

The Zodiac · X

Leo

the practice, step by step



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This is the practice part of *Leo*, 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. Inner meditation, with its three phases and the words to say, and the vowel O come from the *Zodiacal Course* of 1951; the Our Father with the reply awaited, lying down to practise with the pulse, and the path of the tranquil heart come from the *Esoteric Treatise of Hermetic Astrology* of 1967; the perfume comes from *Occult Medicine and Practical Magic*. A few short rules of his for the one who meditates stand together under *Keep in mind*, from the same books and the *Manual of Practical Magic*. The words to say in meditation and the vowel are printed letter for letter as he prints them. The full teaching, with every passage around these, is in the main booklet, *Leo*.

The practices

Inner meditation

1 Inner meditation consists of three phases

The vowel O

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

The Our Father

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

Lying down to practise

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

The tranquil heart

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

Keep in mind

6 Coachman, dominate the untamed colt of the mind properly

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

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

The perfume

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

Practice 1

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.

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.

Where it comes from: Zodiacal Course, 1951

Practice 2

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.

Where it comes from: Zodiacal Course, 1951

Practice 3

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

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."

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

Practice 4

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.

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.

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

Practice 5

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.

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

Practice 6

Coachman, dominate the untamed colt of the mind properly

Take care	You should walk with much care in the physical world

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".

Where it comes from: Zodiacal Course, 1951

Practice 7

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

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

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.

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

Practice 8

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

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.

Where it comes from: Manual of Practical Magic, 1954

Practice 9

Sick people must smell their zodiacal perfume on a daily basis

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

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

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

Where to practise

Leo
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 fifth booklet of the zodiac series, with its own practices.

Aries
The sixth booklet of the zodiac series, with its own practices.

Taurus
The seventh booklet of the zodiac series, with its own practices.

Gemini
The eighth booklet of the zodiac series, with its own practices.

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

Zodiacal Course
His practice for every sign of the zodiac, inner meditation and the vowel O among them.

The Science of Meditation
His passages on concentration, meditation and the stillness of the mind.

Manual of Practical Magic
His book of practical magic, the invocations and the works of the magician.

The Mantras
The vowels and mantrams, as he gives them.

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).