Gemini — the practice cards

The Zodiac · VIII

1. Print at 100% (actual size). Do not choose “fit to page”.
2. Print double-sided, and choose **flip on short edge**.
3. Start from this page: the page after it is left blank on purpose, so every card back lands behind its front.
4. Cut on the small grey marks at the corners of each card. Each card is 105 × 148 mm (A6).
5. The art on the first card runs 3 mm past the marks, so a slightly uneven cut still leaves no white edge.

The first card has the art on the front and his table for the sign on the back. Each card after it is one practice: the front gives his line and a small box with how and when; the back gives his steps, in his order. Every word on the cards is his, apart from these instructions and the small labels.



The clues

The disciple should lie on his bed in a horizontal position

How

Relax the body so that no muscle applies pressure on the astral body

Words to sound

Rusti

How

This mantram is pronounced mentally

1. It is also indispensable that the disciple learns to "enter" through the doors of those "sidereal" temples in the astral body.
2. The main exercises of Gemini have as objective, to learn the use and maneuver of the astral body.
3. In this sign, we also teach our disciples the secret art of the "Jinn" states, that will allow them to "carry" their physical bodies to the most secluded and remote places of the earth, in a few instants.
4. We will give various clues in a numerical form:
5. 1st The disciple should lie on his bed in a horizontal position.
6. Relax the body so that no muscle applies pressure on the astral body.
7. Become drowsy pronouncing the mantram "Rusti" like this: Ruuuuuuussssstiiiiii.
8. This mantram is pronounced mentally.
9. In those instants, the student should become a "spy of his own sleep"
10. When the student already finds himself in that state of drowsiness or somnolence that precedes sleep, he should get out of bed and leave the room.
11. How? In what manner?

Gemini

The Zodiac · VIII

From the 21 of May to the 21 of June

Rules: Arms, Shoulders, Lungs and Bronchial System

Metal: Mercury

Stone: Golden Beryl

Perfume: Mastic

Plant: Honeysuckle

Flower: Chrysanthemum

Planet: Mercury

Color: Orange and brilliant Yellow

Element: Air

Keyword: Reason

Day: Wednesday

Ruler: Raphael

The clues

The disciple should lie on his bed in a horizontal position

cont.

12 Almost all students suppose that it is an exercise of magnetism or auto-suggestion, etc., but they are lamentably mistaken because here we are not dealing with auto suggestion or hypnotisms.

13 Simply get out of bed for Nature will do the rest.

14 She will know how to separate the astral body from the physical body.

15 The disciple merely needs to stand up and leave his room for Nature will do the rest.

16 Already out of his room, the student will take a little hop with the intention of floating in space and if he floats, he will then be able to transport himself to the Gnostic Church in a few seconds.

17 But if he does not float, the disciple should once again get into bed and repeat the experiment.

18 Some succeed immediately, others take months and even years to learn.

The clues

A keynote always resounds within the brain of every living being

When
in the calm of the night

How
If the disciple silences all his thoughts in the calm of the night, he will hear his keynote

1. 2nd In an almost imperceptible manner, a keynote always resounds within the brain of every living being.
2. That keynote is that of the ray to which each person belongs and seems to come from the cells of the cerebellum.
3. Some hear the sound of small flutes of the Egyptian ray; others will hear the "gong" of the Oriental ray, others the roaring of the sea, of the lunar ray, etc.
4. If the disciple silences all his thoughts in the calm of the night, he will hear his keynote; then he can cause that note to vibrate loudly, with will and when the note is already so loud that it invades and semi-paralyzes the entire physical body, the disciple should get out of bed and betake himself to the Gnostic Church for the Masters of the White Brotherhood will receive him there with incomparable happiness.

19. But the "tenacious" succeeds in the end.

The clues

If you find yourself dreaming that you are at a certain place and you awaken, then do not move

The key

Imagination and Will united in vibrant harmony is the key to this clue

The clues

Concentrate thy imagination and thy Will intensely, united in vibrant harmony, on a certain place or location

When

At the time of falling asleep

Take care

You should not imagine that you are imagining, because the experiment will then fail

1. 4th At the time of falling asleep, concentrate thy imagination and thy Will intensely, united in vibrant harmony, on a certain place or location.
2. Concentration should be perfect and then begin walking with faith in the “imagined” place.
3. You should not imagine that you are imagining, because the experiment will then fail.
4. One should really feel oneself at the imagined place and totally forget the bedroom.
5. This experiment should be done during the state of transition between vigil and sleep and once at that place, kneel and ask thy own internal God to take you to the Holy Gnostic Church, which is the great Cathedral of the Soul and the temple in which the Solar Logos, our Lord, the Christ, officiates.

1. 3rd If you find yourself dreaming that you are at a certain place and you awaken, then do not move, become sleepy once again, with your imagination set on the aforementioned place, feeling yourself there again as if trying to continue the dream just as it was unfolding, while you cling to that place of the dream with thy Will.
2. Imagination and Will united in vibrant harmony is the key to this clue.

The clues

You should become accustomed to asking yourselves during the entire day

When
during the entire day

Ask
Where am I? Am I within the body or out of it?

The clues

Before falling asleep in your bed, you will do the following exercise of auto suggestion

When
Before falling asleep in your bed

How long
for half an hour

On waking
do not move

1. 6th Before falling asleep in your bed, you will do the following exercise of auto suggestion:
2. > *"I am going to sleep. Wherever I appear now is because I am in the astral body. I will recognize myself, I will recognize myself I will recognize myself and will direct myself to the Gnostic Church."*
3. You can do this auto-suggestion for half an hour and then peacefully fall asleep.
4. In the astral, you will mathematically recognize yourself and at the time of awakening, do not move.
5. Do a retrospective exercise to remember where you have been.

1. 5th Keeping in mind that the soul wanders in all the familiar places or locations during ordinary sleep and that in a state of drowsiness it is occupied in the same trades and toils of the day, you should become accustomed to asking yourselves during the entire day:
2. > *Where am I? Am I within the body or out of it?*
3. Then you will take a little hop with the intention of floating.
4. It is logical that if you float, it is because you are out of the body, and if you do not float, it is because you are still in flesh and bones and continue your path.
5. But, if you manage to float, ask your Inner-Self to take you to the Holy Gnostic Church.
6. One should ask this question in the presence of something which attracts his or her attention, such as a crowd of people, a funeral procession, a strange object, etc.
7. Many have awakened their consciousness with this formidable clue, because on asking this question, they floated in the air and realized that they were out of the body and that the body had been left asleep in bed.
8. "It is because the soul wanders when the body sleeps."
9. But the soul can come out of its unconscious drowsiness with this clue.
10. During the day, you should become accustomed to this exercise so that it be recorded in the subconscious and act, during sleep.

The clues

Put yourself to sleep pronouncing the mantram

Words to sound

OMNIS BAUM IGNEOS

How

syllabicating the mantram, lengthening the sound of each vowel

The prayer

You can also invoke your physical body from afar

How

you will kneel on the earth and pray to your Inner-Self

The prayer

Father, bring my body

1. 7th Put yourself to sleep pronouncing the mantram: **OMNIS BAUM IGNEOS**; like this:
2. **Oooooommmmmnisssssbaaaaauuuuuuuummmmmmiiiiiignnneeeeeoooooooooooosssssss**, syllabicating the mantram, lengthening the sound of each vowel and praying to thy Inner-Self to take thee out of the body.
3. Then softly get out of your bed and floating in space, go to the Gnostic Church.
4. These are the seven clues to travel in the astral body.

1. You can also invoke your physical body from afar: you will kneel on the earth and pray to your Inner-Self like this: "**Father, bring my body**".
2. Then, thy Inner-Self wilt bring thee thy physical body.
3. The atoms of your physical body will tell you: "I am your physical body, don't you know me?"
4. You will be astonished when you see thine own physical body in sleeping clothes, face to face, the same as you left it in bed!
5. Then command thy physical body thus:

   > *"Jump over my head and penetrate through my pineal gland".*

6. The Physical body will obey you and you will be with your physical body in any remote place of the earth.
7. If someone was to enter your room in those instants, he or she would not find you.
8. He or she would only find your empty bed.

The prayer

It is indispensable to take your physical body to the Gnostic Church every Friday and Sunday

When

every Friday and Sunday, at dawn

Words to sound

Miña Pica Frasco

The exercise

The exercises of Gemini are the following

How

The disciple should lie horizontally on his bed, relax his body

How many

take five breaths of air

1. It is indispensable to take your physical body to the Gnostic Church every Friday and Sunday, at dawn to receive the Gnostic Holy Unction in flesh and bone.
2. You can also take the physical body from the very bed without the need of invoking it from afar.
3. Fall asleep vocalizing the following mantrams:

   Miña Pica Frasco

4. Then slowly get out of thy bed, conserving your sleep.
5. Execute a little hop and if you see thyself chubby and floating, then leave your house and betake thyself towards the Gnostic Church.

1. The exercises of Gemini are the following:
2. The disciple should lie horizontally on his bed, relax his body and take five breaths of air with the intention that light now penetrates his lungs and bronchi.
3. He will open his arms and legs with each inhalation and will close them with each exhalation.
4. Then, seated on a comfortable chair, he will ask his Inner-Self to betake himself to the constellation of Gemini to bring the sidereal Gods of those temples, so that they will prepare his organism for practical magic.

The exercise

Gnostic students should lie down on their backs and relax the body

When

During the zodiacal sign of Gemini

How many times

inhale the air five times and also exhale it five times

Moment to moment

Practice Inner Self-Remembering from moment to moment

When

from moment to moment

Take care

any lack of attention is sufficient to fall into the sleep of the consciousness

1. The one who wants to awaken consciousness should practice Inner Self-Remembering from moment to moment.
2. This exercise of being in Self-Remembering from moment to moment, is in fact an intensive work.
3. A moment, an instant, of forgetfulness is enough to begin dreaming beautifully.
4. We urgently need to be watching all of our thoughts, sentiments, desires, emotions, habits, instincts, sexual impulses, etc.
5. Every thought, emotion, movement, instinctive act, sexual impulse, should be immediately auto-observed as they come forth in our psyche; any lack of attention is sufficient to fall into the sleep of the consciousness.

1. During the zodiacal sign of Gemini, Gnostic students should lie down on their backs and relax the body.
2. Next, one has to inhale the air five times and also exhale it five times;
3. when one inhales one has to imagine that the light formerly accumulated in the larynx, now acts on the bronchi and lungs.
4. Upon inhaling, the legs and arms will be opened to the left and to the right; the legs and arms will be closed upon exhaling.

Gemini

Practice 13

Subject, object, place

Gnostic students should learn to divide attention into three parts

The three parts

Subject, Object and Place

Esoteric Treatise of Hermetic Astrology, 1967

Gemini

Practice 14

The temples

Make Gabriel a daily devotion

When

night after night

Zodiacal Course, 1951

1. Do you want to learn how to make thyself invisible?
2. Call him night after night so that he may "prepare" thy body; make Gabriel a daily devotion.

1. Gnostic students should learn to divide attention into three parts: Subject, Object and Place.
2. Subject: To not fall into the forgetting of oneself before any representation.
3. Object: To observe everything, every representation, every fact, every event no matter how insignificant the latter may seem, in detail, without forgetting oneself.
4. Place: The rigorous observation of the place where we may be, ask ourselves, "What place is this? Why am I here?"
5. Upon observing a place, we should never forget the matter of the seven dimensions of nature; it is convenient, therefore, to ask ourselves: "In what dimension am I?
6. Then, it is necessary, in the way of verification, to take the highest possible jump with the intention of floating in the surrounding atmosphere.
7. It is logical that if we float it is because we are outside of the physical body.
8. We should never forget that when the physical body sleeps, the Ego with the Lunar Bodies and the Essence within, unconsciously ambulates like a somnambulist in the Molecular World.

Gemini

Practice 15

The temples

Never enter any of these dwellings without first knocking at the door

Before entering

first knocking at the door

Zodiacal Course, 1951

Gemini

Practice 16

The perfume

Sick people must smell their zodiacal perfume on a daily basis

For

Sick people

When

on a daily basis

Perfume

perfume of Mastic

Occult Medicine and Practical Magic, 1978

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

1. Never enter any of these dwellings without first knocking at the door.