

Section VII

Our next step in developing the Alchemical Body is the creation of the four spirals and the ball of energy. The creation of these four spirals in each of the three Alchemical Body, Soul and Spirit, is a very important step in developing these bodies and eventually connecting them to each other through the Alchemical Marriage of the Body, Soul and Spirit.

The first spiral that we build is the spiral of the body and its location is between the first base chakra and the lower part of the solar plexus chakra. The rotation of this spiral is a counter-clockwise and the ritual that develops this spiral is done through the tunnel of the mouth.

The second spiral that we build is the spiral of the soul and its location is between the heart chakra and the higher part of solar plexus chakra. The rotation of this spiral is clockwise and the ritual that develops this spiral is done through the tunnel of the third eye located between the physical eyes.

The third and the fourth spirals that we build are the spirals of the spirit. The location of the third spiral is between the spleen and the left part of the solar plexus chakra and its rotation is counter-clockwise. The fourth spiral is located between the liver and the right part of the solar plexus chakra and its rotation is clockwise and the ritual that develops these two spirals is done through the crown tunnel located on the top of the head. The final shape that these spirals take is like a cross with a ball of light in the middle of the four spirals which is generated by the four spirals.

Eventually there are two other spirals that could be created when a fourth energetic body is developed beyond the three Alchemical Bodies, “Body”, “Soul” and “Spirit”. This fourth body and state of consciousness is called the body of “Creation”; this can be developed only after reaching Enlightenment. These rituals are recommended to do three times in each of the three tunnels.

Ritual to develop the spirals of the Alchemical Body Ω

To do this ritual we can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and place your back against the trunk of the tree and ask the tree to take you to the tunnel of the mouth. Next pass through the tunnel to the other side and visualize yourself in each of the eleven six-pointed star (symbol no's 4 & 4A) and ask the Archetypes of this symbol Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther to manifest themselves around each of the eleven hexagrams by repeating the following invocation mantras.

EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY

Next ask the Archetypes to build and develop the spiral of the body and to make the necessary connections of this spiral. This process also might take anywhere between ten to thirty minutes Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work before you do the other rituals to develop the spiral of the soul through the tunnel of the third eye and the two spirals of the spirit through the tunnel of the crown.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.

Section VIII

Ritual to activate and to connect the four spirals Ω and to generate the ball of energy

Our next step in developing the Alchemical Body is to activate and to connect the four spirals to each other, to do the necessary connections and to generate the ball of energy between the spirals. This is done by visualizing yourselves as three persons passing simultaneously through the three tunnels of the mouth, the third eye and the crown of the head and by doing the three rituals simultaneously at the three different places at the same time.

To do this ritual you can use the same previous meditations to contact the tree and to ask permission for this journey. Next go behind the tree and visualize yourself as three different persons and place your backs against the trunk of the tree and ask the tree to take you simultaneously to the tunnels of the mouth, the third eye and the crown. Next pass simultaneously through the tunnels to the other sides and visualize yourselves in each of the three sets of the eleven six pointed stars (symbol no's 4 & 4A) as if you are 33 persons. Next invite the Archetypes of this symbol: Ur, the Sacred Cow Hathor, the Sphinx, the Winged Bull Metatron, Thor/Volcan and Tigana the Black Panther and ask them to manifest themselves around each of the three sets of the eleven six pointed stars by repeating the following invocation mantras.

EMARMORIO - EL KHOLAN – BISHO – MYKON – ADONAY

Next ask the Archetypes to connect and to activate the four spirals and to generate the ball of energy between each of the four spirals. This process also might take anywhere between ten to thirty minutes. Just try to be receptive and observe what you are feeling during this experience which could be either intense or subtle, depending on your sensitivity.

When you feel that this ritual is over, ask the Archetypes to evaluate the efficiency of this ritual by giving you a percentage and then ask them to tell you if you need more rituals to complete this work.

Next thank the Archetypes and descend to the tree. First observe if there are changes in the tree or the river, and then take a few minutes and swim in the river to resource yourself. After the swimming communicate with the tree to receive insights on how to schedule the next journey and then end this journey by thanking your tree.

