

Dream Yoga and the Astral World – Notes 4 (Supplement)

<http://www.GnosticStudies.org/Astral>

Practices with the Sacred Sign of the Infinite or “Holy Eight” ∞

1st Practice: Withdraw from your mind all types of thoughts, now imagine the Holy Eight and allow the figure to submerge itself within your consciousness and go to sleep. Thus after a while, you will Awaken your Consciousness in the Astral Body...

2nd Practice: When you lay down for bed, trace or draw the Holy Eight (with the thumb, middle and index fingers) upon the surface of the Cardiac Plexus (the region of the Heart). This sign unites or separates all the elements ruled by atomic energy and therefore allows us to direct the currents formed by it. Concentrate on this symbol with the intention of discovering the reason behind this...

3rd Practice: Invoke (with all your heart and with all your soul) the Great Regent of the Sacred Order of Tibet, whose name is “Bhagavan Aklaiva”. He will help you to consciously get out in your astral body. **Invoke him when you are meditating on the Sacred Sign of the Infinite.** On any given night, you will be called to the Temple of the Himalayas where you will be submitted to Ordeals...

Practices for Awakening the Chakras from the book *Aztec Christic Magic*

Preliminary practice: Before falling asleep (always at your own particular hour), lie down face up, on your bed. Relax all of the muscles in your body (from the tips of your feet to the top of your head) and make your mind blank: think of absolutely anything for 30 minutes. This practice should be done six days out of the week and before you fall asleep.

After completing the preliminary practice, while resting on your bed (always on your back, facing up) and relaxing all of the muscles in your body, then make your mind blank for 10 minutes. Now do the following exercises for 30 minutes. Each exercise builds upon the previous one, do the prior exercise before moving on to the next. If you faithfully practice each one of the exercises that we have taught in order, for at least six consecutive days, you will soon project yourself within your Astral body, that is, if you are a respectable person.

- 1) Visualize that through your pineal gland (located almost exactly in the middle of your brain), the fire of the Holy Spirit descends from heaven and enters into your body and revitalizes the marvelous chakra of this gland.
- 2) Now feel that the fire of the Holy Spirit inundates your brain and puts your pituitary chakra (situated in the mid-brow) into motion from left to right (clockwise). See it fill with fire and spin upon itself, while you vocalize the syllable “IN” elongated.
- 3) Feel that the sacred fire of the Holy Spirit descends from the heavens and enters your head, passes through the pineal gland, between the eyebrows, and continues down to the larynx where it spins the thyroid’s lotus blossom from left to right. Vocalize “EN”.
- 4) Feel the sacred fire of the Holy Spirit reaching your cardiac plexus (the Heart). Vocalize “ON” 3 times and fall asleep.
- 5) Now, see and feel the fire descending into your solar plexus (situated a little bit above of your navel), making this fiery lotus spin. While praying, ask your Internal God for the realization of your most noble longings and then fall asleep. After bathing in the morning, do the following exercise before and during sunrise: Stand facing the east and imagine that in the heavens the Sun is a fiery rose in the middle of an enormous golden cross and that thousands of rays of light come from it and enter into your body through your solar plexus. Vocalize “UN”.

