

Step Three: Accumulation of the Vital Energy, Space Magic and Bio-magnetism

By Rawn Clark 12 July 2009

Today I will be discussing the physical exercises of Step three along with the two appendices.

In Step Two and in the mental and astral sections of Step Three, we have been using our imagination to create sensory impressions. But now, for the first time, with the Step Three physical exercises of accumulating the Vital Energy, we use our imagination to cause an energy to obey our will. Thus we begin to work with imagination's second function, that of instructing or guiding energies.

Everything in the practice of Hermetic magic is accomplished by the magician's own awareness. And all of the energies that are employed in Hermetic magic are wielded by the magician's focused imagination and will. This is a fundamental law of Nature that Hermetic magic is built upon. All astra-physical energies are susceptible to the influence and control of mental awareness.

But this works only if we have first established a connection with the factual energy. For example, if we want the Vital Energy to fill an object then we imagine it happening and, assuming that we have indeed established a connection with the factual Vital Energy, the Vital Energy will do as we wish.

The pore breathing exercises of Step Two were intended to introduce you to the factual Vital Energy so that when you begin this Step Three work, you will no longer have to create the physical sensations associated with the Vital Energy within your body. They will arise spontaneously, on their own as a result of your inhaling the factual Vital Energy.

The Step Three physical exercises then are about directing, manipulating and using the factual Vital Energy. The first use is internal, focused entirely upon our own bodies. It isn't until we get to working with the appendices that use of the Vital Energy is directed outward.

This reveals a three stage pattern which is seen throughout Bardon's three instructional books; one that is fundamental to true Hermetic practice. Phase one: use the creative imagination to establish a connection with the factual energy. Phase two: wield the factual energy internally, upon one's own body. And phase three: wield the factual energy externally.

Phase one of this process is accomplished with the Step Two physical exercises and Phase two is presented here, in the physical exercises of Step Three. The phase three external work is presented in the appendices.

The phase two process of first wielding the energy internally, focused within your own body is essential to a true Hermetic initiation. It accomplishes two important functions simultaneously: first, it quite literally transforms your astral and physical bodies; and second, it informs you of exactly what effects you are achieving when you wield the energy. As Hermetic magicians, we are our own proving grounds, our own laboratories and our own experimental subjects.

I'm often asked "well, how do I really know if I've accumulated the Vital Energy correctly?" My immediate response is "you will know" and I say this because it is within your own body that you experiment and practice your technique, so you know first-hand what, if any, effect you're having. You will know when you get it "right" and when you get it "wrong".

Phase two assures that when it then comes to wielding the Vital Energy externally, you will already know from direct personal experience exactly what effect you are having upon your environment. For example, if you condense the Vital Energy into a friend's body to help them heal, you will know exactly how it feels to have the Vital Energy condensed in your own body and you will know from this how much is enough and how much is too much.

This internally focused work always begins with the whole body, the integrated physio-astra-mental body, and then moves on to focusing upon smaller body parts and organs, until every square centimeter of your body has been touched. It was in Step Two that we experienced the whole-body pore breathing of the Vital Energy and established our connection with, and direct experience of, the factual Vital Energy; so here in Step Three we begin with breathing through smaller body parts and internal organs. We inhale the factual Vital Energy into one of our legs, from hip to tip of toe, and then immediately exhale it back to the universe. We breathe it in and then out and then in and then out for seven full breaths and then move to the other leg and repeat the same procedure. In this way we move through the entire body, part by part, going into ever greater detail over time until we have experienced breathing the factual Vital Energy into and out of every individual part of our body.

But, and this is an important point here, in order to do what I've just described, we must focus our awareness into each of these body parts, some of which are very small and which you have never even felt before. Bardon described this with an interesting degree of brevity through the simple instruction to "transfer yourself, with your consciousness into one of your legs".

When I first read that statement I said to myself, hey, wait a minute, is it really that simple? So simple that Bardon would just assume you were able to transfer your awareness into different parts of your body without any instruction or exercises or practice? The answer of course, is yes, it really is that simple because it's another one of those things that we do automatically, an instinctual response that happens without our intention or even recognition. The classic example is that of hitting your thumb with a

hammer or stubbing your toe. Your awareness is immediately drawn to the point of injury and you experience with excruciating clarity the sensation of pain that exists there.

On a somewhat more intentional, yet still unrecognized level an example would be when touching a soft fabric with your finger tips, more of your awareness becomes focused within the nerves of your finger tips. Or when savoring a wonderful taste, your awareness becomes more focused within your tongue. Our awareness is instinctively drawn by sensory perception, especially those perceptions that trigger a “danger” warning. In effect, our awareness is automatically and unintentionally “transferred” to various parts of our body, all the time.

The difference here, in regard to the Hermetic training is the factor of intentionality. When we intentionally focus our awareness in a specific internal organ, we sense it with greater depth and thoroughness than when the transference is instinctual and unintentional.

And as it turns out, this simple act of intentionalizing the internal focusing of your awareness within parts of your body is an essential precursor to the upcoming Step Four mental work of transferring your awareness into the external world. For there is only the slightest difference between transferring your awareness into your foot and transferring it into an object 3 meters away.

If you find it difficult to intentionally focus your awareness within a part of your body then here is a simple experiment that will help you. Take an ice cube or anything cold and touch it with your finger. Focus upon the sensation of coldness that you feel in your finger and place your awareness as completely as possible into the exact part of your finger that is actually touching the ice cube. Once you’ve succeeded at this, touch the ice cube to another place on your skin, such as your arm or face and focus your awareness again into the part of your body experiencing the sensation of coldness. Move the ice cube around from place to place until it becomes easy for you to quickly shift your awareness into the place experiencing the sensation of coldness. Now try intentionally focusing your awareness in your finger without touching an ice cube.

For these exercises with the internal organs, I recommend that you purchase an anatomical chart that shows exactly where each of the human body’s internal organs is situated. Knowing where to focus your awareness will greatly aid your work.

When you have succeeded in focusing your awareness in each of your body parts and organs and have breathed the factual Vital Energy into and out of each one, then it is time to begin working with the dynamic accumulation of the factual Vital Energy. With dynamic accumulation, we are confining the energy within a limited space and building the density of the energy within that space. The more energy we accumulate within the confinement, the greater its dynamic intensity becomes.

We start with the accumulation of Vital Energy into the whole body. Accumulate seven inhalations of the Vital Energy at first and add one additional inhalation with each

successive session. Since you are now working with the factual Vital Energy, there will be no need to creatively imagine the sensations that arise within your body. Here, the creative imagination is used only to confine the Vital Energy within your body. In other words, you must instruct the Vital Energy to remain within the confines of your physical body and, using your creative imagination, visualize its confinement.

Once a certain density or dynamism of the Vital Energy is achieved within the confined space of your body, it will naturally begin to radiate outward into your surrounding environment. At this point, you should use your creative imagination to augment and amplify its radiation by simply imagining that wave upon wave of the Vital Energy is emanating from you.

Bardon set a time limit of no more than 20 minutes per exercise but set no limit on the number of inhalations to be accumulated. This is because as you get more proficient at accumulating the Vital Energy, each inhalation will produce a larger quantity of the Vital Energy. Very quickly a single inhalation will equal the same quantity that you inhaled with 7 inhalations during your very first exercise. With practice, the numbers become irrelevant and you must then become sensitive to the actual quantity of the Vital Energy, separate from the number of inhalations you've taken. You should at all times be aware of your own bodily limitations and not increase the quantity of your accumulation too quickly. Give your body time to acclimate to the tension of your accumulations before increasing their intensity. In other words, expand your body's limits respectfully and gradually instead of rudely and all at once. This will make you much more resilient in the long run.

At the end of each exercise, you must expel all of the accumulated Vital Energy so that your body returns to its normal state. At first, this is achieved through the practice of whole body magical exhalation which you are already familiar with. Once this method is mastered, you begin to practice an explosive release in which the whole of the accumulated Vital Energy is released from its confinement all at once in a single expulsion.

When you have mastered these techniques of dynamically accumulating, radiating and then expelling the Vital Energy with your whole body, you must then turn to mastering the same with each and every individual part of your body. As with the opening exercise of breathing the Vital Energy into and out of each body part and organ, you must now systematically create a dynamic accumulation within each part and organ, radiate the Vital Energy from each organ and then expel the accumulation from each organ, first through magical exhalation and then through the explosive release.

To quote Bardon, "The exercise at this stage will have answered its purpose if you have learned how to accumulate vital power not only in the whole body, but in each single part of it, and emit the rays of this accumulated force directly to the outside. When you master this exercise, the third stage of the magic physical training will be at an end."

However, this is not the end of the Step Three work with the Vital Energy – there’s still the matter of the two appendices whose work must be explored immediately after completing the physical exercises. This of course is the third phase of the pattern I mentioned earlier in which you begin to focus the Vital Energy externally, using it to accomplish various tasks.

Here, for the first time in your initiation, you are given the opportunity to use what you’ve learned thus far and perform what most folks define as “magic”. The most common image of the magician is of one who manipulates their external environment through the use of occult forces, and that is exactly what the appendices to Step Three are all about. But beware! If you wish to continue making progress in your initiation, your spiritual advancement, then you must use these techniques and energies only for truly noble deeds. If you use them for petty reasons or to do harm and to disrupt, then your advancement will come to a halt and you will begin to recede instead of advance. The universe does not take kindly to the interference of little twits who like to always force the manifestation of their petty desires, especially those who do so through magical means. But if you act wisely, which is to say ethically and morally and with respectful restraint, then the universe will support you in all your actions.

So, enough preaching, let’s look at the appendices and see what gems they contain for us.

Bardon titled the first appendix “space impregnation” and the second, “bio-magnetism” mainly to differentiate between two basic types or arenas of usage. Space impregnation pertains to inanimate objects and bio-magnetism to working with living creatures. While this distinction does have some practical relevance in terms of goals, the rudimentary techniques are the same for both. So I’ll focus upon these techniques first and then talk a bit about usage afterwards.

Whether you are working with an inanimate object or a living creature, technically speaking what you are doing is impregnating a defined space with the Vital Energy. There are two basic methods for accomplishing this. First is to accumulate the Vital Energy within your body and then radiate or project it outward until it fills the desired space. Second is to draw the Vital Energy directly from the universe into the desired space without it first passing through your body. The second is the more advanced technique so we’ll start with the first method which is based upon the whole body pore breathing.

Very simply, dynamically accumulate the Vital Energy into your whole body through whole body pore breathing until you become dynamically radiant. Increase your accumulation until you reach the desired size sphere of radiant Vital Energy surrounding you. For example, if you wish to impregnate a room with your radiation, then the sphere would need to be sizable enough to completely encompass the room.

If you wish to dynamically accumulate the radiant Vital Energy within a defined space, then you will keep inhaling the Vital Energy, increasing its dynamism within your body and thus its radiant intensity. Simultaneously, you will need to use your creative

imagination and force of will to keep the radiant energy confined within the spatial limits you desire and thus create a dynamic accumulation of the radiant Vital Energy.

Alternately, instead of filling the space through radiation, you can project the Vital Energy you've accumulated within your body, as a whole directly from your body into the desired object. This is accomplished, need I say it, with your creative imagination and force of will.

Either way, when you have accumulated the desired degree of dynamism or density of the radiant Vital Energy within the space then you must instruct the accumulated Vital Energy in regard to the following three factors. First you must give it a purpose, which means you must impregnate the accumulation with your desired ideation, such a health, success, peacefulness, etc., or whatever is most appropriate for the intended purpose. This is, of course, accomplished with your creative imagination and force of will.

Second, you must give it duration. By this I mean that you must define how long it is to last before it dissipates. Again, this is accomplished by the creative imagination and force of will in the form of a direct mental command. It is entirely up to you to decide how long the accumulated Vital Energy should occupy the space. Bardón gave several examples in this regard so I won't go into particulars as to what duration you should use for what task.

And third, you must give it sustenance. In time, your dynamic accumulation will dissipate and lose its dynamism so if you wish a longer duration for the accumulation you will have to arrange for its replenishment. This can be accomplished in two ways. Most obviously, you can periodically accumulate more Vital Energy within the space and thus revitalize its accumulated dynamism. Or, you can instruct the accumulation to continuously draw Vital Energy from the Universe and thus maintain its own dynamism without your needing to recharge it yourself. Again, this is accomplished with your creative imagination in combination with your force of will. First you mentally command that the accumulation replenish itself from the Universal supply of Vital Energy and then you visualize this replenishment happening.

Once you are finished instructing the accumulation in regard to its purpose, duration and sustenance, you must then eliminate all the accumulated Vital Energy remaining in your body. Simply release it back to the Universe while leaving the accumulated Vital Energy in the room or object you're working with. Spend several moments visualizing that the accumulation is functioning exactly as instructed before turning to other matters.

The second, more advanced method for creating a dynamic accumulation is to draw the Vital Energy directly from the universe into the desired space without it first passing through your body. This has a number of advantages. It diminishes your personal, astral-mental connection to the accumulation and thus to those who are subsequently affected by the accumulation and it takes considerably less time and effort to accomplish. In most instances, this is the preferred method.

There are two basic ways of achieving this. First is by using your creative imagination to visualize that the Vital Energy is coming from every direction, out of the Universe itself and is filling the chosen space directly and then using your force of will to cause your visualization to manifest as fact. Having worked with the pore breathing method for so long, this new method will make intuitive sense and should take very little time to master.

The second way is through transferring your awareness into the object, person or place that you wish to impregnate and then draw the Vital Energy from the Universe and thus fill the space with a dynamic accumulation of the Vital Energy. This however assumes proficiency with transference of awareness that is more relevant to Step Four than Step Three.

Whichever way is employed, once the accumulation is in place it must then be given purpose, duration and sustenance as described previously

So, those are the techniques presented in the two appendices of Step Three, boiled down to their essence. With just a bit of imagination they can be adapted and applied to achieve an almost infinite array of needs. To help stimulate your imagination I will now describe a few examples of how I personally use these techniques with the Vital Energy and some of the things I've learned over the years.

Whenever I'm working for or on myself, I always generate the accumulation within my own body and then either radiate it or, most often, project it into the desired space. For example, say I'm charging a crystal for personal use with a healing influence. First I draw the Vital Energy into my whole body if it is for general healing or into a specific body part if it is for healing of that particular body part, and create a dynamic accumulation of the Vital Energy.

Then I project the whole of the accumulation into the crystal. To achieve this I use my imagination to take hold of the entire accumulation, push it out of my body and direct it through the air into the crystal. Almost like shooting an arrow. When I first started working with these techniques I also used my physical hands to sort of guide and direct the projection but after a time this became completely unnecessary. These days I simply use my awareness, unless I'm working with others in which case an accompanying physical movement will help increase the group's cohesiveness and keep everyone in sync.

At any rate, once the entire accumulation has entered the crystal I use my imagination to confine it permanently within the body of the crystal and to, in effect, integrate the Vital Energy into the molecular structure of the crystal. This decrease in size of its spatial limits greatly condenses the accumulated Vital Energy and thus greatly increases its dynamism. I always take a moment before proceeding to perceive the dynamic accumulation of Vital Energy now housed within the crystal.

Next I begin to instruct the accumulation in regard to its purpose. I do this through what I guess would be most accurately described as a command, but it's more than that. I

don't literally speak to the accumulation and say "you are for healing". Instead, it's an intention that I hold very strongly and willfully within my awareness and I impress this awareness upon the accumulation. By doing this, I intentionally alter the essential nature of the accumulated Vital Energy and it becomes the purpose I've given it. Thus transformed, it can do nothing else other than fulfill this singular purpose.

Then I give it its duration or life span, so to speak. This too is delivered in the form of a mental command like what I've just described and the resulting transformation of the accumulated Vital Energy is the same.

And finally, I arrange for its continual replenishment from the Universe. This is more visualization than command though it's no less willful. When I first started working with this technique, I needed to use my creative imagination to visualize a connection forming between the accumulation and the Universal storehouse of Vital Energy and a continuous flow of energy into the accumulation from the Universe, all created with my imagination. But now, it's a matter of will and perception and no creative imagination is required.

When all of this is complete, I spend several moments perceiving the fact that all of these instructions have been realized. Since I projected the entire accumulation into the crystal, there is nothing remaining of the accumulation within my body to rid myself of.

Now, when I wish to charge a larger space, such as the cabin I used to live in, I will, as before create the accumulation within my whole body but this time I will transfer the charge through radiation instead of projection. I'll do as Bardon described and create a very intensely radiant accumulation of the Vital Energy within my body and emit the rays of this radiant force until they completely fill the space in which I'm standing. I will at this point confine the radiation within the room and let it radiate no further out into the surrounding environment. I then keep increasing the density of the accumulated radiance within the space until I reach the desired intensity.

At this point I push all of the Vital Energy out of my body and into the space, and then give the accumulation its instructions in regard to purpose, duration and sustenance. And as before, when it's all complete, I spend several moments perceiving the fact that all of my instructions have been realized.

If I'm charging a room or other large space from afar, I do not accumulate the Vital Energy in my own body and radiate it. Instead, I draw the Vital Energy directly from the universe and cause it to condense within the space until the desired dynamism is achieved. When I first began using this technique I needed to use my creative imagination to visualize all of this happening but now, as I've mentioned before, all I do is will it and then perceive it happening.

I find that transferring an accumulation through radiation is most gentle as it tends to insinuate its way into the target. Conversely, transferring through an explosive release of the accumulation from my body is the most forceful and abrupt. And the third option of projection is sort of the middle way between explosive release and radiation. So when I

wish to be gentle and subtle I will radiate the accumulation. This is especially good when performing face-to-face healing or influencing of others. On the other hand, I will use an explosive release when forcefulness or lack of subtlety is required such as with self-defense or the prevention of an immanent accident. Projection though is usually the most practical method and can be used in nearly every circumstance with appropriateness.

When I'm working for someone other than myself, I only rarely accumulate the Vital Energy within my own body first. Instead, I will either stand outside of the target and draw the Vital energy directly from the universe, causing it to condense within the target or I will transfer my awareness into the target and from its inside, draw the Vital Energy into it.

Working from the outside is perhaps the simplest method and it requires the least amount of effort, but this in no way diminishes its value. It is very practical and is usually the most appropriate method, especially when working for others. It implies the greatest objectivity and produces the purest accumulation of Vital Energy. By never passing the Vital Energy through one's own body, the accumulation remains untainted or influenced by one's astral "od".

On the other hand, when we use our own body as a vessel for the accumulation, our own astra-mental energies will naturally mingle with, and thus color or taint, the Vital Energy. This is unavoidable and it builds an energetic and karmic connection between you personally and the person you're working for. Most often this is a drawback, a disadvantage, but there are some circumstances where this is positive and appropriate, such as when your work concerns a loved one.

The transference of awareness method in which you literally inhabit your target with your awareness also generates an energetic and karmic connection but it is much milder, and less astral in nature. There is also very little, if any, tainting of the Vital Energy by your astral "od" using this method. Its greatest advantage is that it alone allows for infinite precision and delicacy. This method however, is possible only when you have attained some proficiency with the Step Four transference of awareness.

I hope that these few examples will ignite your own creative spirit and serve to inspire your own exploration of what all is possible with these techniques and with the Vital Energy itself. And while you are on your journey of exploration and discovery I hope you will keep the following in mind –

This is a test. What you do with these techniques and why you do it will determine your future as an initiate. So tread carefully, conscientiously and respectfully if you truly wish to reach the highest heights. This work with the Vital Energy is only the very beginning of what is possible and it's the quality of your actions and intentions that determine what portion of the possible you will achieve. Remember, the Universe is watching your every thought and deed . . .

So, that concludes today's lecture. My next lecture will be two weeks from today, Sunday, July 26th and will be the first of two concerning Step Four. Its title is "Step Four: Transplantation of consciousness – Experiencing other as self."

And next Sunday, July 19th, we're having another live discussion session to which you are all invited.

So, I'll take a short break and take your questions when I return.