Ritual Of The Body

**THE PHYSICAL BODY**. The first step is to realize that your physical body is illusive and temporary. It is the crystallization of your own karma. Sit before a mirror and observe your reflection. Your reflected image is the way that others see you. Think various thoughts that will make you happy, sad, and so on, and watch your image in the mirror change. Observe the image and know that you are not this physical body. You can control the physical body. Like the mirror, it reflects your thoughts and emotions, but it is not you.

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| **THE SUBTLE BODY**. Assume the god-form of the Senior of Water, LIGDISA. Visualize your body having the color of indigo,  soft and delicate with a strong feminine aspect. If you are male, see your body as male with feminine characteristics. If you are female, see your body as female with masculine characteristics. Your hair and eyes are dark. Your god-form is very beautiful and sexually attractive. As LIGDISA you hold a Wand in your right hand and a mandrake root in your left hand. | http://www.schuelers.com/enochian/gifs/ligdisa.jpg |

Visualize your subtle body in the form of LIGDISA to be entirely empty. Then visualize each of the six Centers and three Channels. As you inhale, let the vital force enter into the Central Channel at the Root Center.

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| Let your thoughts cease and concentrate your mind on the image of RAAGIOSL, the King of Water. See him standing before you. His body is blue and he wears a transparent blue robe. His belt is a snake and his sandals are scorpions. He holds a Cup in his right hand and a lotus flower in his left hand. Upon his head is a crown in the shape of a crescent, white like the moon. Let this visualization be clear until it seems that RAAGIOSL is actually standing before you. | http://www.schuelers.com/enochian/gifs/raagiosl.jpg |

 Expand the body of RAAGIOSL until it is as large as a house, then a mountain, then the world, and then the entire universe. Shrink the body of RAAGIOSL until it is as small a cat, then a paperclip, then a grain of sand, but keep the details clear and distinct. Continue expanding and contracting this external god-form body until you understand the relativity of size.

**THE DREAM BODY.** The first objective here is to know when you are dreaming. Most of the time you will not know you are dreaming until you wake up. For this operation, you must be able to recognize that you are in a dream. There are two ways to prepare for this:

(1) Resolution. As you lay down to sleep, exercise your will and make a strong resolve to recognize the dream state when it dawns.

(2) Visualization. As you lay down to sleep, see your body as vacuous. Visualize the six Centers and three Channels. See the magical word AH in your Root Center. let it be radiant in a shinny black color. Know it to be the embodiment of divine substance. See the magical word TRAM in your Navel Center. Let it be radiant in blue color. Know it to be the embodiment of divine joy. See the magical word MUM in your Heart Center. Let it be radiant in vivid yellow color. Know it to be the embodiment of divine love. See the magical word RI in your Throat Center. Let it be a vivid red color and let it vibrate. Know it to be the embodiment of divine speech. See it radiate outward in all directions. Then see the magical word HAM written on a grain of sand in your Brow Center, between your eyes. Know it to be the embodiment of divine consciousness. As you drift off to sleep, know that all forms have the substance of dreams.

The second objective is to control your dream through a conscious act of will. This is called transmuting the dream content and it is a part of lucid dreaming. If anything is about to happen in the dream that is contrary to your will, change the dream content. For example, if you are about to be hurt or to die in some manner, stop the dream and consciously change the direction it is taking. You are like the director of a movie and can easily change the script at any time by an act of will. You should also refuse to do evil. You should refuse to hurt anyone in the dream as well as be hurt by anyone.

The third objective is to remember your dream after waking. This is called preventing the spreading out of the dream content. The best method to assure success is to make a strong resolve before falling asleep that you will remember your dream. It is also a good idea to keep a paper and pencil near your bed and write down everything you can remember about your dream as soon as you wake. With practice, remembering your dreams will become easier, and your notes can be used to determine the degree of progress.

Take note of your body when you are dreaming. You will discover that it is similar to the Body of Light that you assume during your magical operations.