

The Zodiac · VI

Aries

the practice, step by step



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This is the practice part of *Aries*, in his words only, set out step by step. Each card has a line of his at the top, a small box with how and when, taken from his own sentences, and then his paragraphs cut at their full stops, colons and clauses into numbered steps, nothing added and nothing left out. The exercise of the sign, the vowel and the night exercise come from the *Zodiacal Course* of 1951; the exercise in the armchair comes from the *Esoteric Treatise of Hermetic Astrology* of 1967. The vowel and the mantram are printed letter for letter as he prints them. The full teaching, with every passage around these, is in the main booklet, *Aries*.

The practices

The exercise

1 The exercises of this sign are the following

The vowel

2 The disciple should vocalize daily for one hour, the vowel I

At night

3 The disciple should practice before going to bed nightly, this other exercise

In the armchair

4 The disciple should sit in a comfortable armchair with the mind still and in silence

The genii of Aries

5 In Aries you will visit the genii of Aries

The perfume

6 Sick people must smell their zodiacal perfume on a daily basis

Practice 1

The exercises of this sign are the following

How	sit on a comfortable chair and remain thoughtless for five minutes
To the right	JACHIN
To the left	BOAZ
Words to sound	AOM
How many times	This mantra is pronounced four times

1. The exercises of this sign are the following:
2. The disciple should sit on a comfortable chair and remain thoughtless for five minutes.
3. He should then pray to his Inner Self as follows:
4. *"Father, you who are my true being, I beg that you transport yourself to the main star of the constellation of Aries, to bring the principal genie of that constellation to this humble house, so that he may heal my brain and awaken all the occult powers of my head".*
5. Then, with interlaced hands above his heart, the disciple will make a small bow of the head saluting the guardian at the right column, inhaling deeply, as in a sigh and immediately pronounces the password: JACHIN.
6. Immediately, he will make an identical salute to the guardian on the left and pronounce the password: BOAZ.
7. He will once again pray to his Inner Self like this:
8. *"Father, take the seven sacred steps within, towards the interior of the temple and kneel down at the feet of the principal genie of Aries, begging him to come and awaken the powers of my brain and to flood my head with light".*

9 Then the disciple pronounces the mantra: AOM.

10 This mantra is pronounced properly opening the mouth with the vowel “A”, rounding it off with the vowel “O”, and closing it with the letter “M”, like this: AAAAAAAAOOOOOOOOOMMMMMMMM.

11 This mantra is pronounced four times with the intention that the light flood our entire brain,

12 Next, the disciple will stand up; extend his right hand forward and move his head seven times forward, seven times backwards, seven rotations to the right and seven times to the left, with the intention that light flood and act within all the glands of the brain.

13 The pineal gland is influenced by Mars and the pituitary by Venus.

14 The pituitary produces sleepiness and the pineal gland incites us to fight; and in this manner, while Venus wants to sleep, Mars wants to continue fighting.

Where it comes from: Zodiacal Course, 1951

Practice 2

The disciple should vocalize daily for one hour, the vowel I

When	During this sign
How long	daily for one hour
Words to sound	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII.....

1. During this sign, the disciple should vocalize daily for one hour, the vowel I", like this:
2. IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII.....
3. This vowel will cause your pineal gland to vibrate and finally you will become clairvoyant.
4. Developed, the pineal gland converts us into super-men, and atrophied, it converts us into idiots.
5. It is found developed in the chaste and atrophied in fornicators.
6. Therefore, good disciple, if you want to convert thyself into an angel, thou are totally prohibited from all coitus.

Where it comes from: Zodiacal Course, 1951

Practice 3

The disciple should practice before going to bed nightly, this other exercise

When	before going to bed nightly
How long	during half an hour
How	Sit on a comfortable chair
Take care	Remove all thought from your mind

1. The pineal gland is the window of Brahma: a fountain of accumulation for the magician and the disciple should practice before going to bed nightly, this other exercise:
2. Sit on a comfortable chair, during half an hour.
3. Close your eyes.
4. Remove all thought from your mind.
5. Then, imagine that the fire from the constellation of Aries descends from heaven and penetrates in the igneous columns through your pineal gland.
6. This gland is situated in the superior portion of the brain and the power to see the ultra of all things resides in it.
7. If the disciple carries out the exercises of Aries with tenacity and constancy, he will become an enlightened clairvoyant.
8. During these exercises, the disciple will be assisted by the hierarchies of Aries and they will awaken his powers and heal his brain with special treatments.
9. The disciple will also be able to use the power of those hierarchies to heal others.

Where it comes from: Zodiacal Course, 1951

Practice 4

The disciple should sit in a comfortable armchair with the mind still and in silence

How	close his eyes in order that nothing of the world distract him
Words to sound	**AUM**
How many times	four times during this exercise of Aries

1. The work with our own Zodiac begins precisely with Aries.
2. The disciple should sit in a comfortable armchair with the mind still and in silence, empty of all kinds of thoughts.
3. The devotee should close his eyes in order that nothing of the world distract him;
4. imagine that the very pure light of Aries floods the cerebrum;
5. he should remain in that state of meditation all the time he wants
6. and then he will sing the powerful mantra **AUM** by opening the mouth properly with the 'A', rounding it with the 'U' and closing it with the holy 'M'.
7. The powerful mantram '**AUM**' is in itself a terribly divine creation because it attracts the forces of the very beloved Father, of the very adored Son and of the very wise Holy Spirit.
8. The vowel "A" attracts the forces of the Father, the vowel "U" attracts the forces of the Son, the vowel "M" attracts the forces of the Holy Spirit.
9. **AUM** is a powerful Logoic Mantra.
10. The devotee should sing this powerful mantra four times during this exercise of Aries

11 and then, standing up towards the East, he will extend his right arm forward moving his head forward seven times, seven times backwards, turning it seven times towards the right, turning it seven times towards the left, with the intention that the light of Aries will work within the cerebrum awakening the pineal and pituitary glands which permit us the perception of the superior dimensions of space.

Where it comes from: Esoteric Treatise of Hermetic Astrology, 1967

Practice 5

In Aries you will visit the genii of Aries

When	During your zodiacal exercises
How	praying to these genii to come and treat your organs corresponding to the zodiacal sign with which you are working
The genii	Sataaran and Sarahiel

1. These are the 24 elders who rule the twelve zodiacal constellations.
2. During your zodiacal exercises you should visit the sidereal temples of the genii with whom you are practicing.
3. Therefore: in Aries you will visit the genii of Aries, in Taurus, those of Taurus, etc., praying to these genii to come and treat your organs corresponding to the zodiacal sign with which you are working.
4. Aries: Sataaran and Sarahiel.

Where it comes from: Zodiacal Course, 1951

Practice 6

Sick people must smell their zodiacal perfume on a daily basis

For	Sick people
When	on a daily basis
Perfume	perfume of Myrrh

1. Sick people must smell their zodiacal perfume on a daily basis:
2. ARIES : perfume of Myrrh

Where it comes from: Occult Medicine and Practical Magic, 1978

Where to practise

Aries
The main booklet: every passage on the sign, with these practices in their place.

Scorpio
The first booklet of the zodiac series, with its own practices.

Sagittarius
The second booklet of the zodiac series, with its own practices.

Capricorn
The third booklet of the zodiac series, with its own practices.

Aquarius
The fourth booklet of the zodiac series, with its own practices.

Pisces
The sign before this one in the zodiac, with its own practices.

Zodiacal Course
His practice for every sign of the zodiac.

Clairvoyance
His teaching on the pineal gland and the sight of the soul.

The Mantras
His mantrams and how he says to pronounce them.

The Science of Meditation
His teaching on meditation, in his words.

The Herbal Pharmacopoeia
His plants and perfumes, sign by sign.

To print: the A5 booklet, the Word file, and the cards to cut out (A4, two cards to a sheet, printed on both sides).