.

This second degree is the most suitable for a finer mental examination of the present moment and one's physical environs, etc., but more importantly, it's the best for exploring the higher Planes or Planetary Zones. However, the conjoined Air and Fire regions of the solitary mental body cannot travel much beyond the Zone of Jupiter and can only penetrate to the "edge" of the Abyss. In other words, the solitary mental body is a creature of the sequential realm and as such, cannot enter into the non-sequential realm of eternity. Only the Fire region of the mental body can navigate the Abyss between the sequential and eternal realms.

Which brings me to the third and final degree of mental wandering -- separation of the Fire region from the solitary mental body. One starts from the second level and then separates the Fire region of the mental body from its integration with the Air region. This reveals a crystal clear cord which is all that remains of the Air region when one's awareness is totally focused within just the Fire region. With this degree there is only the direct perception of essential meaning and BEing. These perceptions can be periodically integrated into the Air region of thought, but this requires an act of will which removes one from a totality of focus within just the Fire region. The Fire region is like a flame, always reaching upward and outward. Thus the integration of the direct perceptions of the Fire region, into the Air region, requires a turning-away-from what one is directly perceiving. Consequently this interrupts the continuity of one's perceptions and one must then return to an exclusive focus upon, and separation of, the Fire region.

Only the Fire region of the mental body is capable of directly perceiving, and merging awareness with, the eternal mental body

This is the highest degree of Bardón's emptiness or vacancy of mind exercise from Step One of IIIH. At the level of Step One, the student is focusing their awareness within the Fire region of their mental body. This is the region of direct perception of essential meaning and a state best described as BEing. Here there is no thinking -- only perceiving and BEing. However, with the Step One exercises, this all takes place while the three bodies are still fairly integrated. In effect, the Fire region is connected by a very fat, dense cord that represents the combined Earth, Water and Air regions of the mental body. This generates a lot of background noise, so to speak, that one doesn't realize is there until one has experienced the deeper quiet and greater control that comes from first separating the mental body.

As the student deepens their emptiness of mind state through continued practice, the cord connecting the Fire region becomes thinner and clearer, thus revealing the various levels of mind in succession. First the layers of the brain-bound mind, then the emotion-bound mind, then the thinking-bound mind and finally revealing the perceiving-mind. It is possible, given a lot of persistent practice and perhaps an exceptional gift of native talent, to reach a state in which the cord connecting the Fire region to the combined Earth, Water and Air regions, attains a crystal clarity. For most folks however, that takes a *long* time.

By separating the three bodies first and then separating the Fire region from the Air region, one can reach the deepest state of emptiness of mind possible. However, a lesser degree of emptiness, but one that is still superior to the Step One exercise, can be achieved by first separating the astra-mental body from the physical shell and then separating the Fire region from the astra-mental body, leaving behind a conjoined Water and Air astra-mental shell. This results in a translucent golden yellow cord through which the Fire region can quickly integrate its direct perceptions into the Water and Air aspects of the mental body. Although, this still means a periodic interruption of the emptiness state and of direct perception, it does take considerably less time to clarify the translucent yellow gold cord to a crystal clear state.

Since it would obviously be impossible for me to lead you through these practices, I will now simply outline the method for each degree of mental wandering. Surely you will be able to apply this outline to your personal practice.

Degree One: Begin with the Elemental balancing and integration of all three bodies as instructed in Lesson Six. Once your three bodies are fully re-integrated, separate your solitary mental body from the astra-physical shell. Perceive the purple cord and then investigate your surroundings. Just as with my instructions vis-a-vis astra-mental wandering in Lesson Seven, you must verify the accuracy of your perceptions after each session. Begin by wandering very close to your astra-physical shell and then, over time, venture further and further afield. Practice integrating the perceptions of your solitary mental body into your astra-physical body during your wandering. Upon completion of your mental journey, carefully and thoroughly re-integrate into your astra-physical shell.

Travel from one place to another is caused by formulating a clear intention to travel to your chosen destination. For example, if you wish to visit with a friend in another country, you would formulate the strong intention to do so. Travel to other planes or zones is caused by intention and by consciously harmonizing the solitary mental body with the vibration of the chosen zone. For example, if you wish to visit an Elemental kingdom, you would formulate the intention and then fill your solitary mental body with the relevant Element.

Degree Two: Begin with the Elemental balancing and integration of all three bodies as instructed in Lesson Six. Once your three bodies are fully re-integrated, separate your astra-mental body from the physical shell. Perceive the silver cord and then separate your solitary mental body from the astral shell. Perceive the violet cord and then investigate your surroundings. As always, you must later verify the accuracy of your perceptions after each session. Begin by wandering very close to your astral and physical shells and then, over time, venture further and further afield. Practice integrating the perceptions of your solitary mental body into your astral body during your wandering. Upon completion of your mental journey, carefully and thoroughly re-integrate into your astral and physical shells. The same methods of travel apply as in degree one.

Degree Three: Begin exactly as in degree two. Once your three bodies are separate, focus your awareness exclusively within the Fire region of your solitary mental body. *Perceive* the essential meaning of your separation from the Air region and *perceive* the essential meaning of the crystal clear cord that connects you with it. Isolate your awareness to just the Fire Region -- to just perception and BEing.

Travel with the Fire region of the mental body is also a matter of intention and of playing with the mental realm law of "like attracts like". However, one must introduce this intention *prior* to separating the Fire region from the Air region. The intention of where one wishes to travel is very strongly formulated within the solitary mental body just prior to focusing the awareness exclusively within the Fire region. At this point an Element, Fluid or colored Light may be condensed within the solitary mental body. All of these actions create a strongly focused crystallization of the mental materia which

serves as the anchor point to which your target is attracted; and visa versa, which is equally attracted **to** and **by** your target. As you and your target converge on the mental plane, you focus exclusively within the Fire region and separate from the Air region. This places your Fire region at, or in, your mental target. In other words, you **aim** your Fire region and then release it.

If you are exploring the mental plane level of your immediate physical surroundings with the solo Fire region, then it will take a fair amount of experience to "verify" them later with your physical eyesight, but by this point you should be very sure of the reliability of your mental senses.

During your experiments with the solo Fire region, you should periodically integrate your perceptions into the Air region. If necessary, completely re-unite with the Air region and then integrate your thoughts into the Water region from there as this gives a greater assurance that you will remember them clearly at a later time. Ultimately the transition between being in the solo Fire region and then integrating with the Air region and then separating the solo Fire region again, should become very fluid and rapid.

With practice, one also learns how to propel the solo Fire region **after** its separation from the Air region. This is accomplished through a process of opening oneself to what is **perceived**, as opposed to intending what one **conceives**. For example, one has aimed for and arrived at the lunar zone but now wishes to ascend from there to the mercury zone. What is required is an **opening of the self to** the direct perception of the essential meaning of the mercury zone vibration.

Ultimately, one can **open to** realms that the sequentialized solitary mental body is incapable of aiming at, simply because it cannot fully conceive of them. The solo Fire region however, is capable of **perceiving** what the sequentialized consciousness cannot conceive of. For example, when the solitary mental body is filled with the Akasha prior to separation of the Fire region and the intention of merging with one's own Greater Self is very strongly formulated, this will aim the Fire region **towards** the eternal mental body. Once separated, the Fire region **perceives** the Greater Self and then must **open itself to** the Greater Self and fully expend its Fire as a radiance that fills and becomes at-one-with the Greater Self. This same method can also be used to merge with a chosen Deity-form, to explore specific facets of the Primal Causality, etc.

When any wandering is done with the solo Fire region, very great care should be taken in the subsequent process of re-integrating the four regions and three bodies. Spend several moments, or minutes if necessary, integrating the Fire and Air regions very thoroughly. Take your time with this integration of your perceptions into your thinking mind. Likewise, thoroughly integrate the solitary mental body with the astral shell and let all those thoughts settle into the level of your emotional perceptions. And just as thoroughly, re-integrate your astra-mental and physical bodies. Affix the memory of the perceptions, thoughts and feelings from your mental journey into your mundane awareness.

This ends Lesson Eight of the Self-Healing Archaeous. I hope that these techniques help you to unveil the Eternal Splendor of the Limitless Light by serving to facilitate and encourage your own explorations of our infinite universe, with all its many wonders.

My best to you!

Rawn Clark

16 November 2003

RAWN'S SELF-HEALING ARCHAEOUS

Audio Version Script © 2003 By Rawn Clark

~ Lesson Nine ~ The Fine Art of Integration

Introduction:

Hello, this is Rawn Clark bringing you Lesson Nine in the Self-Healing Archaeous. This final Lesson in the series is suitable only for those who have already mastered Lesson Six.

As I stated at the very beginning, the Self-Healing Archaeous follows the basic alchemical tenet of "solve et coagula", of separation and re-unification. The separation into parts purifies those parts and the re-unification of the purified parts results in an overall improvement of the materia. This is evolution in action, the primordial process of Force taking on Form and then Form releasing its Force so that it may take on a new Form.

In Lesson One, the purification process began with the complete relaxation of every part of the physical body, which naturally required the focusing of awareness upon each body part in succession. Then there was the focusing of awareness upon each Elemental region, in succession. This focusing of the awareness upon an individual part is an important first aspect of purification. By bringing our conscious awareness fully into the part, we strengthen the astra-mental template upon which the part or region is founded. In other words, we increase the purity of the Force which has manifested as that particular Form.

Having thus purified each part, the next step in the Archaeous is to consciously re-unite each of the parts and re-assemble them into an awareness of the whole. The awareness of one Elemental region is added to that of another and the awareness of the two conjoined, is added to a third and so on, until all four regions are united in a single awareness. This is the rudimentary process of integration wherein each purified part is re-joined with all the other purified parts and awareness of each separate part is held simultaneously as a new, holistic awareness.

In Lesson Two, this same process was applied to the astra-mental body. It began with the focusing of awareness upon the astra-mental body, distinguishing it from the physical body, and then focusing upon each of its Elemental regions, in succession. Once this purification of parts had been accomplished, all the parts of the astra-mental body were re-assembled into a holistic astra-mental awareness. Then, the holistic awareness of the astra-mental body was integrated with the holistic awareness of the physical body, resulting in an even more comprehensive holistic awareness.

With Lesson Three, this same process was again repeated but this time, upon the mental body. The result was a holistic physical-astra-mental awareness.

The separation of parts in the first three Lessons occurred *in situ*, so to speak, and was solely a matter of shifting and contracting one's focus of awareness. In Lessons Four and Five however, this separation of parts was taken a step further and became a spatial separation as well, although still rooted in the focusing and contraction of one's awareness. As a consequence, the resulting purification was much more profound than that produced *in situ*. The actual passive separation of the three bodies allowed for a deeper, more exclusive focus within each body and for a deep, deep relaxation at the astral and mental levels that was not available *in situ*.

The next step in furthering the depth of purification of each part or body, came with the Lesson Six work of balancing the Elements in each of the three separated bodies. The development of the Elemental harmony exponentially increased the purification of each part and, due to the harmonizing effect upon each part, the subsequent integration of those parts was exponentially more complete.

The first six Lessons prepared one for Lessons Seven and Eight, and the next step in purification -- wandering. Astra-mental and mental wandering are educational pursuits. They expand the Self through direct experience. And while still rooted in the focusing of one's awareness, they require Self-expression as much as they do passive perception. In other words, they exercise that focused awareness in new ways which cause it to rapidly evolve.

As always, the newly purified parts must be re-integrated into a holistic physical-astra-mental awareness. But when it comes to integrating the purifications wrought through astra-mental and mental wandering, one confronts a greater labor than encountered in the earlier Lessons. One must develop new skills of integration to truly benefit from the subtle experiences one will encounter in mental and astra-mental wandering. Primarily, these new skills have to do with integrating those experiences into the mundane awareness and memory. And secondarily, they have to do with consciously integrating the lessons one learns from those experiences into each of the three bodies to such a degree that each body is further purified and transformed by those lessons learned.

Thus I have titled this final Lesson in the Self-Healing Archaeous series, "The Fine Art of Integration", for truly, this is one of the more important magical Arts.

Every bit of one's ascent *must* be integrated into the mundane levels of Self or it is for nothing. Separation without re-integration becomes destruction, and likewise, integration without periodic separation becomes stagnation. Hermetic initiation is rooted in building a solid foundation and then erecting one's ascension upon that footing, always making sure to securely bind the ascension to that solid foundation lest the whole structure topple over. Integration is what assures a sound and continuous ascent, thus it is an Art well worth mastering. And it is best to begin as early as possible because the further along the

path of initiation you trod, your skills of integration will face greater and greater challenges.

The practical part of this final Lesson is divided into three sections: Integration of Astral-Mental Wandering, Integration of Mental Wandering, and Integrated Self-Expression. This latter is what Bardou described as "magic action" in Step Six of IHH. I like to think of it as Physical-Astra-Mental Wandering. :)

So, on to the practical parts . . .

Integration of Astra-Mental Wandering:

The integration of higher perceptions and states of awareness into lower levels of consciousness is a fine art. Just like the master painter wields color and shape to express many deep layers of meaning simultaneously, so to the fine artist of integration molds the colors of thought and the shapes of emotion to capture their most sublime experiences in symbols that the lower levels of consciousness can retain and comprehend. This takes time and practice to master.

The first step of any integration into the mundane awareness is to affix the higher perceptions and thoughts into one's memory. The second step is to then actively employ the realizations that arise from those memories by making them the foundation for one's actions.

It is said that the physical brain captures everything that the eyes see and that the ears hear, but becoming consciously aware of that stored information takes something more than mere, organic brain function. The ingredient that makes specific bits of that inconceivable amount of stored data consciously memorable is the emotional significance we attribute to it. If it is data that's totally innocuous, like how many cars passed by your window between noon and 3pm on Saturday, then it remains unreachable by the conscious awareness. But if it's emotionally significant, like what type of car plowed through your window at 3:15 pm Saturday, then we're certain to remember.

With astra-mental wandering, remembering is not much of an issue since these experiences are perceived through the filter of the astral body or Water region of the mental body *while* they are occurring. In other words, the experiences of astra-mental wandering occur within the milieu of emotional significance and all of the astra-mental perceptions are colored by the same. Perception occurs in symbolic forms -- shapes, colors, sounds, sensations, and so on, all of which express an emotional content. Within that emotional content lies essential meaning which is directly perceived with one's mental senses at the same instant of its astral perception. Thus the symbolic forms of the astral materia clearly communicate their essential meaning to the astra-mental wanderer.

Nonetheless, the astra-mental wanderer's primary focus is at the astral level of perception. Astral perception itself does not immediately reveal the entirety of the mental level, *direct* perception of essential meaning -- it merely *symbolizes* the direct perception.

Therefore, the astra-mental wanderer should spend some time at the end of their journey reviewing their experience to ensure that later, when the astral symbol is *remembered*, the entirety of the mental level direct perception is still accessible *through* the astral symbol.

When the business of your astra-mental wandering is complete, return to the location of your physical shell and stand next to it. Spend the next few moments -- however long it takes -- reviewing your experience. Start at the beginning and go through the whole experience chronologically, trying to recall every detail. As you remember, take note of how different segments of your experience resonate with specific regions of your astral body.

When you are through with your review, re-enter your physical shell and thoroughly re-integrate your three bodies. Immediately thereafter, once again review your experience and write down sufficient notes about your experience so that you will later be able to regain your memories of events.

In the days and weeks that follow your wandering session, meditate upon your experience. Refer to your notes to refresh your memory, if necessary, and take further notes of key points that you discover during your meditations.

The purpose of these meditations is to discover and then thoroughly understand, the lessons contained in your wandering experience. Once the lessons are understood, you must then apply them to your life in whatever way seems most appropriate. You must integrate them into your experience of your Self at whatever level the lessons demand.

Integration of Mental Wandering:

Mental wandering is, of course, the most versatile form of wandering, yet it can present many challenges in terms of remembering one's experiences and perceptions, let alone integrating and applying their lessons. But since the mental body itself is so versatile, one is also presented with the perfect tool for adapting to every challenge. All one needs is a bit of creativity and imagination. :)

In Lesson Eight, I defined three degrees of mental wandering, so to shape my discussion here, I will use that same structure and describe some of the options open to each degree.

1. Separation of the solitary mental body directly from the physical body

Since this sort of mental wandering involves the conjoined Air and Fire regions, perception occurs in the form of thoughts and direct perception, simultaneously. However, these perceptions lack emotional significance at the time they are occurring. With a deep degree of separation, the only density of symbolic form these perceptions have is that of thoughts. There is no astral shape, color, sound, etc., so in order to gain emotional significance and astral form, these perceptions must be processed by the astral body or Water region of the mental body.

Since this degree of mental wandering reveals the denser purple cord, which is the compressed Water and Earth regions conjoined, it is very easy to create a flow of input between the solitary mental body and the Water region.

The rate of flow between the two can be regulated at will. At first, I suggest that you experiment with opening and closing it. For example, spend a few moments in deep separation of the solitary mental body from the astra-physical shell, and then expand your awareness along the purple cord ever so slightly, a degree at a time, until you feel the intrusion of emotional significance and astral form, into your thoughts. Let your thoughts settle into this level of your awareness and then return your focus to a deep separation of the solitary mental body from the astra-physical shell.

Once you get the hang of it, it becomes very easy to rapidly shift between these states and quickly integrate your solitary mental wanderings into your astral awareness. With much practice, it is possible to continuously feed your solitary mental perception into your astral awareness, without any interruption of focus within the solitary mental body. This involves a slight splitting of awareness so that an insignificant part of your focus is concentrated upon the astral level. This creates a subtle bridge through the purple cord specifically to the Water region of the mental body.

When you are finished with your solitary mental wandering, return to your astra-physical shell and hover next to it. Before re-entering it, review your wandering. Then expand your awareness down along the purple cord until you again touch the Water region. Once again review your wandering but this time in its astral form. Then fully re-integrate into your astra-physical body. Immediately write down sufficient notes so that you will be able to recapture your memories later.

As with my comments on astra-mental wandering, you must follow your solitary mental wandering with meditations and the implementation of the lessons learned. This, and this alone, is what completes the integration process.

2. Separation of the solitary mental body from the astra-mental body

Because the complete separation of all three bodies results in a significantly deeper and more exclusive focus within the solitary mental body, it takes a greater quantity of one's awareness to integrate the solitary mental perceptions into the Water region. As before, I suggest that you experiment with opening and closing the flow of input along the violet cord between the solitary mental body and the astral shell. Since the Water region is not conjoined with the Earth region, you will need to spend a little more effort in solidifying the astral processing of your solitary mental perceptions. With great practice, it is possible to set up so rapid a sequential exchange between the two as to be almost continuous, but this does require the splitting off of more of your awareness than before.

The main issue at first is continuity. If you interrupt your solitary wandering too often to integrate the experience into your astral awareness, then you risk losing any sense of continuity. And if you interrupt too infrequently, you risk losing your ability to remember your experience later on. But with practice, you will learn how often is appropriate and you will also become more and more proficient.

At the end of your solitary mental wandering review your experience and then re-integrate with your astral shell. Within the astra-mental context, again review your

experience and firmly affix its astral form. Then re-integrate your astra-mental body with your physical shell. Immediately review and take notes. And as always, meditate upon your experiences, learn from them and apply them.

3. Separation of the solo-Fire region from the solitary mental body

The perceptions from this degree of mental wandering are perhaps the most challenging to completely integrate since they are, by their nature, direct perceptions of infinity. It is also impossible to actually control the frequency with which the integration of them into the Air and Water regions will occur since there is no *thinking* will existent within the solo Fire region of the mental body. In other words, once one has separated the solo Fire region from the Air region shell, there is no *thought* of needing to return. There is only *intention* which, as I stated in Lesson Eight, is how one aims the Fire region. So it is possible to enter into the separation carrying the intention of returning to the Air region periodically in order to integrate the Fire region perceptions.

However it comes about, when you do find your perceptions beginning to take form as thoughts, spend several moments in that state of transition and very carefully let the fullness of your solo Fire perceptions settle into your thinking awareness. Let them condense to a fine Airy mist.

It is wise at this point to descend still further with these thoughts and integrate them into the Water region of your awareness, giving them some degree of astral form. Then return to the solitary mental body, again separate the solo Fire region and continue with your solo Fire wandering.

Descending all the way into the Water region with your thoughts is very disruptive to the continuity of a solo Fire wandering. In some cases it is, in fact, extremely unwise to program the intention of periodic return to thinking awareness, let alone to an astral awareness. Some solo Fire journeys must be left to find their own duration and scope; and the subsequent quality of integration into memory, left to the Divine Wisdom.

Nonetheless, it is important that you experiment with this periodic integration, followed by a return to the solo Fire region. With practice, it is possible to periodically integrate just the Air region of thoughts and store up a few segments of experience until making a larger descent into the Water region. While descending into just the Air region is somewhat less disruptive to the continuity of a solo Fire wandering, the real trick is storing segments of the solo Fire perceptions in the Air region. To accomplish this storage, one must rely upon the Water that is inherent to Air.

When your solo Fire wandering is complete, you must carefully re-integrate your awareness with the Air region shell. In the solitary mental body context, review all the thoughts that coalesce in regard to your solo Fire wandering. Be *very* thorough and patient with this step as it may take far longer than the wandering itself.

Then re-integrate with the astral shell and solidify all your thoughts with astral form. Let the Airy thoughts condense still further until they become one fluid mass, all connected, one with the other. Note the differences and similarities between which of those ideas settle into which regions of your astral body.

When the astral integration is complete, re-integrate with your physical shell. Immediately write your notes and ground these very ephemeral experiences into your waking awareness.

The experiences of the solo Fire wandering are the most important of all the wandering experiences. Their lessons are the most relevant to your advancement and therefore, they require the most thorough integration into every aspect of your being. It can take years to fully integrate some of the lessons brought through solo Fire wanderings, perhaps even lifetimes of effort.

This is especially true of solo Fire wanderings which entail merging with one's Greater Self or Eternal Mental Body. These experiences are infinitely profound and cathartic, and produce reverberations throughout one's entire existence. Integration of the Eternal experience into the sequential layers of consciousness requires prolonged and repeated meditation. And then integrating those aspects of the Eternal experience that one has become conscious of, into the layers of personality and physicality, requires great creativity and inventiveness. One must never relent.

While these experiences are eternal and non-sequential in nature, it takes time for them to be integrated into the sequential layers of Self. Or rather, it takes time for *you* to integrate them into your mundane awareness which exists within a single moment of time-space. It is literally like trying to cram as much of infinity as you can into something the size of an atom. Ultimately, it's a matter of completely giving over to the eternal aspects of Self so that they may freely express themselves through your every thought, word and deed. Only then is the infinity that exists within an atom revealed and made manifest . . .

Integrated Self-Expression:

In the mental exercises of Step Six of IHH, Bardon described a three-part magical action in which one is conscious of all three bodies simultaneously. I like to call this physical-astra-mental wandering, for in reality this is what it is. In this state, one is conscious of existing in all three bodies, simultaneously: one perceives with their physical, astral and mental senses, simultaneously, and each physical motion is simultaneously and consciously, performed with the astral and mental bodies in unison

This is presented as a mental exercise because it is completely dependant upon the ability to differentiate between the four regions of the mental body and to be consciously aware within all four regions simultaneously. The directorship is transferred wholly to the solitary mental body. As I've stated before, this is essentially the Individual or Tiphareth Self -- the depth *point*. With its directorship firmly in hand, the Individual Self then expresses itself *through* the Water region or astral body and *through* the Earth region or physical body.

In other words, it is an integrated Self-expression in which the astral and physical bodies serve as the vehicles through which the Individual Self expresses and manifests itself within the physical realm. When the physical arm is moved through the air, the astral and mental air is disturbed as well. Bardon called it magical action because in ceremonial

ritual, all of one's movements must occur on the physical, astral and mental planes, simultaneously.

For anyone who has made it to Lesson Six in the Archaeous, the exercise I propose now, will present no difficulties. Difficulty however, may arise in the sustaining and prolonging of the state this exercise leads to.

This is a slight alteration of Lesson Six and the Elemental balancing of all three bodies.

Separate all three bodies as usual. Balance the Elements in the mental body and then re-integrate the solitary mental body with the astral shell, conjoining the Fire, Air and Water regions of the mental body. Balance the Elements in the astral body. As you do so, remain consciously aware of both your astral *and* mental bodies, simultaneously. You must sense *both* bodies at the same time and to the same degree yet still be able to differentiate between the two. This is like seeing a thing from two different perspectives at the same time. As Bardou described it, let the mental hand slip into the astral glove.

Retaining this dual, astral and mental awareness, re-integrate with your physical shell and the Earth region of the mental body. Balance the Elements in the physical body while simultaneously remaining aware of your astral and mental bodies. Sense all three bodies at the same time and to the same degree. Let the astra-mental hand slip into the physical glove.

Sustain this triple awareness of your three bodies simultaneously for as long as you are able. Just stand, sit or lie down and without moving, focus upon perceiving your physical, astral and mental surroundings simultaneously. As you look through your physical eyes, it is really your mental eyes, looking through both astral and physical eyes. As you feel your physical breathing it is really your mental will to breathe manifesting through your astral and physical respiration.

When you are able to prolong this state for 5 minutes or so, introduce physical movement. Move around your meditation space and focus upon unifying the mental, astral and physical components of each movement.

When this feels comfortable for at least 5 minutes, wander further afield. Keep working at the prolongation of the triple awareness and the retention of it in a variety of circumstances. After some time, the separation and Elemental balancing of the three bodies beforehand will become unnecessary. All one will need to do is become consciously aware of each body and then consciously unite these awarenesses into the triple awareness.

When one has succeeded in projecting the solo Fire region into the Akasha and has merged with the Eternal Mental Body of their Greater Self, then one can pursue a four-part action. This involves integrating the simultaneous awareness of the Greater Self into the triple awareness. All four perspectives -- eternal mental, temporal mental, astral and physical -- are held simultaneously in one's conscious awareness, within a single present

moment of time-space. It is then the Greater Self, consciously expressing and manifesting ItSelf through the Individual, astral and physical vehicles.

When this is mastered one then has the opportunity to manifest the five-part action -- the true merging with the Divine. Here, awareness *as* The Unity is added to the four-part awareness and one exists within the physical temporal moment fully aware of The Unity, their Greater Self and Individual, astral and physical selves, simultaneously. It is then the Divine manifesting ItSelf directly into the temporal moment through the vehicles of the Greater, Individual, astral and physical levels of Self. This, of course, is the ultimate form of integration afforded by the Archaeous process.

This ends Lesson Nine and completes the Self-Healing Archaeous audio series. I pray that these Lessons, which have been my pleasure to present, serve you well along your path to perfection.

My best to you,
:) Rawn Clark
19 Dec 2003