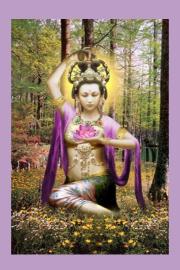
## **Hermetic Angel Messages**

PDF version



18 degrees Aquarius

### **Angels of Feminine Magnetic Power**

Also known as

The Angels of

### Somi

or Nulo using Stejnar cipher

Beloved,

Electricity is the male aspect of divine being.
Electricity gives.
Electricity is spirit.

Magnetism is the feminine aspect of divine being.

Magnetism receives.

Magnetism is soul.

Magnetism is the essence of divine feminine magnetic power through emotions and sensations, memory, conscience, and logic.

Electricity is generated in the delta and theta brainwaves, while magnetism is experienced in alpha and beta brainwaves.

Delta corresponds to pure being and will.

Theta corresponds to deep inner visualizations and thought.

Alpha is flowing emotional states.

Beta is the five senses, memory, conscience, and logic.

We help people become emotionally functional and open and heal their sacred Hearts, which is their soul, and embark on World Service.

We assist divine teachers so that they attract inward states of divine being, desires, and thoughts that generate ecstasies of flowing divine emotions and love.

With divine emotions flowing tangibly in the body, the endocrine chemistry produces psychoactive hormones and chemicals of healing, bliss, and immortality.

Magnetism is generated by emotions of the astral world and results in physical sensations in the physical world.

We help people become aware of, and let go, imperfect, limiting, painful feelings and associated beliefs and concepts,

for transmutation into feelings and thoughts of divine bliss.

We help the children of divine being become masters of meditation, attracting beautiful emotional states and ecstatic experiences of smell, touch, sound, taste, and sight.

Whatever is visualized and intended is brought to life through corresponding powerful associated tangible emotions.

In this way emotions,
which are compressed information like zip files,
attract into materialization what has been intended and visualized
so that it can be experienced with the five senses.

In ancient teachings, the term used to explain the flowing movement of spirit and soul is 'the electro-magnetic fluid'.

Electricity is masculine, or spirit, and magnetism is soul, or feminine.



Electricity is the deep delta brainwaves of pure being and the higher delta brainwaves of intention or will, along with the theta brainwaves of thought.

Magnetism then occurs in the realm of tangible emotional feelings in the body,

which attract new realities into manifestation, bringing into play physical sensations.

Magnetism, therefore, consists of the alpha and beta brainwaves.

The sacred marriage of male and female, therefore, is the union of will/thought and emotion/form.

Through the Divine Virtues of Somi,
Divine Feminine Magnetic Feeling Power IS mastered with deepest,
unconditional,
all encompassing, blissful ecstatic Flowing Cosmic Emotional States
and Love.

Divine Love opens the door to all the tangible visceral emotions of all the divine qualities, so that paradise is attracted into the realm of the senses, into expression on earth in material realities.

The beauty and the ecstasy of divine flowing bodily feelings of highest rapture must be experienced to be understood.

FLOWING COSMIC LOVE and other divine emotions magnetically attract beauty in creation, into forms that reflect the splendor and majesty of omnipresent, omnipotent, omniscient divine consciousness.

All-penetrating-Divine-Will for the HIGHEST GOOD, the highest PARADISE, of all concerned, creates FLOWING DIVINE LOVE.

We help each person on the path of perfection to manifest the cosmic ocean of loving divine emotions and all the divine feelings that flow through and sustain ALL LIFE.

# Emotions OF FLOWING DIVINE LOVE are the Waters of Life FLOWING, FLOWING from the large pitcher held by Aquarius.

The pitcher represents a mind that is attuned to OMNIPRESENT OMNIPOTENT DIVINE WILL FOR THE HIGHEST GOOD OF ALL,

according to the original purity of all ideas in Divine Mind.

These flowing WATERS OF LIFE are tangible divine feelings in the body that are the effects of such a mind, effects that nourish and quicken indwelling Divinity within the body and within all creation.

Within one minute of having a thought, the human body experiences over 100,000 chemical changes that correspond to the feelings caused by that thought.

This is why the power of attraction is tied to belief and thoughts.

Praise be to Divine Love, praise be to the awakening of eyes that see through hearts of love, that see and feel DIVINE LIFE AND BEAUTY in creation, according to original Divine Will.

The constellation of Aquarius is of the mental realm, and is receptive to Divine Will.

As these Aquarian thoughts create corresponding Aquarian feelings, the feminine magnetic power of feelings attract appropriate changes into manifestation.

The Aquarian pitcher is THE WATERS OF LIFE FROM THE HEART DIVINE, spilling forth divine emotions of omnipotent divine intent for heaven on earth.



Divine Love and other divine emotions form the life fluid of manifestation.

Divine Love and all divine emotions such as faith, mercy, happiness, clarity and purity
flowing throughout all creation,
are the blood of divinity,
bringing life to creation.

DIVINE WILL for the highest paradise of being, of visualization and will,

the highest paradise of thinking, the highest paradise of emotions, and the highest paradise of sensations FOR ALL BEINGS, is made possible by the LOVE of the one for the many and the many for the one.

All-penetrating-Divine-Will is the virtue of letter S, shining as purple red light with the sensation of warmth and expansion. This will is seen as shining from a tiny sun in the head region during meditation. A Child of Light goes into deep delta brainwaves, into a state of pure being and unity with original divine mind and being, one with all creation. Then he or she imagines his or her SELF as a tiny dot in the solar plexus, which is the region of Akasha, or consciousnesspenetrating-all. The human body is then experienced as a great universe, an exact microcosm of the macrocosm, the "as below" of the "as above".

This virtue of omnipresent divine will is meditated on, filling the entire universe with the omnipotence

of desiring the highest good of all for all beings. This virtue is the essence of the gall bladder.

By attuning to this virtue this organ can be perfected.

The Masculine, electric, Creative Will determines intellect.
Will and intellect together comprise the Electrical Spirit of a Child of Light.

Will and mind operate through both Delta and Theta brainwaves respectively.

Delta is pure being and Theta is deep inward vivid thought.

As this will is meditated on with mastery of focus, FLOWING LOVE DIVINE opens the eyes to see ALL BEINGS as they are created in Divine Mind.

The power of this cognition brought about by Love Divine activates TRANSMUTATION.

Cognition brought about by Love Divine is the virtue of umlaut O, eu, shining as a dark orange light with the sensation of weightpenetrating-all,

because it is the most dense expression of the element of Akasha, which is beingness-penetrating-all.

Transmutation is visualized in meditation as a tiny sun in the midriff region of the

body. This virtue is the essence of the ovaries and testicles in the physical bodies of the Children of Light.

PARADISE is sustained by hearts that are mighty oceans of UNCONDITIONAL FLOWING DIVINE LOVE.

We help the heart of each Child of Light expand until it becomes the infinite ocean of compassion and love throughout all of space, a heart that has ignited and merged with the Heart of God.

Even when a world server feels negative emotions, the ability to transmute these emotional states before they attract harm is inspired by us.

Powerful emotions of Divine Love, even as emotions of gratitude for the wisdom learned from painful emotions of self or others, transforms everything, and therefore give the greatest protection at the same time as bestowing the greatest blessings.

Just as a loving parent loves an upset child, the higher self, or adult self,

of a world server can love the upset parts of him or her self or others, and thereby heal them.

By feeling the power of Divine Love and intentionally directing it to everything;

to every desire, thought, emotion, and form, a person protects both their own inner childlike self and the inner child of all concerned.

"For I have not given you the spirit of fear, buy of joy, and life everlasting."

"God's love is like the sun, it shines equally on the good and bad alike."

"Love conquers all."

When darkness is loved unconditionally, it transforms, just as the sun transforms the night into day each morning.

Darkness teaches us many lessons.

The fear and despair, the sadness and hopelessness of our darkest emotional states teach us much wisdom.

If nothing else, these painful episodes remind us of the preciousness of feeling good, of feeling wonderful.

Sometimes we must lose something for a while to appreciate it fully when it is regained.

When we "give thanks for all things", we acknowledge that even in the darkest hours important lessons are gained.



The powerful magnetic energy of gratitude, of giving thanks, even for that which is unlovable, manifests the powers of love in alchemy, in its most powerful transmutational activity.

The Feminine Emotional Power of LOVE DIVINE is necessary.

Love attracts manifestation of perfection of the physical plane. Emotion and form, together make up the Soul of a Child of Light.

Emotion and form correspond to both
Alpha [emotions, psychic faculties right brain] and Beta [logic, memory,
five senses left brain] brainwaves respectively.

The Divine Virtue of Love, Magnetism, All Emotions, Fluidity, and

### Change

is the virtue of letter M. M has the most lovely blue green light and the sensation of coolness and chill.

It is seen as a tiny sun in the abdomen area, with the abdomen visualized as a hollow space.

To access these four brainwave states of spirit and soul, it is necessary to reclaim through remembrance and memory the parts of SELF that correspond to them.

Memory, remembrance, and conscience is a gift of the virtue of Cause and Effect, the virtue of letter I. It has a light opalescent translucence and the sensation of weight.

It is imagined as a tiny sun in the leg region.

The left kidney within the body of each Child of Light is brought into being by this virtue.

Delta is dominant in the first three or four years of life and in deep dreamless sleep each night,

Theta in the next three or four years and in dreaming visual images each night,

Alpha in the next three or four and in the emotions of dreams each night, and Beta from puberty on.

To access powerful will, a person must still be able to function as an infant, a toddler or a very small child.

"Ye must be as little children to enter the kingdom of God."
To access pure being, remember yourself in deep dreamless sleep or the cellular memory of being an infant.

To access deep inner thought, remember yourself as a pre-schooler and early grade schooler.

To access psychic sensitivity and strong emotion, remember yourself as a somewhat older child, an adolescent.

To access strong memory, logic, and acute physical senses a postpubescent person must remember self as an adult.

Therefore, to operate with whole brain consciousness, a person must be comfortable and skilled in experiencing all these ages together in a balanced way.

A person who has developed whole brain consciousness is ready for creating miracles.

World Servers have reclaimed access to all these early states of consciousness.

He or she rests blissfully in a state of ONENESS with all that is, like an infant, and is capable of deep inward vivid imagination, like a preschooler.

His or her heart is attuned to the magic of DIVINE LOVE and strong divine emotions , like an adolescent, that attract PARADISE into physical reality.

He or she is logical and interactive with the outer world like an adult.

Behold the archetype of Aquarius, a person pouring out the waters of Unconditional Love, of Divine emotion, of Life, upon all creation.

Often spiritual seekers want to transcend rather than transform/process negative emotions.

They use spiritual practices to bypass so called negative emotions, which they judge not to be spiritual.

They deny negative emotions, which then are forced underground into the subconscious mind and are stored in the body tissues as tension.

This in turn suppresses the immune system while still attracting, through the Law of Attraction, more negativity.

In this case, their very yearning for high states of consciousness and ongoing harmony makes them

more susceptible to magnetically and unconsciously attracting the same unhappy realities they do not consciously choose to manifest.

This happens because suppressed emotions cannot heal and transform when they are not allowed to flow safely and lovingly to resolution.

This would be similar to telling an upset child to 'shut up' instead of helping the child reach resolution through loving validation and loving support.

Strong emotions have great magnetic power to attract new realities into manifestation and automatically do so, intentionally or not.

The more passionate emotions are, the greater the power of their attractive magnetism. The strongest emotions have the greatest cocreative power.

Our early childhood emotional wounding and trauma are very strong emotions. These must be healed on every level through acceptance, validation, and unconditional all embracing love.

Powerful magnetic emotions of Divine Love attract manifestations that embody Divine Love.

Strong negative emotions of fear, doubt, anger, confusion, guilt, or shame etc. attract situations that are negative.

Acting out negative emotions only makes the situation worse. This is true regardless of whether the acting out is toward self, others, or property.

The law of magnetic attraction holds true regardless of whether emotions are positive or negative, conscious or unconscious.

World servers must heal any wounding of the soul in order to attract the perfection for self and others that they seek.

In the past, limited paradigms of negative emotions dictated that the stronger the negative emotion, the more likely it was to be denied and suppressed by spiritual seekers who yearned for refined enlightened emotions.

For this reason, we are teaching the Children of Light that especially the most painful emotions in self and others must be healed, not suppressed, as they come up in present time.

Confronting, accepting and allowing the most negative emotions to flow with validation and empathy is analogous to the three days Christ spent in the darkest regions of hell before resurrecting into the light.

"ALL that I do, ye shall do, and more."

Whenever a Child of Light chooses Love instead of Fear in flowing with the Feminine Power of Emotions, and allows painful emotions to flow safely in a sea of unconditional love, the entire Unified Field is made better for everyone.

Painful emotions need to be transformed as they come up naturally.

Healing them requires accessing the little child self and letting emotions flow spontaneously in a safe and loving way.

When a negative emotion overcomes a child of light, we encourage welcoming the emotion, thanking it for the wisdom it brings, and speaking to it The Law of One.

Law of One is the original law of Creation, and is the supreme Law over all laws in all dimensions.

THE

LAW OF ONE

We are all one.

When one is harmed, all are harmed.

When one is helped, all are helped.

Therefore, in the name of wand I am one with all there is;

I ask that ONLY THE HIGHEST GOOD OF ALL CONCERNED happen .

I give thanks that this is done.

SO BE IT!

In this way access to the childlike consciousness states is the natural by product of healthy emotional release.

The most powerful negative emotions originally come from early emotional wounding during childhood.

In present time, negative emotions become triggered by events that consciously or unconsciously are remindfull of an original traumatic event.

These emotions must not be suppressed and pushed again into the unconsciousness.

If too many traumatic memories are ignored and allowed to accumulate as stored tension in the body, it is unavoidable for a Child of Light to numb out from the pain. At the present time, this is all too common. In this state, it is very difficult to open the heart to love.

Numbing out to emotions is a self perpetuating, vicious cycle. Once having numbed out, becoming emotionally open and childlike again is difficult because in imperfect situations the need to "toughen up" recurs on a daily basis.

Otherwise, the ever growing burden of unresolved pain often becomes overwhelmingly intrusive once allowed to come into consciousness.

The solution is staying in emotional awareness and cultivating the willingness and skills

to love all desires, thoughts, emotions, and physical manifestations unconditionally, so that all emotions that arise are allowed to spontaneously flow to resolution safely in inward meditation through the power of love itself.

By doing this, day to day emotions change, evolve, heal, and at resolution, clear up and become positive.

This prevents dissociative states and habitual and chronic deadening of the emotionally alive, child self.

Ultimately, divine harmony must be reestablished in the world on every level, so that staying emotionally open and vulnerable is safe and wonderful for all sentient life.

Allowing oneself to be emotionally vulnerable like a little child in certain world situations, notably in many business dealings, where often it is necessary to protect and defend oneself, is one the great dilemmas of World Servers.

This is when the Divine Virtue of umlaut O, eu, COGNITION BROUGHT ABOUT BY LOVE DIVINE, is so important.



By reacting to EVERYTHING with UNCONDITIONAL ALL ENCOMPASSING LOVE, instead of fear or other negative emotions, A CHILD OF LIGHT DISCOVERS
THE POWER TO TRANSFORM ALL THINGS BY ATTRACTING ITS ORIGINAL PURE ESSENCE INTO FORM.

All emotions, when they are allowed to be purified through divine love, become lovely.

Fear becomes faith. Hatred becomes compassion.

This is the time when mastering ALL-PENETRATING-DIVINE-WILL FOR THE HIGHEST PARADISE OF ALL CONCERNED becomes important.

By attuning individual will to DIVINE WILL, a person becomes all powerful, individual will and divine will for the highest good of all become one.

This is the virtue of letter S.

Together, the virtues of S and Umlaut O, eu, enable a Child of Light to safely become one always with the divine feminine power of emotions, the letter M.

Many spiritual seekers have sometimes innocently assumed that once having committed themselves to "seek ye first the kingdom of heaven",and surrendering themselves to divine service on a spiritual path, they

would no longer be bothered by mundane stress of painfully triggered emotions.

They expected that these would magically disappear.

If anything, the opposite is true.... Little children are emotionally vulnerable and more easily hurt than adults, especially in business!

The emotionally alive heart is the sensitive and vulnerable heart of the child.

Spiritual seekers have become as little children because the fires of transformation from Universal Love opened them up to their original child self, the original self who came in to this life close to God.

By meditating on and becoming one with the virtue of Divine Will and Cognition brought about by Love Divine, the Inner Child Self is safe and secure, like a baby protected in the arms of both its Mother and Father.

At this time of the Alpha and the Omega, even business is changing to be safe for the children of light to be as little children.

"Ye must be as little children to enter the kingdom of heaven."

The protection of the living child is in the maxim:to let it go and flow. Whether emotions are negative or positive, their nature is to flow simply because they are emotions, and the health of the heart, of the Soul, depends on this flow being allowed.

It must be allowed to exist, even if it is negative, without fear, judgment, or acting out in a harmful manner.

Emotions naturally flow freely to clarity like water, and must not be stopped from thus healing.

Damming them up is damnation. Emotions are the spiritual essence of water; they cleanse themselves while in the process of flowing.

Damming them up eventually creates stagnation and death.



Enlightened people cry when they are sad and laugh when they are happy.

They have developed an awakened heart that responds with love unconditionally to everything, simply because everything can be spiritualized with divine qualities through love; unconditional magnetism of love flows into every state of being, every desire, every thought, every emotion, and every material form in themselves and others, bringing divine life and healing.

The light penetrates and transforms the dark. They understand that this love transmutes whatever it touches. Imperfections change into another more beautiful state in the presence of love.

Love releases imperfections from their present state so that they change into whatever is the highest good of all. That is the purpose of love. Emotions are the change process.

Enlightened people flow with emotions in ways that are self-responsible and harmless. Emoting itself stimulates the endocrine system with the energy to produce powerful psychoactive neuropeptides, anti-aging hormones, and enliven immune response.

As emotions heal, the physical body and the world also heal.

Once the alchemical process of transformation of emotions begins, the emotional body becomes clearer attracting ever more the perfect Kingdom of Heaven.Divine Will and Mind create lightning flashes and flows of electricity

igniting Feminine Magnetism of Emotions. Emotions flow from the opened heart, becoming a powerful emotional force attracting new holographic realities into time and space. The Divine Feminine gives birth to PARADISE.

When people become emotionally functional enough to more fully open and heal their sacred Hearts, which is their soul, and embark on World Service.

we are heavenly hosts that assist as very active teachers.

We fill them with ecstasies of flowing divine love.

The endocrine chemistry changes in the body to produce psychoactive hormones and chemicals of healing, bliss, and immortality.

The ancient myths of the drink of the Gods, Soma, are historical references to cosmic love's flowing divine ecstasy.

We, the Angels of Somi, open the doors of the heart. A World Server, mastering the divine virtues of our name,ignites the fires that create Flowing Divine Love.

Divine love overcomes all obstacles.

"This is the most profound spiritual truth I know: that even when we're most sure that love can't conquer all,it seems to anyway."



**MIRACLES** 

### Somi

S...

In the akasha principle, which is consciousness-penetrating-all, this letter oscillation represents the all-penetrating power—all-power.

By meditating on this quality you get into contact with the most subtle substance of the divine spirit, with the original divine fire and will in everything that has been created.

On the mental level you have perfect mastery over will and intent.

On the feeling level you have absolute clairvoyance in its purest form. You see over time and space and have control over other beings.

This virtue is the original fire, visualize it as purple with a reddish

tint with a feeling of warmth, filling all of space.It vibrates to the musical note G sharp, and is used to form or heal the \*gall bladder.

### Umlaut O, eu...

Akasha:In the principle of consciousness penetrating all, the umlaut O oscillation evokes the most profound cognition which can only be brought about by love divine.

By the help of this a person gets to know all the possibilities of transformation of the spirit, all the systems and ways serving this end, and all knowledge concerning transformation in all other fields. He/she is informed about everything that, deriving from the act of creation, had to pass through all the mode of transformation to be reunited.

A person must attain all the faculties that are offered by this profound cognition made possible by Love Divine, in the principle of consciousness-penetrating-all, and must make use of all possibilities, in order to get convinced that they cannot be described by words, by must be experienced, lived through.



I have mentioned the letters umlaut A and umlaut O as the last ones in this series of exercises, because by the help of their virtues one is able to comprehend, from the principle of consciousness-penetrating-all,

the crown of all wisdom in the micro- and macrocosms, from the act of creation to the present state of evolution, and even to the final development.

Mental:Evoked in the intellect, the virtue of profound cognition brought about by love divine gives the understanding of the transformation of ideas, virtues, etc. by the quabbalistically pronounced word, which is a very great and comprehensive field.

Astral/ emotional level:In the emotions, the virtue of profound cognition brought about by love divine develops the faculty of perfect astral projection and the mastery of all occult and magical phenomena that have reference to transformation, so that a person may, for instance, assume any desired vibration in the emotional body without being recognized by other beings and with only Divine Providence seeing

through him/her.Apart from this, a person is able to transform any emotional oscillation into the oscillation he wants and to do the same with any element.

Material:When mastered in the physical body, the profound cognition brought about by love divine leads to perfect knowledge of quabbalistic [the use of will, thought, feeling, and sensation] alchemy in the material world.

A person is taught the true preparation and charging of the philosopher's stone in the physical sense.He/she can influence, at will, any oscillation—atomic, oscillation, electronic oscillation- by quabbalah, and he/she is able to transform it into the oscillation desired by him/her.

'Therefore he/she perfectly masters the laws of transmutation and is able to transform any metal into gold, any stone into a precious stone, etc. if desired.By the help of this virtue a person is furnished with many other faculties of which he/she cannot even dream now and which non-initiates would regard as absolutely impossible. '

Umlaut O is dark orange, has the musical note of D-sharp, is the element of akashic-earth which has the sensation of weight penetrating everything. The ovaries and testicles are formed from this virtue of the profound cognition brought about by Love Divine. In healing, heal the left ovary first and then the right one.

O... The sound of letter O is the sound of the initiation into the original principle of divine justice.

Mentally you will be able to give expression to the absolute legality of harmony in all four basic qualities of the elements. You will have a high power of judgement and the ability to comprehend spiritually any legality, any interference by Divine Providence for the sake of justice. You will never be able to condemn anyone unjustly. This will bring about the abilities to create any change in the emotional situations that you find yourself in and to have absolute success and happiness on all levels.

The ability to control emotions is the ability to control the element of water and magnetism, which is the ability to attract. It is also the ability to manifest anything on the physical level.

This virtue has an ultramarine blue color, the musical note of C, and is the earth element so it has the sensation of weight. It formed the throat and windpipe.

### **M**...

In the akasha principle, which is the principle of consciousness-penetrating-all, this is the virtue of the original water principle

by which Divine Providence has created water in all its forms of existence, i.e., in its original principle, the principle of fluidity, up to is realization in the material world.

In the mental world this virtue \*manifests as life, tangible feelings and emotions in the body,

and sensation, and by mastering it a person is given the mental faculty of

becoming perfect master of his emotions, sensations and life spirit. This faculty also enables him/her to penetrate into the life, emotions and sensations of any other person with his/her own consciousness, and to study and master them.

In the emotional world, or astral, the virtue of fluidity helps a person comprehend and master the fluid emotional element in all spheres of action in the emotional world.

At the same time, a person thereby becomes absolute master of the pure magnetic fluid, which is analogous to the water element, which is to say that the magnetic fluid originates from this principle of fluidity.

On the material level the virtue of fluidity bestows on a person the power of controlling the fluid principle in the whole world, i.e., in the micro-as well as in the macrocosm.

Not only is a person able to comprehend, with his/her consciousness, everything fluid in its original principle, but he/she is also made absolute master of it.

This faculty, when acquired by this virtue, also makes him/her master of the magnetic fluid and of everything that

is connected with it.

Thus, for instance, he/she may, if desired, control the laws of gravitation , and many other things.

The color is the most lovely blue green imaginable. The musical note is D.It has the sensation of coolness and chill and the abdomen is formed from it.

Ι..

This is the \*Law of cause and effect.All doings, all life come under this law. This is the tenth letter and represents the one in its highest form.

Meditating on this virtue brings about perfect memory, remembrance, and conscience in the mind. You master the understanding of feelings, and learn how to heal your own or anothers emotions by the

use of cause and effect. In the physical you understand the laws of analogy between the micro and the macrocosm.'

Musical note G. Light opal color. Earth element, sense with a feeling of weight. Enlivens the left kidney.

# It is no measure of health to be well adjusted to a profoundly sick society. Jiddu Krishnamurti

Note: Keep this in your files.

# TABLE OF THE DIVINE VIRTUES AS THEY FLOW THROUGH THE KINGDOM OF THE ELEMENTS

### [ KEEP FOR FUTURE REFERENCE]

Here are particular divine virtues AS THEY MANIFEST THROUGH THE ELEMENTS.

The elements are fire, air, water, and earth. They correspond to desire, thought, feeling, and form.

The elements correspond to the Four Living Creatures Before The Throne of God.

This is how the divine virtues flow through these magnificent Divine Beings, down from Divine Will to thought to feeling to form, within the Kingdom of the Elements themselves.

### **FIRE ELEMENT**

In the akasha: Sch, original will, source of everything Mental: H, power of the word Astral-feeling: S, all-penetrating -will Physical: T, high inspiration

### AIR ELEMENT

Akasha: A, wisdom and enlightenment
Mental: C, spiritualization of matter
Astral-feeling: L, all the divine virtues taken together, splendor and majesty

Physical: H [also H, mental of fire above], the Power of the Word

### WATER ELEMENT

Akasha: M, emotion, feeling, original feminine water principle
Mental: N, supreme happiness
Astral-feeling: W, unification of consciousness
Physical: G, grace and mercy

### **EARTH ELEMENT**

Akasha:umlaut A, ae, transformation of matter
Mental: I, cause and effect

Astral-emotions: F, the legality of harmony in all visible worlds Physical: R, freedom and independence, following inner guidance

[This chart is in Franz Bardon's book, page 249-250, THE KEY TO THE TRUE QUABALLAH, Dieter Ruggeberg, Postfach 130844]

Note: Here are ten things to look for when healing relationships. If uncomfortable emotions arise from reading these , please go within with

unconditional empathy for that part of your inner self that feels this way. You may want to ask that these emotions be healed. If you decide to use the ten minute exercise to process these

emotions, a good question to ask might be,"What upset you about these ten points?",

followed by"If all things were equally possible, what would you like to see happen

that would heal these emotions? Be prepared to answer these questions more than once.

# 10 Easy Ways to Undermine a Relationship with Emotional Irresponsibility

By Dr. Paul Michael Schlosser, edited by Cynthia Rose Young Schlosser

### 1. Triangulation.

This 'psychological' term means letting someone else be more important than your mate. Letting someone or something else 'get between'. Loyalty to other people, making someone or others more important than your mate--example. staying 'married' to your original family, being 'married' to work, hobby, buddies etc. Mate should be second only to God.

2. Being too busy to share,

such as not doing the ten minute exercise to heal and share emotions on a daily basis. Too preoccupied for quality sharing. Not allowing intimacy. Workaholism, being emotionally unavailable. Staying numbed out. Refusing to melt, not opening the heart.

Sexual, or 'kundalini' energy can be aroused to rise up the spine to stimulate higher glandular centers, healing body and spirit, but the heart must be open. Whatever blocks the heart should be healed on an ongoing basis.

3. Expecting the partner to make you happy, holding partner accountable for your own bad feelings. Blaming partner if you are not happy--a

blatant way to do it is to tell mate: "You make me unhappy," This includes judging, labeling, and putting mate down.

4. Threatening to leave.

Threatening divorce. Sometimes includes unnecessary risk taking or suicidal behavior [such as associating with

criminals or dangerous driving] that might attract disaster to the relationship. If you make threats, you put in motion destructive energy.

Why create what you don't want?

Why implant programming that undermines what you really want? Why not visualize you and your partner radiant with happiness and love, making a mutual commitment to heal upset emotions and work toward what you really want.

5. Refusing to process emotions when upset, holding grudges, bringing up past mistakes, Acting out negative emotions. Bringing up old lovers and old relationships, etc.

Every relationship should have mutually agreed upon ground rules for working through emotions BEFORE inevitable upsets arise. Practice healing your own upset emotions instead of

projecting them onto your mate.

Learn what emotions are and how they get wounded and how they heal.

Emotions heal when allowed to flow
safely and nondestructively in an empathetic atmosphere, either within
yourself or with a therapist.

6.Consciously or unconsciously setting up double binds.

**Keeping your** 

eye out for a better relationship to come along. Gossip and bad mouthing partner to others. If you establish a judgmental atmosphere of the

critical parent [perhaps like your parents did with each other and with you] then that's what you will get back in return.

7. Being fakey and dishonest.

Keeping up a front or facade, even if it is to please the partner, to keep an 'act' going on all the time. To live in denial and hide true emotions.

Unintimate behavior, such as avoidance of meaningful eye contact, allowing only superficial communication, etc.

8.Not copping, not apologizing or admitting when you have made a mistake.

Refusing to grow and reach enlightenment.

Not benefiting from experience. Not forgiving any mistakes of self and others. Not learning life's lessons is a formula guaranteed to waste this lifetime.

9. Not letting the partner influence your decisions.

Insensitivity and defensiveness. Not listening. Not respecting your mate. Extreme of this is forcing the partner to go along with activities that don't have juice.

10.Not staying healthy, not taking care of yourself or your appearance, such as teeth etc.

Obsessive drinking, smoking, dangerous substance abuse, gambling, financial irresponsibility, etc.

### Note:

These behaviors often result from a 'Hero to Villain Flip'.

Often when a major emotional upset happens in a relationship, an upset

### partner may go

from a positive to a negative emotional parental transference within his or her inner child self to the mate. The mate is seen as negative and unsupportive instead of loving and nurturing.

If the upset partner does not identify these strongly upset emotions as originally coming from

early childhood emotional wounding, and blames the mate for his or her upset emotions in present time, the relationship can suffer. Instead of acting out destructively, it is good to discuss committing to heal and clear these emotions with emotional processing.

### **10 MINUTE EXERCISE**

Some people feel troubled or depressed most of the time. If that is true, it is appropriate to commit to doing a great deal of emotional flowing, by loving the emotions themselves and watching them heal.

Among several, alternative emotional healing practices which are effective for implementing this commitment are the 'ten minute exercise," trauma clearing practices, eye movement and the practice of "feeling and healing bad emotions with empathy and understanding".

### Some

other methods such as breathing and tapping also work well in individual situations, but usually require a partner trained to do them. One big advantage of the ten minute exercise is its efficiency to transform most bad feelings quickly.

Also, it can be quickly and easily utilized with minimal training of the listener.

The main stipulation is that the listener agrees not to interrupt, i.e. just to listen lovingly

and non-judgmentally, and to repeatedly ask the salient question for that particular emotional issue when given the cue to do so. A listener should never interrupt long periods of silence, for it is in the silence that insight arises.

Doing "ten minutes" works very well for quickly resolving double binds and ambivalence.

The ten minute exercise is a session in which a facilitator asks you a question about your emotions, listening while you answer, and then repeats the question again. This is repeated over and over until you feel resolution, usually in about ten minutes.

The facilitator does not give advice or interrupt in any way, allowing your own emotions to go through their natural healing process. The question itself is chosen by you.

Some examples of questions are:

"What emotions are you feeling now? What is upsetting you?

What would make you feel better?" etc.

In general, the ten minute exercises is best utilized in cases when the issue is less loaded, and seems to involve "present time" stress. The trauma clearing exercise, on the other hand, is the treatment of choice to resolve strongly triggered "old emotions" when enough time can be set aside to complete the process.

In both cases, emotional release needs to continue until good emotions return.

Entrain your body to expect to feel resolution.

Then always conclude by "anchoring in" good emotions.



### **Footnotes**

The names and meaning of angel groups come from Quaballah, which is a very ancient set of teachings which together form a common precursor, or root, of three of the world's religions: Judaism, Islam, and Christianity.

Each degree of the zodiac is ruled by a high being of the heavenly host in the zone girdling the earth, and the angels who work with him or her.

The being and the angels share the same name.

This name is a key to their powers and influence.

Names, phrases, and sections, in the angel messages are quoted or paraphrased from the books of Franz Bardon

. Information of the heavenly hosts of the zone girdling the earth is referenced from THE PRACTICE OF MAGICAL EVOCATION, ISBN 3-921338-02-6,

and Information of the divine virtues and the letters are referenced from THE KEY TO THE TRUE QUABALLAH, ISBN 3-921338-12-4].

Publisher is Dieter Rüggeberg, Wuppertal/W. Germany. These books have very important

information for these studies.

The book " Initiation into Hermetics" ISBN 3-921338-01-8, is a preparatory book for the others. Franz Bardon's last autobiographical book, "Frabato the Magician", gives historical background and was compiled by his German publisher from notes written by Franz Bardon.



Feel free to share these messages.



The Law of One is the original law of Creation, and is the supreme Law over all laws in all

dimensions.
THE LAW OF ONE
We are all one.

When one is harmed, all are harmed.
When one is helped, all are helped.
Therefore, in the name of who I AM, and I am one with all there is
; I ask that ONLY THE HIGHEST GOOD OF ALL CONCERNED happen.

I give thanks that this is done. SO BE IT!

**Z**avast

This email has been checked for viruses by Avast antivirus software. <a href="https://www.avast.com">www.avast.com</a>