# Leo — the practice cards

The Zodiac · X

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.





Inner meditation

# Inner meditation consists of three phases

**The phases**

1st - Perfect Concentration 2nd - Perfect Meditation
3rd - Perfect Samadhi

**When**

during those instants in which they feel more predisposed to sleep

**Words to say**

“NOT THIS, NOT THIS, NOT THIS. I AM HE, I AM HE, I AM HE”.

1. All initiations are received in the temples of the astral plane, but the school is life itself.
2. During the sign of Leo, we should act on the heart, through meditation.
3. Inner meditation consists of three phases:
4. 1st - Perfect Concentration
5. 2nd - Perfect Meditation
6. 3rd - Perfect Samadhi
7. One has to concentrate the mind on the Inner Master.
8. One has to meditate on the majesty of the Inner Master.
9. One has to talk with the Inner Master, until one hears his voice and converses ineffable things with HIM...
10. This is called Samadhi.
11. So then, we should especially practice inner meditation during this sign of Leo.
12. I advice my disciples to practice inner meditation during those instants in which they feel more predisposed to sleep.
13. You should totally dominate the untamed horse of the mind.
14. You should control all possible reactions of the mind before the objects and sounds of the physical world.
15. The Inner Master is not the mind.

# Leo

## The Zodiac · X

*From the 23 of July to the 22 of August*

Rules: Heart and Spinal Column

Metal: Gold

Stone: Diamond

Perfume: Incense

Plant: Sunflower

Flower: Poppy

Planet: The Sun

Color: Golden

Element: Fire

Day: Sunday

Key Word: Life

Ruler: Michael

Inner meditation

# Inner meditation consists of three phases

*cont.*

16 The Inner Master is not emotion; the Inner Master is not the will; the Inner Master is not the conscience nor the intelligence.

17 The Inner Master is the divine witness.

18 The Inner Master is the Being.

19 The Inner Master is the Inner-Self; therefore, while sunk in deep inner meditation, say:

20 > *"NOT THIS, NOT THIS, NOT THIS. I AM HE, I AM HE, I AM HE".*

21 Be demanding with thy Inner Master, he should teach thee the most ineffable things.

22 If thy concentration is intense, then thou shall penetrate in the marvels of the cosmos and will learn things which are impossible to describe with words.

23 The disciple has to learn how to talk with his own "Inner-Being", and should be demanding with his own Inner-Being.





The vowel O

# Vocalize daily the vowel "O" during this sign of Leo

When
daily

The vowel
"O"

1. Vocalize daily the vowel **"O"** during this sign of Leo, to awaken the heart chakra.
2. A secret planet from which emanates the life of all that throbs in the physical plane, exists between the Sun and Mercury.

Leo

Practice 3

The Our Father

## It is necessary to learn how to pray the Our Father

How long

in a period of one hour or in a little more than an hour

After

await the reply of the Father

The mind

very still and in silence, empty of all kinds of thoughts



Leo

Practice 4

Lying down to practise

## Before beginning the exercises of Prayer and Meditation combined, relax the body properly

How

lying on his back on the floor or in bed

Or

the Corpse Posture

Eyes

The eyes should be closed

Then

concentrate Attention on the tip of the nose, until we fully feel the heart pulse

1. The Heart-Temple is house of Prayer.
2. Found in the heart-temple are the energies which come from above, with the energies which come from below, forming Solomon's seal.
3. It is necessary to pray and Meditate profoundly.
4. It is urgent to know how to relax the physical body in order for Meditation to be correct.
5. Before beginning the exercises of Prayer and Meditation combined, relax the body properly.
6. The Gnostic Disciple should lie down in a face-up position, in other words, lying on his back on the floor or in bed, legs and arms open to the right and left, in the form of a five-pointed star.
7. This Pentagonal Star position is formidable due to its deep meaning,
8. but persons who for any circumstance are unable to meditate in this position, should then meditate by placing their body in the Corpse Posture:
9. heels together, tips of the feet spread out in the form of a fan, arms unbent along the sides, placed alongside the trunk
10. The eyes should be closed in order for things of the physical world to not distract us.
11. Drowsiness properly combined with Meditation is very indispensable for the good success of the Meditation.



1. It is necessary to learn how to pray the Our Father, to learn to converse with Brahma (the Father) who is in secrecy.
2. A single Our Father well prayed and wisely combined with Meditation, is an entire Work of High Magic.
3. A single Our Father properly prayed is done in a period of one hour or in a little more than an hour.
4. After the prayer, we must know how to await the reply of the Father and this means to know how to meditate, to have the mind still and in silence, empty of all thoughts, awaiting the reply of the Father.
5. When the Mind is still, within and without, when the Mind is in Silence within and without, when the mind has freed itself from dualism, then the novel comes to us.
6. It is necessary to empty the mind of all kinds of thoughts, desires, passions, appetites, fears, etc. in order for the experience of what is Real to come to us.
7. Pray, therefore, good disciple and then with the mind very still and in silence, empty of all kinds of thoughts, await the reply from the Father: "Ask and it shall be given, knock and it shall be opened."

Lying down to practise

# Before beginning the exercises of Prayer and Meditation combined, relax the body properly

*cont.*

12 It is necessary to try to totally relax all the muscles of the body and then concentrate Attention on the tip of the nose, until we fully feel the heart pulse in that organ of smell,

13 then we will continue with the right ear until we feel the heart pulse in the latter,

14 then we will continue with the right hand, right foot, left foot, left hand, left ear and nose once again, fully feeling the heart pulse separately in each of these organs where we have focused the Attention.





The tranquil heart

# The one who wishes to tread the Path of the Tranquil Heart

How

to deposit the mind in the Heart Temple

1. The one who wishes to tread the Path of the Tranquil Heart, should concentrate the Prana, Life and the Sexual Energy in the cerebrum and the mind in the Heart.
2. It is Urgent to learn to think with the heart, to deposit the mind in the Heart Temple.
3. The Cross of Initiation is always received in the marvelous Temple of the Heart.

Leo

Practice 6

Keep in mind

## Coachman, dominate the untamed colt of the mind properly

Take care

You should walk with much care in the physical world

Zodiacal Course, 1951

Leo

Practice 7

Keep in mind

## Meditation on the name Han (the Being), permits us to experience what is Real, authentic

The defects

Anger, Covetousness, Lust, Envy, Pride, Laziness, Gluttony

Esoteric Treatise of Hermetic Astrology, 1967

1. Whoever wants to put an end to the Ego, to the I, should annihilate Anger, Covetousness, Lust, Envy, Pride, Laziness, Gluttony.
2. It is only by putting an end to all those defects in all the Levels of the Mind, that the I dies in a radical, total and definite manner.
3. Meditation on the name Han (the Being), permits us to experience what is Real, authentic.



1. Coachman, dominate the untamed colt of the mind properly, so that it will not cast your cart to the abyss.
2. “Be careful of false prophets”.
3. Do not accept external Masters in the physical plane.
4. Learn to leave in the astral body and when you are skillful in the astral, choose an authentic Master of Greater Mysteries of the White Brotherhood and consecrate to him, the most absolute devotion and the most profound respect.
5. You should walk with much care in the physical world, since there are many false prophets.
6. Do not accept external orders from anyone; thou should only obey the orders that “we” give thee in the astral plane.
7. “Be simple like the dove and shrewd as a serpent”.
8. “Be meek and humble, but when it regards the truth, be strong in thought, word and deed”.

Leo

Practice 8

Keep in mind

## Our disciples should cultivate INTUITION, which resides in the heart

Free the mind

from all types of schools, theories, political parties, concepts, desires, emotions, passions

Manual of Practical Magic, 1954

Leo

Practice 9

The perfume

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

For

Sick people

When

on a daily basis

Perfume

perfume of Frankincense

Occult Medicine and Practical Magic, 1978

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



1. 75. We should free our Mind from all types of schools, theories, political parties, concepts, desires, emotions, passions, etc.
2. 82. Our disciples should abandon all types of knavery.
3. 83. Our disciples should cultivate INTUITION, which resides in the heart.