Virgo — the practice cards

The Zodiac · XI

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.



Virgo — Practice 1

The belly

We should give small “jumps” to the stomach during this sign

When

during this sign

How

One should be lying in a horizontal position

Zodiacal Course, 1951

1. In the Zodiacal Course of Master "Huiracocha", we are taught that we should give small "jumps" to the stomach during this sign, so that the energies that rise from the earth be charged in the stomach, with adrenal hormones.
2. One should be lying in a horizontal position.
3. The fundamental zodiacal exercises that we give here, come from the ancient temples of mysteries and, therefore, are not the exclusive patrimony of anyone.
4. However, we must be grateful to the great Guru Arnold Krumm Heller (Huiracocha) who had collected and investigated them, to make them known to us in his marvelous Zodiacal Course.

Virgo

The Zodiac · XI

From the 23 of August to the 22 of September

Rules: The intestines and lower Abdomen

Metal: Mercury

Stone: The Emerald

Perfume: White Sandalwood

Plant: The Elm

Flower: The Morning Glory

Planet: Mercury

Color: Yellow

Element: Earth

Key Word: Reason

Day: Wednesday

Ruler: Raphael

Virgo — Practice 2

The belly

Move the belly with small jumps

When
During this sign of Virgo

How
lying on our backs with the body relaxed

Esoteric Treatise of Hermetic Astrology, 1967

Virgo — Practice 3

The vowel U

Thou should vocalize the vowel "U" daily to develop the telepathic center of the solar plexus

When
During the zodiacal sign of Virgo

How long
during one hour daily

The vowel
"U"

Like this
UUUUUUUUU....

Zodiacal Course, 1951

1. During the zodiacal sign of Virgo, thou should vocalize the vowel **"U"** daily to develop the telepathic center of the solar plexus,
2. like this:
   UUUUUUUUU....
   during one hour daily.

1. During this sign of Virgo (the Celestial Virgin), we should, lying on our backs with the body relaxed,
2. move the belly with small jumps, with the purpose of the energies which ascend from the earth becoming charged in the belly with the adrenal hormones.

Virgo

Practice 4

Calling the Gods

So that he may bring the Gods of Virgo to thy house

How

Sit down on a comfortable chair

The mind

focus thy mind on thy Inner-Self

Then

will bring the sidereal Gods to thy side, to prepare thy body

Zodiacal Course, 1951

Virgo

Practice 5

Eating

Eat what is necessary in order to live

Take care

put an end to the vice of gluttony forever

Meals

only one meal per day

How much

neither too little, nor in excess

Drink

pure water

And

bless foods

Esoteric Treatise of Hermetic Astrology, 1967

1. The Gnostic student should comprehend the importance of that cauldron called the stomach and put an end to the vice of gluttony forever.
2. The disciples of lord Buddha maintained themselves with only one meal per day.
3. Fish and fruits constitute the principal food of the inhabitants of the planet Venus.
4. Marvelous vital principles exist in grains and vegetables of all types.
5. There are three types of foods: Sattwic, Rajasic and Tamasic.
6. Sattwic foods are constituted of flowers, grains, fruits and that which is called Love.
7. Rajasic foods are strong, passionate, excessively hot, too salty, exaggeratedly sweet, etc.
8. Tamasic foods are in reality constituted by blood and red meat; they do not have Love, they are bought and sold or are offered with vanity, pride and haughtiness.
9. Eat what is necessary in order to live, neither too little, nor in excess, drink pure water, bless foods.

1. Sit down on a comfortable chair, focus thy mind on thy Inner-Self and ask him to betake himself to the heart temples of the stars of Virgo,
2. so that he may bring the Gods of Virgo to thy house, so that they may awaken thy virgin powers and heal thy stomach.
3. Be assured, beloved reader, that the Sidereal Gods will attend thy call.
4. Thy Inner-Self can enter and leave the body anytime he wants and due to this, he is not enslaved in the body.
5. He will really enter the sidereal temples, do the necessary salutes, as I have taught thee in the first lessons and will bring the sidereal Gods to thy side, to prepare thy body.
6. The planets move, evolve and progress within the conscience.
7. The sidereal temples are within the conscience.
8. Man is a zodiac and the zodiacal belt is within the conscience.
9. The ten Sephiroths of the Kabbalah are the solar system.
10. The seven inferior sephiroths are the seven planets and the crown of Kether, Chokmah and Binah, are the triune spiritual sun.
11. Those ten sephiroths are within us and we should learn to manipulate them.
12. We should learn how to transfer ourselves to the different stars to know the horoscope of people.
13. Conversing with the sidereal Gods, we will know our horoscope without the need for the so touted arithmetic astrology.

Virgo Practice 6

The Divine Mother

If the student meditates profoundly on the Five-Legged Cow, on the Divine Mother

Ask
"Ask and thou shalt be given, knock and it shalt be opened."

Then
rise from the bed without losing drowsiness, like a somnambulist

When
in the difficult moments of existence

Virgo Practice 7

Keep in mind

It is only by dissolving the Lunar Ego that one can successfully eliminate the Three Gunas

First
should first eliminate the rajas Guna

1. To be born again is equivalent to entering the Kingdom.
2. It is very rare to find a twice-born.
3. Rare is he who is born a second time.
4. Whoever wants to be born again, whoever wants to achieve final liberation, should eliminate the Three Gunas of the Prakriti from his nature.
5. The one who wants to eliminate desire, should first eliminate the rajas Guna.
6. Many would like a technique to eliminate the Three Gunas but we affirm that it is only by dissolving the Lunar Ego that one can successfully eliminate the Three Gunas.
7. The one who remains indifferent and is not perturbed by the Gunas, who has realized that it is only the Gunas that function and remain firm, without vacillating, is the one who has already dissolved the Lunar Ego.
8. The one who feels equally in pleasure or in pain, who dwells in his own Being, who gives equal value to a piece of clay, to a small pebble or to a gold nugget, who remains impartial before the pleasant and the unpleasant, before censure and praise, in honor or dishonor, before the friend or enemy and who has renounced every egotistical and earthly enterprise, is the one who has already eliminated the Three Gunas and dissolved the Lunar Ego.
9. The one who no longer has concupiscence, who extinguished the fire of Lust in all the forty-nine subconscious departments of the mind, has eliminated the Three Gunas and dissolved the Lunar Ego.

1. The devotee of the Virgin Mother can ask;
2. the Sacred Scriptures say, “Ask and thou shalt be given, knock and it shalt be opened.”
3. If the student meditates profoundly on the Five-Legged Cow, on the Divine Mother and implores her to place his physical body in the Jinn state, he can succeed.
4. The important thing is to rise from the bed without losing drowsiness, like a somnambulist.
5. The Divine Mother is very close to her son; she is within the very Inner-Self of each of us and it is of her, precisely of her, that we should ask for help in the difficult moments of existence.

Virgo

Practice 8

Keep in mind

Subdue the senses and dominate the mind

Take care

so that you may not react before external impacts

Hunches

The man who acts only under hunches is happy

Zodiacal Course, 1951

Virgo

Practice 9

Keep in mind

If the natives of Virgo want to progress they should be simple

The mind

have the mind of innocent children

Manual of Practical Magic, 1954

1. 104. If the natives of Virgo want to progress they should be simple, they should end all reasonings and have the mind of innocent children.

1. Subdue the senses and dominate the mind so that you may not react before external impacts.
2. When we move under the direction of the material mind or animal soul in the physical world, then we create problems for ourselves; we stay imprisoned, suffering the inexpressible.
3. The man who acts only under hunches is happy, will never lack bread, shelter and refuge; will never have problems.

Virgo

Practice 10

The perfume

Sick people must smell their zodiacal perfume on a daily basis

For

Sick people

When

on a daily basis

Perfume

perfume of White Sandalwood

Occult Medicine and Practical Magic, 1978

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