

The Yellow Book

The science of Jinas, and the keys that open it

Samael Aun Weor · 1959 · Pegasus Collection edition

How this booklet treats his words

Every passage below is the Master's own, sliced from the Pegasus Collection English edition by its own opening and closing words — never retyped. This edition carries a publisher's preface, footnotes and appendix added in 2007; **none of that is quoted here**. Only his text, from the introduction and the fifteen chapters.

Where the printed edition is damaged by scanning — a broken word, a dropped letter, a stray full stop — the reading is given plainly here, so the page reads and prints clean. Every such repair is recorded in the project notes, with its place in the book, so anyone can check what was done.

About this booklet. Corrected October 2026. Earlier versions of this booklet gave some of the Master's early passages on awakening the Kundalini without noting his later teaching that it awakens only through the couple. Notes now sit beneath those passages, and our own headings have been put right. With thanks to the reader who pointed it out.

I

Search for Her within the Heart Temple

Introduction

We must search for the Divine Mother within our heart temple. The cross of initiation is received within the heart temple.

The mind must become a serene lake, without storms, where the whole panorama of the starry skies is reflected. When the mind is quiet and in silence, then the Divine Mother delights in us. That is beatitude. Peace is only achieved by controlling the mind. The purity of thought leads the yogi to perfection. We must venerate the Masters. We must do our esoteric practices filled with burning faith. Those who have faith become ineffable beings.

2

Take Care of Your Seminal Liquor

Introduction — the rule of life

Take care of your seminal liquor. Avoid nocturnal pollutions with the Arcanum A.Z.F. Relax your muscles for meditation; keep your spinal column flexible.

Do not eat meat of any kind. Drink pure water. Rise at dawn. Remember that honey is the food of the Universal White Fraternity. Eat fruits, grains, and plants. Practice meditation daily. Remember that meditation is the daily bread of the wise.

3

The Tremendous Mantra I. A. O.

Chapter 1 — Love

There can and should be a sexual connection, but it is preferable to die before committing the crime of spilling the semen.

The tremendous mantra I. A. O. summarizes the entire science of the Arcanum A.Z.F. This mantra should be vocalized during the affectionate moments of sexual magic.

I (Ignis, fire), A (Aqua, water), O (Origo, origin, spirit).

The fire fecundates the waters of life so that the Son of Man can be born. The Son of Man is always the son of a man and a woman. When two beings adore each other and practice the Arcanum A.Z.F. they inevitably become Gods.

4

Cultivate Happiness, Music and Flowers

Chapter 1 — Love

Cultivate happiness, music and flowers in your homes. Those who are in love must forgive one another for all sorts of errors. Nobody is perfect. The couple must mutually forgive each other for their very human errors. Love is not to blame for the disagreements between lovers who adore each other. All those annoyances belong to the psychological "I" (Satan).

Actual yoga is love, music, dance, perfumes, kisses, adoration, pranayama, meditation, illumination, wisdom and happiness. Actual yoga follows the Christ and adores the woman. The times have already passed in which the anchorites were tortured with Hatha Yoga. Now, actual yogis and yoginis love and adore each other.

5

The Breath That Prepares the Fire

Chapter 2 — Kundalini

The Kundalini awakens with pranayama, with concentration and meditation, with very profound devotion, with willpower and comprehension, with sacred mantras and with sexual magic. The Kundalini can also be awakened by the actions and grace of a Master of Major Mysteries of the White Brotherhood, or because the Divine Mother wants it to be so.

When the yogi spills the semen, the Kundalini cannot awaken. The ascent of the Kundalini through the medullar canal is very slow and difficult. The passage of the igneous serpent, from one vertebra to another, signifies terrible ordeals, dreadful sacrifices and supreme purifications. We must not only kill

desire, but moreover, we must kill the very shadow of desire. Our motto is Thelema (Willpower).

Water is the dwelling of the fire. If we spill the water, then we lose the fire. Chastity is the foundation of the Great Work. All of the power of the Kundalini is found in the semen.

> Editor's note. In his later teaching the Master makes this plain: pranayama, mantras and chastity purify the channels and sublimate the sexual energy, and single people should practise them, but the Kundalini itself awakens only through the sexual work of the couple (Maithuna). See The Solar Bodies (1968), ch. 25, and Tarot and Kabbalah (1969), Arcanum 11.

6

Polarize the Fire in the Church of Laodicea

Chapter 3 — The Two Witnesses

It is necessary to warn the Gnostic brothers and sisters that we must learn to polarize the sacred fire of Kundalini. Some devotees eat meat, drink alcohol, and enjoy sexual passion daily even when they never spill the semen. The result is that they polarize the fire within the chakras of the lower abdomen, and they lose the happiness of enjoying the lotus of one thousand petals (the Church of Laodicea). This chakra is the “Diamond Eye” which grants us perfect ecstasy, the ineffable happiness of the human Gods, and the power to consciously project, in spirit and in truth, in order to travel within the regions of Nirvana.

All those who have raised the serpent upon the staff must be absolutely chaste in thought, word and action. They must practice internal meditation daily, must not be gluttons, or consume liquor, or be carnivores. To be always clean, always tidy, always pure. In this way the fire in the Church of Laodicea is polarized. Then we enjoy ecstasy.

7

Oh Divine Mother, I Am All Yours

Chapter 3 — The Two Witnesses

Every devotee must beseech his Divine Mother so that she may grant him the sacred fire. Then, after the advent of the fire, every devotee must meditate on his Divine Mother daily. She will teach him; she will take him by the hand and will guide his steps along the difficult path of the razor's edge. This path is full of dangers from within and without. The Swami Sivananda gives us a useful prayer for meditation on our Divine Mother. This prayer is as follows:

"Oh Divine Mother I am all yours, you are my only refuge and support. Protect me, guide me, have mercy on me."

Know, brothers and sisters, that the Divine Mother always responds. Without her grace, it would be impossible to bring the Kundalini from chakra to chakra until reaching the Church of Laodicea.

8

Kandil Bandil Rrrrrrrr

Chapter 4 — Mantric Song of the Kundalini (for the Maithuna)

Sacred mantras have the power to awaken the Kundalini. The Angel Aroch, angel of command, taught us the most powerful mantric song that exists in the entire universe for the awakening of the Kundalini. The angel sang this moving and touching song, and we were filled with ecstasy. The angel then invited us to follow his example, and we sang. That mantric song is written like this:

Kandil Bandil Rrrrrrrr. That mantric song is sung in this way: Kan, in a higher intonation. Dil, in a low intonation. Ban, a higher intonation. Dil, a low intonation. The letter R should be vocalized as if imitating the sound of a high-pitched motor, but with a voice that is like a child's. Brothers and sisters, this is how the song of Kundalini is sung.

Editor's note. In his later teaching the Master makes this plain: pranayama, mantras and chastity purify the channels and sublimate the sexual energy, and single people should practise them, but the Kundalini itself awakens only through the sexual work of the couple (Maithuna). See The Solar Bodies (1968), ch. 25, and Tarot and Kabbalah (1969), Arcanum 11.

9

The Letter S — a Very Fine and Delicate Whistle

Chapter 4 — Mantric Song of the Kundalini (for the Maithuna)

All of those who are working with the Kundalini must not forget the letter S. You must know, beloved ones, that the letter S has the power to transmute the seminal liquor into different energetic values. The seminal liquor must be transmuted on a scale of seven types of energy: the seven degrees of the power of fire. The letter S must resound like a very fine and gentle whistle. We must bring our teeth together in order to make a very fine and delicate whistle. That is the subtle voice that the yogi must learn how to intone and modulate.

The Kriya of Babaji, the Yogi Christ from India, teaches the power of the letter S (the sweet, gentle whistle). Behind the very fine whistle that the yogi

knows how to produce with his mouth is the subtle voice—a whistle that is even finer—and when it resounds in the cerebellum, it grants the yogi the power to instantaneously go out in the astral body.

All those devotees who are working with the Kundalini must always practice with the letter S. When the letter S is intoned like this: Sssssssssssss, like a very fine whistle, it transmutes the seminal liquor into the sacred fire of the Kundalini.

10

Engendering a Child of Wisdom

Chapter 5 — Children of Wisdom

When Gnostic matrimonies want to give a physical body to a great Master of the White Lodge, then they must inevitably descend to the ninth sphere with Arcanum number nine of the Tarot. That Arcanum is sex. The mother of the child of wisdom must prepare herself for a period of nine months before she can create with the power of KriyaShakti. During this period of time, she must pray a lot to the Divine Mother, begging her with all her heart and with all her soul to give her the joy of conceiving in her womb a great Master, in order to help humanity. The preparation is for nine months; nine months of chastity, saintliness and meditation before she can perform the secret act with her husband.

The future father of the child must also not be a fornicator. He must abstain for a period of nine months. He and she must only pray a lot to the Divine Mother, beseeching her so that they can have the happiness of having a great Master as their child.

The couple must not eat meat. The couple must be vegetarians. The couple must be chaste in thought, words and action. The sacred copula is performed in the spring during the month of May, the month of flowers. During the month of May, the Buddha descends in order to bless humanity. The act must be performed on a Friday at dawn. At that hour, the morning star is vibrating intensely. The couple must withdraw from the act without having ejaculated the seminal liquor. The Lunar Hierarchies knows how to utilize one masculine gamete and one feminine ovum in order to fecundate the womb. The mother must sleep in a different position each month, one month on her right side and the following month on her left side. This is how the body of the child, which is in the womb, will receive all of the cosmic benefits.

11

The Key of Urdhvareta

Chapter 6 — Urdhvareta

The key of the Arcanum A.Z.F. is found in the union of the phallus and the uterus. It is important to withdraw from the sexual act without spilling the semen. You must never in life spill the Vase of Hermes. This is how we become terribly divine gods. Our motto is Thelema (Willpower). With the Urdhvareta, the Kundalini totally awakens and develops.

12

Do Not Rise from Your Bed Until She Answers

Chapter 7 — The Cosmic Mother

When the devotee beseeches his Divine Mother, he must be sleepy and submerged in profound internal meditation. The true devotee does not rise from his bed, nor does he eat or drink, until he receives the answer from his Divine Mother.

The Cosmic Mother has no form, but likes to take any form in order to answer the supplicant. She can present herself in the form of Isis, Rea, Cybele, Tonantzin, Mary, etc. When the Divine Mother has given her answer to the devotee, she then disintegrates her form instantaneously, because she no longer needs it.

13

Asking the Divine Mother to Pardon Karma

Chapter 7 — The Cosmic Mother

The devotee who wishes to have powers must ask the Divine Mother. The true devotee humbles himself before God the Mother.

If the devotee is truly resolved to correct his errors and tread upon the path of sanctity, then he can ask his Divine Mother to pardon his past karma and the Divine Mother will forgive him. Yet, if the devotee does not correct himself or does not follow the path of sanctity, then it is useless to ask for pardon from the Divine Mother because she will not forgive him. The Yellow Book The Divine Mother will pardon her children who are truly repented. She knows how to forgive the karma of her children, because they are her children. The karma from evil actions, from past incarnations, can be forgiven by the Divine Mother. When repentance is absolute, punishment is unnecessary.

14

Christic Egyptian Pranayama — the First Five Points

Chapter 8 — Christic Egyptian Pranayama

The principle objective of the practice of Pranayama is to obtain the union of the solar atoms and lunar atoms of the seminal system in order to awaken the Kundalini.

First: The devotee should sit in a chair with his face towards the East. Second: Pray a lot, begging the Divine Mother that she awakens the Kundalini. Samael Aun Weor Third: The chest, neck and head should be in a vertical line. You should not bend your body forwards, backwards, or to the sides. The palms of your hands should rest on your legs in a very natural way. Fourth: The mind of the devotee should be directed within, towards the Divine Mother, loving her and adoring her. Fifth: Close your eyes so that the things of the physical world don't distract you.

15

Christic Egyptian Pranayama — Ton, Sa, Ham

Chapter 8 — Christic Egyptian Pranayama

Sixth: Cover the right nostril with the thumb, while mentally vocalizing the mantra Ton, while breathing or inhaling the air very slowly through the left nostril (men do it in reverse).6 Seventh: Now close the left nostril with the index finger. Retain the breath. Send the Prana to the Church of Ephesus, located in the coccyx in order to awaken the Kundalini, and mentally pronounce the mantra Sa. Eighth: Now exhale very slowly through the right nostril, while mentally vocalizing the mantra Ham. Ninth: Now close the left nostril with the index finger.

Tenth: Inhale life, Prana, through the right nostril, while vocalizing mentally the mantra Ton. Now retain the breath while vocalizing the mantra Ra. Close the two nostrils with the index finger and the thumb. Send the Prana to the magnetic center of the coccyx in order to awaken the Kundalini. Eleventh: Exhale very slowly through the left nostril while mentally vocalizing the mantric syllable Ham. Twelfth: This constitutes a complete Pranayama.

16

The Prostration, and the Mantra Ra

Chapter 8 — Christic Egyptian Pranayama

Thirteenth: Six consecutive Pranayamas should be carried out at dawn and dusk. Fourteenth: The devotee should get up from his chair and kneel on the ground. Fifteenth: The devotee will place the palms of the hands on the floor with the thumbs touching. Sixteenth: Bowing forward, prostrated on the ground, filled with supreme veneration, with your head towards the East, lean your forehead on the back of your hands, in the Egyptian style.

Seventeenth: Now the devotee will vocalize with his creative larynx the powerful mantra of the Egyptians: Ra. That mantra is vocalized by elongating the sound of the two letters that make up the mantra Ra, in this way: Rrrrrrrrraaaaaaaa. Vocalize it seven consecutive times.

These are the seventeen points of the Egyptian Pranayama. The mantra Ra has the power of making the Kundalini and the chakras vibrate in order to awaken them. Samael Aun Weor The mantrams of Pranayama are Ton-Sa-Ham, Ton-Ra-Ham.

17

The Room for Pranayama

Chapter 8 — Christic Egyptian Pranayama

Those who want to awaken their Kundalini must persevere in Pranayama daily throughout their entire life. The room for the practice of

Pranayama must not be humid, poorly ventilated, or unclean. The room should be pure, clean and neat. You can also practice Pranayama in the countryside, on a mountain, at the seashore, etc.

With Pranayama we transmute the sexual energy into Christic energy. With Pranayama we awaken the Kundalini and we completely open the chakras. Pranayama is a system of sexual transmutation for single people.

> Editor's note. In his later teaching the Master makes this plain: pranayama, mantras and chastity purify the channels and sublimate the sexual energy, and single people should practise them, but the Kundalini itself awakens only through the sexual work of the couple (Maithuna). See The Solar Bodies (1968), ch. 25, and Tarot and Kabbalah (1969), Arcanum 11.

18

The Position of the Toad

Chapter 9 — Sexual Transmutation for Single People

First Position: The devotee of the path, while situated on the floor, must imitate the position of the toad. Second Position: The devotees must lie down dorsal decubitus (face up), on their bed (or also on the floor), with their torso elevated upwards and the head as low as possible. They must then puff up and inflate themselves like the toad does when it's angry.

With willpower and imagination united in vibrant harmony, the Gnostic student must identify himself with the toad. Imagine one is within the stream of the pure waters of life. One unites his willpower and imagination in order to make his sexual energy rise from his sexual organs to the sacred chalice of the brain. The Gnostic student must raise his seminal energy through the two sympathetic cords that are entwined around the spinal medulla forming the famous Caduceus of Mercury.

With willpower and imagination united in vibrating harmony, the student must inflate himself as the toad does. This is only possible with a deep breath. During the inhalation of the vital air, imagine the seminal energy is ascending through your two sympathetic cords, which are gracefully entwined around the spinal medulla. Bring that marvelous seminal energy towards the brain, then direct it towards the heart. Then you must exhale the vital air, focusing the energy in the heart temple. Our motto is Thelema (Willpower).

Imitate the song of the toad. The mysterious Crioc of the toad is the song: it is the mantra.

19

Order and Esoteric Discipline

Chapter 10 — Order and Esoteric Discipline

The Gnostic must be temperate. He must not drink wine, eat meat, or slander people. He should not be gluttonous or lazy.

The Gnostic must go to bed at 10:00 p.m. daily in order to practice internal meditation in his bedroom. The Gnostic must get up at dawn in order to practice all of his esoteric exercises.

The Gnostic must be a clean, tidy, decent, honest and upright person. He should always be reliable and happy, never angry with anyone, nor should he be against anyone.

The devotee should shower or wash himself daily, and he should dress presentably.

20

Combine Meditation with Sleep

Chapter 11 — Meditation

Those who have not obtained illumination after ten to twenty years of practicing internal meditation must find the cause in the lack of the sleepy state. It is urgent to combine meditation with sleep.

21

Practise Once a Day, Without Missing a Day

Chapter 12 — Primary Clairvoyant & Clairaudient Experiences

In the sacred India of the Vedas, yogis practice internal meditation four times a day. Yet, in our occidental world, due to the preoccupation of our daily lives and the hard battle for existence, if we can only practice meditation once a day, then this is sufficient. It is important to practice daily, without missing even one day. With incessant, continuous and tenacious repetition, we will eventually put our chakras into rotation. Thus, after some time, the first clairvoyant and clairaudient perceptions will begin.

Commonly, during the practice of meditation, certain strange sensations occur that may sometimes fill the devotee with fear. One of these sensations is an electric shock in the chakra of the coccyx. Also, the lotus of a thousand petals, which is situated in the upper part of the brain, may often feel electric sensations. The devotee must defeat fear if he wants to progress in the development of his internal powers.

22

A Garden Sealed with Seven Seals

Chapter 12 — Primary Clairvoyant & Clairaudient Experiences

The devotee that begins to have primary clairvoyant perceptions of the superior worlds must at the beginning be like a garden that is sealed with seven seals. Those who tell others about what they see and hear fail in these studies because the doors to the superior worlds become closed to them.

The student who has primary clairvoyant perceptions must be like a garden that is sealed with seven seals until his Internal Master initiates him into the great mysteries, and gives him the order to speak.

23

To Imagine Is to See

Chapter 12 — Primary Clairvoyant & Clairaudient Experiences

The devotee must distinguish between imagination and fantasy. Imagination is positive. Fantasy is negative, detrimental and harmful for the mind because it could lead us to hallucinations and madness.

Imagination, inspiration and intuition are the three obligatory steps of initiation. First images appear; and ultimately we penetrate into a purely spiritual world. Every clairvoyant needs initiation. Clairvoyance without esoteric initiation leads the student into the world of delinquency. It is urgent to receive cosmic initiation.

24

The Cricket at the Head of the Bed

Chapter 13 — The Still Small Voice

If we have that little animal close to the head of our bed, and if we meditate on its delicious song, we will hear the still small voice in the instant of going to sleep.

Whosoever hears the still voice can travel instantly in the astral body any time he wants. If the devotee concentrates on the sound of the cricket, or if the yogi meditates on the sound of the cricket and he goes to sleep while listening to that sound, suddenly the same mystic sound, the still small voice, will resound within his brain. Then the doors of the mystery will be opened. In those instants, the Gnostic can rise from his bed naturally and depart from his home in the astral body.

This does not have to do with getting up with the mind, what we are saying must translate into actions. The devotee must rise from his bed with complete naturalness. Nature will act in those instants by separating the astral body from the physical body.

25

Beseech Her for the Grace of the Mystical Sound

Chapter 13 — The Still Small Voice

If the devotee wants to hear this mystic sound his concentration must be perfect. To begin with, the student will hear many sounds; yet, if he concentrates intensively on the sound of the cricket, eventually he will manage to hear it. Then he will attain victory. We inevitably attain illumination with this mystical sound.

In the final synthesis this mystical sound is produced from the tranquil heart. The remote origin of this mystical sound must be searched for within the Divine Mother. The devotee must pray a lot, beseeching the Divine Mother to grant him the grace to hear the mystical sound. With the grace of the Divine Mother every devotee can have the joy of hearing the mystical sound that allows us to instantaneously project in the astral body.

26

The Fine Whistle in Place of the Cricket

Chapter 13 — The Still Small Voice

If the Gnostic student unfortunately does not have the power of this marvelous little animal that we mentioned in this chapter, then he must resonate the letter S, like this: Sssssssss, like a very fine and delicate whistle (lips half-opened and upper and lower teeth together). Behind this very fine sound is found the still voice that permits us to project instantaneously in the astral body.

27

The Position of a Dead Man, and of the Flaming Star

Chapter 13 — The Still Small Voice

The devotee will lie down in the position of a cadaver. Place your arms alongside your body, resting them on the bed or on the floor, wherever you are lying down. Straighten out your legs like the cadavers have their legs

straightened out. Then bring your heels together so they are touching, spreading out your toes to the left and right, like a fan.

The devotee will lie down in the position of a flaming star with the arms and legs extended to the right and left. Our bodies must be very relaxed. We should resemble the figure of the five-pointed star. This is the position of the master. The great masters use this position for internal meditation. In the face of this figure, the black magicians run away full of terror. When the master rises from this position, the impression of the star remains in that place which makes the black magicians flee.

28

Three Meals, and the Hours of Meditation

Chapter 13 — The Still Small Voice

The devotees must not meditate with a full stomach. It is necessary for the devotees to abandon the sin of gluttony. We must eat only three meals per day.

Breakfast: toasted bread with pure honey and hot milk. Some fruits can be added to the breakfast. Midday meal (lunch): lunch must consist of vegetables and fruits. Also all types of grains can be eaten. Meat is prohibited for the brothers of the path.

Dinner: Bread with pure honey and hot milk. That is all, nothing more. Meditation must be carried out at ten o'clock at night. One must also meditate at dawn. If the student practices at 10 at night and at dawn, he will thus progress rapidly.

29

Prepare with Pranayama, Then Choose One Key

Chapter 14 — Jinn States

We achieve the power to place the physical body in the Jinn state with Pranayama. It is very important to practice Pranayama before using these keys. It is interesting to know that the two witnesses, Ida and Pingala, in their final synthesis, are rooted in the right and left testicles of the male and in the ovaries of the female. Through this pair of nervous canals, the solar and lunar atoms of the seminal system rise until they reach the chalice (the brain). The nostrils and the sexual organs are connected through the two witnesses. This invites us to reflect. Pranayama, among other things, is truly a system of sexual transmutation for single people.

The devotees of the Jinn religion, prior to the practice of Pranayama, must pray to their Divine Mother, beseeching her to give them the power to place the physical body in the Jinn state. They must practice a lot of Pranayama in order to conquer the Jinn powers. The student must carefully select the key that most appeals to him in order to practice Jinn science. It is urgent that the student comprehends that the Jinn religion demands absolute chastity and supreme sanctity.

The devotee must choose the Jinn key that most appeals to him and must practice daily with this key with great intensity, until he achieves victory.

30

The First Key — the Small Jump

Chapter 14 — Jinn States · The First Key

The devotee must lie down on his left side, resting his head on the palm of his left hand. The devotee must become drowsy, keeping watch over his

own sleep, becoming a vigilant of his own sleep.

When the devotee begins to see the images of his dreams, he must get up very slowly from the bed but holding on to sleep as if it were a precious treasure. Before the devotee leaves his house, he must take a small jump with the intention of floating in the surrounding atmosphere. If the devotee, after executing the small jump, floats in the atmosphere, it is because his physical body has entered into the Jinn state. If the devotee does not float, then it is because he is not in the Jinn state. When the devotee is in the Jinn state, he can leave his house with full confidence and without any fear at all. In the Jinn state the devotees can travel to the most remote places of the earth in a few minutes.

In reality, this key is just a modification of sleepwalking; it is voluntary yet induced somnambulism. During sleep, tremendous subconscious energies are functioning which the devotee must take advantage of like a lever in order to place his body into hyperspace.

31

The Second Key — the Deer's Eye and the Mantra Invia

Chapter 14 — Jinn States · The Second Key

There exists a nut, commonly known as the deer's eye. This nut has marvelous Jinn powers. The devotee must become drowsy while holding this nut in his hand. The devotee must place himself in the same position as given in the previous key, but while holding this marvelous nut in his right hand. It is urgent to remember that this nut has a marvelous elemental genie that can help the devotee to place his body into the Jinn state.

During this practice, the devotee must become drowsy while pronouncing the mantra Invia. Then, the elemental genie will come to the call and will help him to place his body in the Jinn State.

The devotee must get up from his bed, holding on to the sleepy state as if it was pure gold. Before he leaves his house, the devotee must take a small jump with the intention of floating in the surrounding atmosphere. If the devotee floats, then he can leave his house in the Jinn State. If he does not float, then he must repeat the exercise for as many hours, months, or years that it takes until achieving victory.

32

The Third Key — Calling the Master Oguara

Chapter 14 — Jinn States · The Third Key

There is a Master whose name is Oguara. This Jinn Master truly helps all those who call him in the name of the Christ. The devotee must lie down in the same position previously mentioned, but calling the Jinn Master Oguara in the name of the Christ, saying,

"In the name of the Christ, by the majesty of the Christ, by the power of the Christ, I call you Oguara, Oguara, Oguara. Place my body in the Jinn State."

Repeat this invocation many, many times until entering into sleep; then the student must get up, holding on to sleep as if it was pure gold. The devotee must then take a small jump with the intention of floating in space. If he floats,

it is because he is then in the Jinn state. If he does not float, then he must get back into bed and repeat the experiment.

33

The Fourth Key — Measuring the Jump with a Pencil

Chapter 14 — Jinn States · The Fourth Key

The devotee must sit in front of a table, with his arms crossed on the table. The devotee will become drowsy with his head resting on his crossed arms. The devotee must invoke the Jinn Masters so that they may help him in these practices. He can call upon Babaji (the Yogi Christ of India), or his sister Mataji. He can invoke Harpocrates, or Saint Peter, etc. Then when the student begins to dream, he must get up from the chair automatically, instinctively and without any kind of reasoning, conserving sleep as if it were solid gold.

The student must then take a long jump, as far as possible, with the intention of floating in the surrounding atmosphere. The devotee must mark on the floor with a pencil the exact place where he landed. The student must repeat this exercise daily, untiringly and patiently. He must always mark the point on the floor with a pencil, to measure the length of each jump.

This system is marvelous because the Jinn student can keep appreciating his degree of progress in the Jinn. For example, today the devotee's jump measured 1 meter, tomorrow his jump may be 1 centimeter more than the previous day, and the following day one centimeter more, and so on. Thus, the student is measuring his progress in Jinn science with precision. Finally, he will discover one day, with wonder, that he has performed an extremely long jump, a strange jump that no athlete could perform; these are signs which indicate with clarity his progress in Jinn science. Following this incredible jump, the devotee can remain floating in hyperspace. Thus, he has achieved victory. This key is formidable.

34

The Fifth Key — Leaping from the Bed on Waking

In the precise instant in which the student awakens from his normal sleep, he must jump from his bed instantaneously without any conscious or subconscious analysis, without the process of conceptual election, in an instinctive way, ecstatic for wisdom and full of faith like the steel of the sword that is well-tempered and ready for battle.

Before leaving the house, the student must take a jump and then if he floats in the surrounding atmosphere, it is because his body has entered into the Jinn state. Then the student can direct himself wherever he wishes with his physical body in the Jinn State. If he does not float, then the student must repeat the experiment. With patience we can go very far in these studies.

35

The Sixth Key — the Tiger Knights of Aztec Mexico

In ancient Mexico, the temple of the tigers was very sacred. The elemental force of the tiger permits us to place the body in the Jinn state. The student can lie down on a tiger skin. The devotee can become drowsy while invoking the Devas who reign over the tigers. Beg them to help us with the force of the tiger.

The Aztec devotees of the sacred order of the tigers, while becoming identified with the tiger, became drowsy, and then holding on to sleep as if it were solid gold, they then got up from their beds walking on four legs like the tiger. Then, full of faith, they said: “We belong to ourselves!”

36

The Blessing of the Tiger Knights

Chapter 14 — Jinn States · The Sixth Key

"May the suns of enthusiasm enlighten your path." "May Xhcoc sing in your steps." "May the forces of the tiger accompany you." "May the sparks of wisdom illuminate your intellect." "May the whispering Picr give shade when you rest." "May the emerald frogs direct you along the paths, croaking without repose." "May She, Nature, be prodigal with you." "May the universal force bless and guide us."

The Occidental yogi, lying down on the tiger skin while partially naked, must do the esoteric practice of the tiger knights. This is how he will enter into the Jinn state.

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The Seventh Key — Calling the Body from Afar

Chapter 14 — Jinn States · The Seventh Key

Those who know how to travel in their astral body can invoke their physical body from afar. The first thing that the Gnostic who is going to work with this key must do is to go out in the astral body. When he finds himself far from his body he may call upon any of the Jinn Masters and beg to them to bring him his physical body. He can invoke the Masters Harpocrates, Babaji, Mataji, Saint Peter, Oguara, etc. He must beg by the Christ, asking for the Christ, beseeching by the power of the Christ.

The Genii of the Jinn state will then take the physical body from the bed and will bring it to the devotee who is asking for it. Before the body arrives, first come many bubbles that will appear before the devotee. The final bubble is the color red. Behind that bubble comes the body in the Jinn state. When the body

is approaching, the student then feels as though his shoulders are getting very heavy. The emotion that we feel when the physical body is in front of us is tremendous. The greatest surprise comes when we discover that the physical body also has consciousness and will respond to the questions we ask it.

In such moments, the devotees must dominate all emotions and control his mind in order for the experiment to not fail. If the devotee lets himself be taken by his emotions, then both the physical body and the devotee will return instantaneously to the bed and the experiment will fail here.

38

Table Work — the Body Must Enter the Soul

Chapter 14 — Jinn States · The Seventh Key

In occultism, table work is called the instant in which the physical body, being invoked from afar, must inevitably enter into the sidereal body of the devotee. This act is very difficult because the body must learn, and the soul must dominate emotions and know how to command. The body must enter the soul through the crown chakra, or lotus of one thousand petals, which is located in the upper part of the head of the sidereal body. The devotee must command the body and the body must obey. If the body does not obey, then it is because it does not know how to; therefore, the devotee must teach it.

The soul must command the body to leave through the sidereal head of the astral body and penetrate into the devotee through the same door. The result is marvelous: the physical body obeys and enters into the devotee (in the astral plane); it is not the devotee who must enter into the physical body. In the astral plane things are very different. There it is the body that has to enter into the devotee. This is how the devotees remain with their bodies in the astral plane. The Jinn system of the seventh key is for those who are very well practiced in the use and management of the astral body.

39

The Powder of the Egg

Chapter 14 — Jinn States · Jinn Substances

The egg contains great occult powers. The hen's egg is utilized for Jinn states. Formula Warm the egg slightly in water. Poke a hole in the pointy part of the eggshell. Remove the yolk and the egg white. The yolk and the egg white must be extracted from the hole in the egg.

Now grind the empty eggshell into dust. The yogis use this powder for Jinn science. Every night, before performing Jinn practices, the devotee must sprinkle the powder on his chest and under his arms, or armpits. The student must then cover up and begin his Jinn practices. The student must have a large quantity of this powder for the Jinn practices.

40

Sanctity, and the Clothing for the Jinn

Chapter 14 — Jinn States

The student that is studying and practicing Jinn science must inevitably stop committing three sins: anger, greed, and lust. Only by doing so it is possible to avoid the attack of the tenebrous ones. If the student does not control these defects, then he will not gain true, positive progress in the complete sense of the word.

Men who dedicate themselves to Jinn science must wear only loose fitting yellow shorts for their practices. That is all. The nude body is better for Jinn practices, because the chakras spin freely without the clothing getting in the way.

Women who are practicing Jinn science must use a very long and wide tunic for their practices, a tunic that is as wide as possible. The tunic must be very

beautiful, akin to the robes of the Samaritans. Women who dedicate themselves to Jinn science must not cut their hair. For women, the hair is a symbol of purity and chastity. In ancient times, a woman who committed adultery had her hair cut. That was her punishment. Women practicing Jinn science do not use the same clothing as men (i.e., loose fitting shorts), for their practices because it is immoral for them to do so. The divine hierarchies demand modesty, purity, and chastity.

These yellow tunics that are used for the Jinn are not to be used to attend Gnostic rituals. These tunics are just for Jinn science. The yellow tunic for Jinn science must be worn directly on the skin of the body. No other type of clothing must be worn under this wide tunic.

41

The Five Perfumes, and the Pentagram at the Door

Chapter 15 — Utensils and Perfumes

We must always use a special room in order to work with Jinn science. However, if you do not have a special room at your disposal, then the bedroom or bedchamber itself can become a true sanctuary. With chastity, everything runs favorably. The bedroom must be incensed daily with the five perfumes. These perfumes are the following: frankincense, myrrh, aloe, sulfur and camphor.

It is necessary to paint the sign of the pentagram, the five-pointed star, at the entrance of the bedroom. The two lower points must be pointed towards the outside of the room and the upper point must point towards the inside of the room. The star can be drawn with charcoal. We can also have a framed pentagram placed above the head of the bed. In this case the superior point is pointed upwards and the inferior points are pointing downwards.

42

The Yellow Chamber, the Altar and the Fire

Chapter 15 — Utensils and Perfumes

The bedchamber or room must be decorated entirely in the color yellow: yellow carpets or rugs, yellow lights, yellow decorations, etc. The initiate must have loose fitting yellow shorts and in addition to this, a yellow bathrobe.

We should carefully select the symbol that we most like and use it in the work room. We must have an altar in the bedroom and a fire must be burning on this altar. The fire must never be missing in the house of an initiate.

The initiate should retire at 10:00 p.m. daily in order to work with the science of the mind.

The devotee must bathe himself daily to assure cleanliness. The room must always be neat, tidy and clean. Jinn religion is very sacred. Here in this Yellow Book, we have taught the sacred Jinn science to all human beings, except for those who are imbeciles. Imbeciles do not believe, neither do they want to believe or to accept, because they are imbeciles. The workroom must always contain freshly cut flowers. Flowers, perfumes, symbolic images, and beautiful music contribute in creating an environment filled with wisdom and love.

43

The Six Signs of the Awakening

Conclusion

When the igneous serpent of our magical powers awakens, the devotee goes through six short unforgettable experiences, namely: divine happiness, trembling of the body and of the body parts, unfolding in the astral, spiritual voluptuousness, pain in the coccygeal bone with strange dizzy spells,

and very deep sleep full of spiritual lucidity. These six signs indicate to the disciple the awakening of the Kundalini.

44

Practise, and Dissolve the "I"

CONCLUSION

Study this book and practice with intensity and supreme patience. Many occult powers appear with the awakening of the Kundalini. When this happens we must be very careful not to fall into pride. Having these powers, be like one who does not have them. Recognize, therefore, your own misery and sins. Take refuge within the nothingness.

Develop your internal powers, but dissolve the "I," the myself, the reincarnating ego. Only by dissolving the "I" will you obtain complete liberation.

Beloved brothers and sisters, here you have a book to be able to awaken the Kundalini and to develop all the occult powers. Practice, most beloved ones, but dissolve the "I." Recognize your own misery and sins. Fast a lot, pray, and tread with faith, patience, and charity along the difficult path that leads to Nirvana.

> EDITOR'S NOTE. In his later teaching the Master makes this plain: pranayama, mantras and chastity purify the channels and sublimate the sexual energy, and single people should practise them, but the Kundalini itself awakens only through the sexual work of the couple (Maithuna). See The Solar Bodies (1968), ch. 25, and Tarot and Kabbalah (1969), Arcanum 11.

The Divine Mother