

# Training Documents

for

## Distance Learning

in

Western Magic in Theory & Practice,  
Kabbalah & Hermetic Philosophy

for student N<sup>o</sup> \_\_\_\_\_

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first name

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surname

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alias



I · M · B · O · L · C

Internationale Magische Bildungsstätte für Okkulte Lebenskunst & Credo  
Head Office: GERMANY / D-87474 Buchenberg / Wirthsbergweg 13 / R.A. Gabler-Mutvar



# The Trial Semester

- Course 1 -

The Probationer Teaching Letter 1/1





Module #I / Course #1 / Teaching Letter #1 / N<sup>o</sup> 1

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**The Personal Pronouns**

Without any thought of discrimination or inferior appreciation, IMBOLC uses both the male personal pronoun and the male genus in all its teaching letters in order not to complicate the sentences more than absolutely necessary.

**The Supervisors & Mentors**

You will be assigned a male or female mentor immediately after the start of your training. The mentors - always conscientious long-term students, appointed by the head of IMBOLC only - will act as mediators and will provide you with advice if you have any questions about the teaching letters content and its exercises, taught therein. Maybe you have already met this person in a first meeting, but perhaps you do not know him or her so far. If the latter is the case, don't worry: you don't need to know your mentor personally, because the teaching letters are prepared didactically in a certain way, so that this is not necessary for the whole magical study.

**The Practical Exercises**

All exclusively practical activities are called »exercises« and in each teaching letter (henceforth abbreviated »TL«) these passages are written in the font **Arial Narrow**, so they can be better distinguished from the continuous more theoretical text.

As a rule, before the actual description of the exercises, the necessary prerequisites, sense & purpose of the exercises, the time required for the exercises, the respective duration and the associated objectives are listed.

Four or eight circle symbols are shown above each exercise number, which should show you before the beginning of the exercise, how long you should practice and study the corresponding exercise (first circle row) or how long you will accompany this exercise during your entire magical education and beyond (second circle row). You will also see other symbols - depending on the exercise - which will give you more information in addition and usually describe other exercise conditions.

**Notice!**

The point "Work-Out Time" or "Development Time", i.e. the required processing time per exercise, is always only a suggestion, an empirical value, but not a mandatory time span. You are allowed to practice each exercise more but also less often than specified, as long as you achieve the required exercise goal. Said time frame will only be omitted if your mentor or Master Agrippa himself explicitly state that an exercise has to be carried out



exactly over a certain period of time. Also the indicated total working times represent only average empirical values.

### Explanation of the Signs of the Exercise Headlines in all Teaching Letters

- ○ ○ ○ Only once a day or a few days
- ○ ○ ○ Between 1-12 weeks of practice
- ● ○ ○ Between 3-6 month of practice
- ● ● ○ Between 6-12 month of practice
- ● ● ● Longer than 1 year or in principle
- 🕒 Adhere to the time schedules
- 🕒🕒 Adhere to the time increments
- 🕒🕒🕒 Adhere to the time increments implicitly
- 👉 The previous exercise must be fulfilled
- 🔑 Detailed preparation is required
- ☠️ Potentially harmful if you do not follow the instructions meticulously
- 🏠 Ritual work, to be done only in your temple
- ✠️ Crowley-specific basics and working
- ✠️ LHP-magic or qeliphothic works
- 🔑 Encrypted recording of your results are necessary
- 👤 Before starting, make a quick get-together with your mentor
- ☾ The exercise must be performed at night or in the dark



## 1. ABOUT THE RIGHT MAGICAL ART

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First of all, it should be clarified what IMBOLC understands by the term »Magic« in general, i.e. which teachings, isms and activities we subsume under this word. Everyone understands something different and some even have very specific ideas about what magic definitely has to be or doesn't. If you are then confronted with very specific theories, exercises or ritual practices, perhaps with appropriate half knowledge from books only, it can happen that you are either highly surprised or even disappointed about the peculiar or supposedly strange topic.

If you study other writings about magic, you will have noticed that the spelling "magick" is preferred to "magic". This is due to the fact that the Anglo-Saxon magician Aleister Crowley introduced this new spelling to distinguish conjuring stage magic tricks à la David Copperfield from real magic. Master Agrippa has, however, already decided in the year 1992 to keep the classic term "magic" in order to avoid a supposed proximity to Crowley's teaching system "Thelema" and his "Liber Al vel Legis". This doesn't mean, that Mstr. Agrippa is an opponent of his teachings in general, but he's not a Thelemite.<sup>1</sup>

IMBOLC deals mainly with the so-called Western or occidental secret doctrines, both theoretical and practical. So if you are primarily interested in mainstream esoterism, Aliens, New Age, Reiki, reincarnation theories or Western Buddhism, you will not be in good hands with us in a long run, as we will deal only with a few of them during your studies. But the areas mentioned above are anything but a "red thread" or a common theme with regard to our overall magical teaching concept.

You ask why? Well, it cannot be denied that for example Zen Buddhism or Yoga exercises are very en vogue nowadays in the Western cultural spheres and enjoy a lively influx, the second especially by women. On the contrary: we don't doubt that Yoga works: Yoga makes a lot of sense not only for the body.

In short: eastern practices are very effective. Especially Master Agrippa, the founder and head of the IMBOLC magic school, knows about the effectiveness of this way. He himself stayed in a Yungdrung Bön monastery in Tibet for 13 months and was thus able to experience nearly every day on the spot what abilities and partly extraordinary achievements the local monks were capable of, not to mention their

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<sup>1</sup> Crowley has written some excellent works on magic, especially on its basics, such as "Magick I+II".



obvious mental balance and their excellent physical condition. What we rather want to express with our supposed fixation on the Western Arcanum is our conviction that the eastern psyche is constituted differently than that of an European or US resident. Above all practical instructions, which are already very difficult for an Eastern resident, in most cases are not even tried out by a Western pupil.

This in turn is less due to a lack of will on the part of the Westerners than to the fact that the demands often cause them strong inner resistance, which is of a physical and psychological nature.

It is not our intention to criticize or even to belittle Eastern systems and teaching concepts, especially not unchecked, but rather to be able to offer you, as an Occident, a qualitatively best possible and adequate training, which suits best to your physical, mental and psychological constitution.

Every cultural area has its very own magical roots. Some countries have been cultivating them for hundreds or thousands of years, others use them extensively and still others, unfortunately, hardly know anything about their own.<sup>2</sup>

## 1.1 A FIRST DEFINITION OF MAGIC

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Let us now continue to define the concept of magic - as we understand and teach it - more precisely, namely in the form of a first, concise and meaningful sentence, which reads first:

**MAGIC IS AN ART & SCIENCE  
TO BRING OUT CHANGES OF CONSCIOUSNESS.**

Many do not seem to agree with the above-mentioned principle, for we often receive critical questions about this first definition in such a way, that a change of consciousness, whether deliberately or unintentionally brought about, can have such strong effects that its manifestations deserve the powerful and reverent word "magic" since human memory. Now, as you will later experience for yourself, all magical activities are based on the fact that the man is a symbol of the microcosm<sup>3</sup>, represented by the pentagram (cf. Agrippa of Nettesheim<sup>4</sup>: the man in the pentagram) and that the macrocosm, the outer universe, is symbolized by the hexagram<sup>5</sup> and its ritual planetary

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<sup>2</sup> Which is often because they were "overrun" by another religion.

<sup>3</sup> Namely representing the small, inner universe, symbolized by elemental magic and its qualities: fire, water, air, earth and spirit or ether.

<sup>4</sup> Agrippa of Nettesheim (1486-1535), illustrated in his work "De Occulta Philosophia" (1533).

<sup>5</sup> The hexagram, which unites also the symbols of fire, water, air and earth, forming a unity.





magic. And exactly this monad or unity has existed since the dawn of time and since there are manifestations of the physical.

Unfortunately, our waking consciousness does not usually have access to our subconscious or to the inner structures of its unity, because it is not longer necessary for physical survival in our modern and materialistic society. For this reason, our more filigree senses have regressed in the struggle for survival.

Only in mental and physical exceptional, in extreme situations, this seems to be possible even today, e.g. under enormous stress or under massively mental and biggest physical conditions. Just then, these latent forces, these "locked inner magical" manifest themselves for a short time. At the very bottom of this inner realm lies the interface, the "contact surface", where said forces of the outer and the inner cosmos meet.

And this is exactly where the aforementioned change of consciousness comes into play again. It is the component, now necessary for these forces or energies to manifest themselves through a kind of channel of human personality. From this, in turn, now we can extract or deduce an important aphorism, that reads:

EVERY MAGICAL EFFECT  
HAS ITS ORIGIN WITHIN MAN.

This is where the external aids of the magus come into play. The so-called main »paraphernalia«, for example the dagger, the chalice, the pentacle etc, used in magical rituals and ceremonies, merely function as a triggers, as aids, awakening and controlling these inner forces.

Let us now return to the Western tradition mentioned at the beginning. According to it, all these things are now taught in a very specific, mostly unspectacular way, using supposed simple instructions and proven techniques. If you are willing to follow these instructions and techniques in all their facets, you will at some point<sup>6</sup> be given a very specific key to his inner realm, in order to change this state of consciousness willingly.

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## 1.2 AN EXPANDED DEFINITION OF MAGIC

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Although almost everyone thinks to know what magic is, seldom anyone is able to define it clearly and exhaustively. We want to do it here for all cases, not to settle an old dispute, whether the unknown forces are made visible and effective from

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<sup>6</sup> This is time-dependent on the abilities and the character of each student.



"outside" or activated from "inside", from the depth of the soul, but to give you a clearly understandable working basis.

MAGIC IS AN ART & SCIENCE,  
CAUSING CHANGES  
IN ACCORDANCE WITH YOUR MAGICAL WILL  
IN THE PHYSICAL, SPIRITUAL & MENTAL »WORLD«  
WITH THE HELP OF ALTERED STATES OF CONSCIOUSNESS,  
OR PREVIOUSLY UNEXPLORED MENTAL POWERS.

### 1.3 YOUR RESPONSIBILITY IN MAGIC

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With this we open another decisive gate: that of power and the associated responsibility with regard to its handling, the danger and temptation to selfishly abuse this power or making mistakes with sufficient consequences. Please don't misunderstand us here: you WILL make mistakes - with absolute certainty! On the one hand because you are still rather inexperienced, on the other 'cause the field of magic itself seems almost unmanageable.

It is well known that every human being learns through mistakes. In magic the additional discipline required to make up for these mistakes leads at some point to real perfection. By the way, we are talking about mistakes that are recognized in the short or medium term by yourself. The worst consequences can in most cases be averted by your mentor, if you are honest to him.

So, not without reason you will ask from where man is given such an enormous power as can be activated and set in motion in magical work, that man seems in such cases almost like a God, as the Old Testament mentions several times. Not without deeper intention it always warns against it, when man dares to produce such "divine achievements" of his own accord, abilities, that are exclusively reserved for Jesus or God "himself", the so-called "miracles".

The drop in a water puddle, a pond or a sea is the smallest part of the ocean and at the same time - with all other waters - the ocean itself, the water itself. The single drop takes part in it and moves by earth or air to the sea itself, is part of the majesty of the infinite ocean, as well as of the "demonic forces" of stormy lakes and tidal waves.

Taken alone, the drop of water is an unimposing, almost ineffective small one. But united with its "brothers and sisters" it is omnipotent and can even be dangerous to



humans. Separated from them, it passes away, but always remains the royal offspring of the eternal sea, returning again and again to its bosom, by rising as air humidity, collecting in clouds and emptying them again, in an eternal cycle.

There is no more other apt comparison for the power and greatness of the human soul, which is always of divine descent.

In its "separation" of little effect, but always returning to the bosom of omnipotence, already connected to the sea of God during earthly existence: almighty and part of the sum of the spirit, who created everything and receives everything. This spark of God, which also slumbers latently in the "animal brother," - since consciousness must first become conscious of itself and its divine descent - can become a flame in man and thus become omnipotent. This is magic.

In the first teaching letter we will now talk about these basics of magic and its prerequisites, in the sense that you will be introduced to the problems of the individual disciplines and their solutions. This overview, of course, can only be given in a germinal form, because on the one hand any topic dealt with here in more detail would go beyond the scope and function of this teaching letter.

On the other hand, there are comprehensive and good works about each "magical specialization", about which we will give corresponding hints in an appendix of each teaching letter as well.

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### 1.3.1 THE MAGICAL SPECIALIZATION

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At IMBOLC, a specialization in magic is only performed by the experienced adept, i.e. from the fifth magical grade (V°), called »Adeptus minoris«, and let me tell you: it is impossible to achieve championship in all magical realms. Only very few exceptions confirm this rule. Own conscious limitation is here therefore a wise attention to the given facts, not however for dogmatic reasons, but due to logical self-knowledge and healthy self-assessment, because the causal mechanisms of magic operations are always the same.

#### **Notice!**

At this point we would like to point out with determination that if you want to penetrate more deeply into a single magical area, you must first familiarize yourself with a seemingly infinite number of basic disciplines, despite your desire for specialization, because knowledge of the basic laws of similar areas and their isms, are absolutely necessary in order to be able to deal with all future situations with certainty, in order not to stand on any fluctuating ground in any area. By the way: the consideration of these points distinguishes the magus from the



sorcerer. If you stick to the order of the teaching letters, you are always on the safe side, because your mentor always knows, which magical development you have gone through so far, if you lead your magical diary honestly (Chap 7).

## 2. THE MAGICAL STRENGTH

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You have asked us to be taught both, theoretically and practically, in the High Art of magic, otherwise you would not be reading this Teaching Letter. But why would you want that? What is your true motivation? Do you think you can answer this supposedly simple question at the moment? Believe us: you can't, because often motives exist that rise from the depths of your subconscious without having been verified by passing through the waking consciousness. Some of them are certainly understandable and good reasons. Others, the most however, seem unreal and irrational, coming from your unknown mental or emotional, inner complex.

Here we often encounter the concept of the so-called "Faustian nature", an irrational inner urge, also or precisely because of seemingly insurmountable obstacles, to want to follow a certain magical or mystical path. But we are all tested on this path and in a very specific way, namely when this striving continues and really leads us to the balance we are striving for, or when, on the other hand, it turns us into narcissistic, egomaniac or mental zombies, despite external difficulties.

A not infrequently occurring type of this negative striving is that of compensation, i.e. the preoccupation with magic takes place for the most part only so intensively, because the unconscious self "is of the opinion" that the forces acquired by magic are able to eliminate quite certain feelings of inferiority and other psychological deficits (phobias, traumas, bipolar disorders etc.), which paradoxically are deeply abhorred on a spiritual level, on which, however, one does not think logically, but only feels. Then, of course, there are also those representatives whose motifs appear honorable at first, but are by no means.

We are talking about the, as we call them, "obtrusively helpers", who fall around everyone's neck and often threaten to offer their magical or subtle help. A closer look at these "esoteric helpers", however, quickly reveals that they would do better to help themselves first or to work on their own perfection, since their motivation in most cases represents anything but a surplus of magical power, the so-called MAGIS.

Of course, there are also very respectable reasons to study and practice magic, such as the search for "truth" or for a causal nexus inherent in nature. And already we have reached the next important point that goes along with it, that of ethical and moral questions:



## 2.1 ETHICAL & MORAL FOUNDATIONS

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At this point, for us it is very important, explaining you clearly the study of magic and the associated mysteries. Especially at the beginning it requires very strict moral standards, even if you yourself or more modern representatives of the magical art like to deny this again and again. Yes, they even make an amoral behavior their actual motor and program, such as for example Anton Szandor LaVey's (†), the former founder and head of the hedonistic »CoS« (Church of Satan), or a loge like the Social Darwinian, Norwegian »Dragon Rouge«, a few severe Saturn Gnostics and the most Thelemites or some representatives of the Anglo-Saxon chaos magic and the so-called LHP (Left Hand Path) in its most manifestations<sup>7</sup>, because: the acquired power can be used for good as well as entirely egoistic, bad purposes.

That is why it is absolutely necessary to start your magical training now, especially to avoid the initial mistakes, by name: deliberately not harming any human being through magical actions, furthermore to live the categorical imperative as consciously as possible every day (Immanuel Kant<sup>8</sup>: "Basis for the Metaphysics of Morals" & "Critique of Practical Reason").

But be also aware that the temptation to use such acquired powers for your personal advantage can occur in almost any stage of your "magical career", so you always have to make a moral decision yourself, even if you sometimes don't seem to be aware of it!

The forces which are set in motion and can experience an astonishing increase through consistent practice ARE ALWAYS THE SAME, but change the results. And their consequences according to the chosen motive, the motivation, their objective.

Even more clearly: the forces slumbering in the depths of your consciousness can be used both: for unselfish purposes (research, development, help) and for selfish goals (revenge, harm, enrichment for the sake of wealth, false ambition, retaliation, greed, etc.). The forces always remain the same, but their use makes the said "angel" or "devil" out of you, leads you to "heaven" or "hell", whereby it should be noted that heaven and hell, as of course also the terms "God" and "Devil", are of course not places or morally and immorally acting persons, but describe states or quality levels.

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<sup>7</sup> There are also serious "left hand path" groupings that can be counted on one hand.

<sup>8</sup> One of the most important German philosophers (1724-1804).



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### 2.1.1 GIVE & TAKE

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There is another important matter that we do not wish to conceal in this context: we reserve the right at any time to exclude you as a student of magic from IMBOLC and not to train you further. It is well known that the admission of new students always has a certain effect on the whole group and it is always necessary to think of each individual when making this decision.

Applied, lived magic is always also a dismantling and rebuilding of your soul:

**SOLVE ET COAGULA!**

You have been accepted as a probationer, i.e. you are now subject to a one-semester trial period, which is followed by the so-called Lesser Novitiate until you receive your first initiation. We therefore hope that you will master and pass the required tasks and exams that await you.<sup>9</sup> In any case, we are looking forward to an intensive co-operation.

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### 2.1.2 THE TEACHER-STUDENT CONNECTION

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Your mentor takes over the supervision for your magical actions until you attain the 6th magical grade (VI<sup>o</sup> Adeptus major). This may at first sound not very free to you, perhaps comparable with a scout group or military drill instructor, to which you are now subordinated and whose leader you must obediently follow from now on, regardless of what YOU want! Well, it won't get that bad. It will get worse!

Why? Well, because especially those interested in magic are reluctant to let themselves be told anything and be dictated, whether by their individuality or their Faustian nature. All we can do is reply:

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<sup>9</sup> This means that during your probationary and novice duration you deal with 1 probationer and 4 novice teaching letters, theoretically and practically. During this time you will take 9 examinations before you are accepted as a member of IMBOLC. During these 18 months, you will be particularly observed and examined by your mentor. During this time, your magical diary will be critically examined every annual quarter. After this probation, your mentor will then decide whether it makes sense for you to continue your magical training with us - continuing as a Junior Neophyte - and whether you have proven yourself during this time.



### 3. REQUIREMENTS OF MAGICAL WORK

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In order to start your magical work in the right way, it is first necessary to clarify the basic requirements, i.e. we must first explain, under which conditions your magical teaching can take place. Surely you also know the image of the gifted and successful writer, who - in order to be creative - generally insists on being able to sit in a small, unheated room in which there is only a small wooden table and his aging type-writer from 1910 and a stack of empty sheets - nothing more.

So it is of course also helpful for you to create personally appealing external circumstances before you move on to your first practice. But also remember that such outward appearances can quickly become shackles, at the latest when you have become so accustomed to them that it is no longer possible for you to work without these physical attributes, even here: blessing and curse at the same time! The goal of your training is above all to strengthen and integrate your personality, so that you are no longer dependent on the most external circumstances.

We recommend, to stay with the previous example, the simple wooden table in an unheated room rather than an ear leather armchair in front of a rustic and heavy bog oak desk in a cozy warm 40 square meters room of a roof apartment, equipped with all kinds of charm.

Therefore it is important to become independent of your surroundings as quickly as possible, in every respect.

OUTSTANDING MAGICAL PERFORMANCES  
ARE NOT TO BE EXPECTED SOONER,  
UNTIL YOU'RE INCAPABLE,  
TO MEDITATE ON RUSH HOUR  
IN THE MIDDLE OF A GREAT CENTRAL STATION.

But we do not want to express here that you can do any magical results tomorrow under such conditions. For the time being, we assume that you will not yet be able to perform any outstanding magical work with corresponding intended results. The above aphorism represents the ideal case.

Besides, it is not advisable to open oneself to the supernatural influences at the beginning of your magical studies. This will most likely disappoint you again, by



hearing yourself saying "I thought I was learning magic here!". We answer: "Yes, you do! But first clear up your traditional, clichéd notions of magic, that you may have won from movies or hearsay!

As soon as you are stable enough and have found your inner balance, you will also be able to be aware of these supernatants, i.e. controlling yourself, to open as well as to close. But at the beginning it seems to be very unspectacular:

FOLLOW OUR INSTRUCTIONS  
AND DO NOT GO ASTRAY!  
ALWAYS REMAIN CRITICAL  
BUT DO NOT START DISCUSSIONS.

However, this definitely does not mean that you are already using magic from the building set yourself, especially not without supervision, because if you want to learn and practice magic without external regulations, you would not have turned to us and would try your hand at this wide area by self-taught.

### 3.1 THE TEACHING LETTERS (TL'S)

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IMBOLC has set itself the goal of making you and your "magically untrained brain" familiar with the extensive and often confusing areas of magic in a clearly understandable language, methodical and always progressive, free of secrecy in appropriate degrees. The ballast of outdated ideas and concepts of past centuries was excluded. On the other hand, basic and new ideas are examined and elaborated in more detail.

However, special emphasis was placed on easily understandable exercises and traceable examples in the practical part. But don't let yourself be deterred by the often high volume of exercises in some TL's.

MY SPIRIT AND MY WILL  
IS GIVING ME BIRTH EVERY DAY  
FROM NOW ON!

That shall be your watchword henceforth. Speak these words into you, every day, convinced that from now on - as you are reading these lines - you are at a crucial turning point in your life! This has nothing to do with showmanship or religious sectarianism. Truly closed your old life now lies behind you and a big unhewn stone





3. Relaxing and centering: Always take a comfortable posture before each exercise: standing, sitting on a chair or on the ground, but not lying<sup>11</sup>, depending on the exercise requirement. Stretch your spine and close your eyes briefly. Then breathe deeply and slowly a few times before starting. Take a few minutes. Don't rush into anything! Be aware that you are a unique person who wants to do this exercise now, at this exact time and in this room.
4. Take your time with every exercise. It is better to exceed the time you have set rather than to shorten it and rush through the exercise, as there are other tasks waiting for you or something else you need to do urgently. Especially with more complex exercises it can be advantageous that you first have to read through the respective instruction several times in order to become properly familiar with the task. Allow yourself this required time! This free space will help you to penetrate to the essence of the exercise, to connect with it and to center yourself. It can also be advantageous if you record certain exercises, filming or recording them.
5. If you feel that an exercise is particularly useful for you personally, do it exclusively for a certain period of time with a clear conscience, even if you do not see any immediate results, but only have a "very good feeling" about it. Repeating an exercise increases its power for many times.
6. Get into the habit of recording your experiences immediately after each exercise into your Magical Diary (MD<sup>12</sup>).
7. Remember also that the fourth main magical virtue is silence. So don't talk about your work or possible findings with your closest friends and acquaintances, as this often scatters and wastes a recently gained energy and strength. Exceptions in certain cases are fellow students of the same semester, module and - of course - your mentor in general.

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<sup>11</sup> Lying down is generally associated with sleeping, which is why this position should not be taken.

<sup>12</sup> In German abbreviated »MTB« = »Magisches Tagebuch«. If you should ever talk to a German magic student and this abbreviation should not tell you anything.



But this only seems so, because on closer inspection it reveals itself to be a purely practical question, which can even be approached and solved experimentally, if it is viewed from the right side and treated accordingly.

THE REAL GOLD

AN ALCHEMIST AND MAGUS FILTERS  
IN HIMSELF AND OUT OF HIMSELF,  
OR EVERYTHING ELSE IS EARTHLY STUFF,  
PASSES WITH THE PHYSICAL DEATH.

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### 3.3 PATIENCE & SERENITY IN EVERYTHING

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The student of western magic can infiltrate and destroy his bad habits by better objectives, but the struggle with material misery and the resulting detriment will seem to many a man worse than the ideas of hell. Patience! It is a law, even though it is completely weaponless, that unfitness will vanish if one meets it with real, inner equanimity, if one makes a virtue out of necessity, accepts it, looks at its friendly sides, does not fight it cramped, because then it will surely only get worse!

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### 3.4 YOUR FIRST PRACTICE ROOM

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Let's say you first have to use your bedroom or a smaller adjoining room for your future magical work because you don't have any other, supposedly more positive alternatives. Well, all you really need in the first six months is a small room where you can stand upright, sit and stretch out and work undisturbed. But don't be too sensitive to the last point, because you won't exactly love it when you have four children in your house - two of them toddlers, the other two in adolescence and even your grandparents.

If you insist, however, that during your magical practice within and in addition to your practice room absolute silence must prevail, many little tormentors - and also downright identified devils - will immediately demand your undivided attention in your immediate surroundings. Therefore it is no accident that the Anglo-Saxon magician Aleister Crowley<sup>14</sup> once recommended to his students: "If the barking of a dog disturbs or tries to prevent you from doing your magic will, kill him!"<sup>15</sup> "

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<sup>14</sup> Actually Edward Alexander Crowley (Oct. 12, 1875-Dec. 1, 1947).



Of course, we do not want to dispute your right to your own personal point of view, but we want to enforce it in a way that will not cause inconvenience to your fellow human beings.

ANY OCCULT SELFISHNESS  
WILL HURT YOU MORE,  
THAN IT SEEMS TO BE USEFUL TO YOU  
AT FIRST.

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### 3.6 YOUR FIRST BODY POSITION

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Let us now move on to the first exercises, which you will be extensively occupied with over the next weeks and months.

You certainly have seen meditating Indians or Eastern Yogis many times, either on television, on the internet, in magazines or while travelling. They sit in motionless positions, called »asana«, which means "body postures". The most common positions are "ardha padmasana", the "half lotus position" and »padmasana«, the "lotus position". We will introduce these and also some other useful asana to you in detail in the following TL, theoretically as well as practically.

As already indicated, there are many asana, but in Western schools often only those are used, which are also suitable for the physical constitution of an European, which also makes sense. The average European or Occidental is hardly able to take these mostly difficult positions, unless he has practiced them from childhood, is extremely strong-willed, has a very high pain tolerance limit or has very flexible tendons and muscles by nature. It makes no sense to remain in the lotus position, when it causes health problems in the medium term. Then, of course, there are also asana, which most Westerners regard as pure gymnastic exercises and ultimately are, but more about that later.

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#### 3.6.1 THE EGYPTIAN SEAT - »THE GOD POSITION«

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In this first TL we therefore want to introduce to you first only the simplest body position which strictly speaking is not an Asana at all, but a sitting posture of the Egyptian kings and pharaohs. Therefore we also call this sitting position the so-called "Egyptian Seat", or simply "The God" or "The God Position". The Egyptian statues and images in burial chambers form the origin of this posture. Therefore no classical Sanskrit designation has been handed down to us.



Let us not forget that the culture, habits and beliefs of today's world are still based on the world of reason that all our education is based on it. So we still have to reckon with it, in us, around us. And with the idea of the earthly-material world in us we must clear up.

We have already said above that it is above all a matter of changing the point of view and first believing that the "magical world" exists. We know very well that your trained mind may revolt against accepting "unproven" as something true and real. Our so learned mind will want to convince us, especially in dull hours of distress and despair that no mortal is spared, that we have been mistaken. But we can reassure you in this respect: no blind faith is required of you. It will be demanded that you believe at first<sup>17</sup>, but the conviction comes all by itself, becomes stronger from day to day, until your own statements bear the new worldview and build the new foundation unshakably. Then also the oh so vain reason receives its conclusive proofs, its "scientific reasoning".

Magic phenomena can and rarely will be proven on the material level, but one can conclude from the irrevocable effects of spiritual factors on causes, a proof that should also convince the skeptic if he only wants to. Moreover, the experimental psychology gives us comparative material and evidence for magical phenomena, even the explanation.

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## 4.2 THE MAGICAL WORLD VIEW

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In contrast to past centuries, the 21st century has several factors that almost inevitably testify to a brighter illumination of magical phenomena. A comparison between the teachings of today's decisive psychology and modern quantum physics and the effects of magic again is proving the causer: the deep-seated spiritual powers of man.

You have already learned above that every part of the human constitution corresponds to a world "outside", the "small" corresponds to the "great", the "bottom" to the "top" - the hermetic law of correspondence. The natural relationship of the bodies and worlds to each other makes it understandable that the same substances have the tendency to approach each other. This alone explains most phenomena of magic. And already we have arrived again at our basic problem: the approximation and - for this purpose - the solution of the earthly from the immaterial, the non-terrestrial.

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<sup>17</sup> As, by the way, demanded in every religion generally in a dogmatic manner.



You may be aware that the depth psychologist C.G. Jung (1875-1961) has, among other things, put forward a thesis on the so-called "synchronicities" and "archetypes" that lie dormant in every human being.

Most people will hardly know, however, that another scholar, the lesser known German Prof. Dr. Staudenmaier<sup>18</sup>, succeeded in enlivening some of these latent archetypes (basic ideas) in humans by a certain process. So one researcher is a modern psychologist (Jung), the other an educated magus: the former had the theory, the latter the practical solutions.

Prof. Staudenmaier not only proved the causal connection between depth psychology and magic, but also brought results to the scientific world by convincingly demonstrating the existence of magical phenomena.<sup>19</sup> Perhaps the most peculiar thing for the "infidels" may be that the methodology applied by Staudenmaier did not differ in any way from the magical practices that have been and still are customary for the production of the above mentioned phenomena up to the present day.

Even the blatant, progressive and "modern concepts" of magic cannot change this.<sup>20</sup> The earthly world lacks the first prerequisite for any successful magical work, namely first of all the belief that magical works are possible for man. It is the lack of faith, of the real, convinced, never wavering or doubting faith, that makes most religions so hollow and mutate to outward appearances, to "Pharisaism".

EVERY TRUE, LIVED RELIGION  
CAN NEVER BE DONE WITHOUT MAGIC,  
SINCE EVERY KIND OF RELIGION  
IS MAGIC AT ITS SOURCE.

All "miracles" are magic in the truest sense of the word. Who really should "want" today would get tomorrow hundred-percent 100.000,- Dollars, would get it inevitably, that much is certain. Admittedly it is not said that money could not destroy him, but he would surely receive it, whether through inheritance, lottery, through an innovative idea, invention or through another "lucky coincidence" but perhaps also when a loved one dies and gives him the money in an unexpected way, which depends on the attitude. The unkillable "magical will" would call upon the psychic, unconscious forces to "creep past" the psychic censor, to fulfill the said desire. This is magic in pure culture!

<sup>18</sup> Ludwig Staudenmaier: »Die Magie als experimentelle Naturwissenschaft«, Leipzig 1922 (only available in German language).

<sup>19</sup> Staudenmaier was a scientist and full professor at a German university.

<sup>20</sup> Those since the late 80s of the 20th century mostly from the Anglo-Saxon area spilled over to us (keyword: chaos magic and Crowleyanity).



You must learn that it is necessary to know and process an extensive - at first seemingly unmanageable - material, because your future main activity is to acquire and process knowledge, to master it, in order to be able to apply it successfully in practice. People suffer need, fall victim to vices, commit crimes, are vicious, ill, "useless" to human society, not because they are "evil", but because they are wrong, are on the wrong path, have the wrong circuit, have wrong preconditions.

WAYS CAN ONLY BE WRONG, BE MISGUIDED,  
HAVE A CORRESPONDING ORIGIN,  
BUT THEY ARE NEVER BAD OR EVIL.

This is especially true for magical work. What was once taught in secret schools in many decades - accessible only to the elite of the peoples - you now want to acquire in a much shorter time within a few decades, piece by piece, from the still "foreign world" until you have merged into it. Of the multitude of tasks and problems waiting for you, only a kaleidoscope-like excerpt can and should be shown to you here and now, as it were exemplary for other disciplines still waiting for you.

Many doors will have to remain closed for the time being, some of which will only be opened to give you an initial theoretical insight into dark corridors, dark vaults, but also radiant halls that you are supposed to enter, want to and will enter. As confusing as the accumulation of things unknown to you may be, you must keep or acquire complete peace, serenity, the ability to observe and criticize. The qualities that you absolutely need are a good "preschool" for later, when you have to deal with awakened senses or with the astral plane in new ways, or rather to observe it with equanimity and Faustian dissection: Only in this way can you exist before and within it. Take your TL at hand in every free lesson, go with it also into loneliness, rethink unclear statements, try to grasp the deeper meaning, sketch and prepare your exercises with which you want to begin shortly, as indicated in the practical parts. Not everything can be said, not everything can be clarified to the last, because you must acquire this thinking experience yourself if you want to take advantage of your own studies. Your thinking apparatus must be trained. What use is it to you if you only chew and memorize everything you have read and do not think and work creatively from the very beginning?

STAY CRITICAL.  
IF SOMETHING'S UNCLEAR TO YOU,  
OR YOU COULD NOT INTERNALIZE IT,  
READ IT AS MANY TIMES AS IT TAKES  
TO UNDERSTAND IT.



Almighty God! On the Sinai still proclaiming the law "Thou shalt not kill" and under the Golden Calf and in the cities, commanded by him: streams of shed blood!

What about his jurisdiction and power? Only a few regions, namely Israel. He does not care about the rest of the earth, let alone the billions of sunny worlds? Does he not care about what is going on in the infinity of the universe? One single people, one small spot of our planet. Is he only interested in the so-called "chosen people" of Israel?

Worse still: always staying with his priests, waiting for his blood sacrifice and longing for it. Always insulted and angry, he constantly ponders merciless retribution, like every common "pagan" demon (at this time). It is hardly surprising then that such passages in a book so "holy" (among them believers of all denominations, not excluding Jews who feel religious) simply reject this all-too-human concept of God.

This exoteric interpretation of the Pentateuch (the Five Books of Moses in the Old Testament) of the essence of God in this form is hardly bearable for the believer today. In view of this "fact" the atheist now believes to be able to book the victory for himself. Jehovah - a merely mythical, misinterpreted desert demon?

The rule of God in the New Testament, taken literally, is no less a challenge to contradiction for even the God of the "New Covenant" has its flaws and deficiencies in this way. If this goes even further and even punishes the entire human race with agony of hell, yes, with eternal damnation! For seventy or eighty years, lived more or less sorely, a little less or more, this one grants to every faithful believers on earth a "Heaven" of unimaginable "bliss," and that for all eternity. To the eternally disobedient however (it does not have to be a murderer or rapist!), to the transgressor most terrible pain threatens, as no sadist's brain could conceive it more horribly.

What kind of being must that be? With what gruesomely gigantic standards does it account for? On the one hand this oh so short earth existence, and on the other this aeon measure that mocks every fantasy, every proportionality. That should be all goodness, all pity? Who should with regard to these preconditions still be able to enjoy such a "Heaven", even if he were to be considered for it? A hard-boiled Satanist and infernal aspirant of our days perhaps? Well, he is closed to him! The so-called "pious one" is hardly happy about such blessings. Shouldn't the thoroughly benevolent be compassionate about the legions of tormented people who have to atone for the crimes of a few earthly years by billions and billions of time runs? And even in "Heaven" - no end in sight.

Shouldn't this drive the blessed to madness in the medium or long term despite all the joys of heaven? And what are they all doing in heaven? Shouldn't they shudder at the presence of this "all-giving Father", who at the same time holds the office of a revenge demon of the most horrible magnitude?



If, however, you should neglect your home, your best friends, your wife, your husband, your children, your everyday obligations, etc. in any way due to your serious occupation with magic, you may nevertheless "pass" the technical exercise requirements, fulfill the quantitative exercise target, but violate the holistic, moral-philosophical sense of our exercises, which is much more important!

On the other hand, it can also happen that you generally take housework or family commitments too seriously, invest a lot of time in them, so that you are permanently distracted from your magical activities and are therefore no longer able to perform your exercises correctly according to the requirements. In many cases, the consequence is that you have a permanently bad conscience, no matter whether it is on the part of neglected magical exercises or on the part of everyday activities that have been neglected.

AVOID ANY KIND  
OF BAD CONSCIENCE & SELF-REPROACHES  
CONCERNING YOUR EVERYDAY LIFE & YOUR MAGICAL WORK.  
ALWAYS SEARCH FOR CONSTRUCTIVE SOLUTIONS!

Let the people around you feel the positive effects of your involvement with magic on your character. Demystify and free magic from its superstitious ballast and its still bad image. This creates trust and calms others. Man is known to be afraid of the unknown and thus generates prejudices!

○○○○

## **EXERCISE 2: TEXT RECAPITULATION**

*Sense & Purpose: Internalization of the text.*

*Working time: 1 day.*

*Duration: At your discretion.*

Read the above carefully and recapitulate unclear statements several times, study what you have written conscientiously. Perhaps one or the other may seem banal to you, but it contains an important part of the foundation that you must build and maintain within yourself. If you still have any questions afterwards, if any of our remarks are still unclear to you, please ask your mentor. If there's anything you don't agree with, write it down. But be constructive in your criticism.

We all value awake and inquiring spirits, provided that the students carry out the tasks conscientiously. After this first exercise also tell your mentor whether you have your own room for your magical practice or whether you already use one for other purposes, dividing a part of a room with a partition wall, etc.





### EXERCISE 3: THE RETROSPECT CONTEMPLATION

*Sense & Purpose: Awareness of what has been experienced.*

*Development time: Every evening for 4 weeks. After that generally once a week.*

*Duration: 5-15 min.*

Perform the following exercise every evening without exception and note the results in your magical diary or exercise book. Every evening in bed - before falling asleep - go through the events of the day in reverse order, i.e. starting with your last activity today, your last thought **and emotion** today. Then step in spirit to the previous event, etc., until you have finally arrived at the first thoughts and associated actions of the day. Consider any event that you recall in your memory completely emotionless and uninvolved, as if you were your own observer.

Now consider the consequences of each of your actions, each thought or word, and consider why certain thoughts and words have produced corresponding effects; which actions have been carried out almost thoughtlessly, e.g. due to trained routine?

As soon as you think that you have recognized the reason for all these utterances, reactions and actions, "switch" to the next, preceding event and examine it in the same way, i.e. do not make any qualitative differences, because, for example, you liked a certain activity or emotional reaction particularly well today. This is **extremely important** and not easy! Contemplate further and further back - until the beginning of your day, which started with the first look of your eye.

Many students tend to neglect retrospective contemplation after just a few days because supposedly it seems so trivial, so simple. You're making a big mistake, when you see it the same way.

This exercise is very important because it helps you to learn more and more to become aware of your daily habits by reversing the usual chronological order of your thinking of past, present and future. You might wonder why you should do this? Well, the answer is that our normal way of thinking works very well in three-dimensionality, i.e. in the material-physical world, but not on higher "levels of consciousness". This approach is only one of many possibilities! Only when you have internalized this will you realize the true value of this exercise.

Another important aspect of this contemplation is that it will be much harder for you to make the usual excuses for your behavior, since you are first and foremost looking at the end result of the current day. This means that what psychologists call the false ego will be brought under control of its habits and activities. The destruction of this False Ego is one of the goals of this exercise.



HOLD EVERYTHING  
& WRITE IT DOWN  
METICULOUSLY.

Only in this way the alignment of all internal and external forces can to this one goal take place long before the practical attempt and all necessary points and components of Rite & Ceremonial, which change with every magical action, be grasped.

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#### 6.5.1 KNOWLEDGE

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Without knowledge of what you are doing, you are not only aimless, you also run the risk of misjudging basic laws of your magical activity and sometimes making devastating mistakes.

IF YOU PERFORM MAGICAL ACTS  
(OVER A LONG PERIOD OF TIME)  
AND DON'T KNOW WHAT YOU ARE DOING,  
YOU MUTATE INTO A SORCERER OR WIZARD.

However, there were times when this knowledge was misunderstood or greatly underestimated or overestimated. This does not only mean pure head or thought knowledge, which certainly belongs to it and is comprehensively conveyed to you anyway. First and foremost it is about intuitive knowledge or belly knowledge. This can be reached only by own experiences. At best:

EVERY MENTOR CAN SHOW A STUDENT  
HOW TO GET TO THIS INTUITIVE "FLESH KNOWLEDGE",  
BUT HE CAN HARDLY RELIEVE HIM  
OF THE LEARNING PROCESS ITSELF.

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#### 6.5.2 WANT

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A hermetic who doesn't know what he wants is ultimately hopelessly doomed to failure. Only the unbending will (and the equally uncompromising will) leads safely to the goal.



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#### 6.5.4 SILENCE

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Much nonsense has been done in the past with the commitment to silence. This commandment has often been confused with an invitation to hide one's ignorance behind mysterious hints ("I must be silent about this..." - "true insiders will know what is meant", etc.). Often the "profane masses" should also be deprived of secret knowledge in a jealous manner. At best, however, this is the behavior of a bony priesthood which fears for its supremacy, which is based on the ignorance of the ruled. At worst, the ignorant should be deliberately misled, which makes it all the easier to exploit them.

In reality the mysteries protect themselves without exception and cannot be desecrated at all. For their real secret is the experience you have with them and no one can take this dimension of experience away from you, it cannot be defiled by any outsider or ignorant person.

Nevertheless, it is advisable not to reveal one's own magical interests and practices too openly. The prejudices that the mages encounter in our supposedly oh so "enlightened" and "tolerant" time are still too great, the energy that you would otherwise have to use to assert yourself against these resistances is too great. This ties up forces unnecessarily and should therefore be avoided in such cases.

Furthermore, silence means that - in order to use a picture again - "the lid is put on the boiling pot" so that a corresponding pressure can be generated. This pressure is the magical power, also called »MAGIS«.

Exercises within the framework of the four magic virtues are primarily ascetic in nature and this kind of asceticism is always also a conscious sacrifice, because it exchanges certain dense, intense, material pleasures for invisible mental and spiritual powers. Spiritual energy, magical creativity, progress on the transcendental scale can only be achieved by sacrificing matter. In the course of this dynamic, at this interface of the "demonic struggle between light and darkness" we are always forced to exchange matter for spirit, but in some cases also vice versa!

Either the involution pulls us down or we try by all means to climb a mountain in order to free our forces from the material burden. But the transformation of energy in both directions is always in flux, because "everything flows". The four magical virtues accumulate the heat energy of sublimation within us.



### EXERCISE 5: KNOWLEDGE

*Sense & Purpose: Experience the virtue knowledge.*

*Development time: 1 day per week, 4 weeks.*

*Duration: 3 hours at a time.*

Indulge in an intellectual activity that you would generally avoid, such as a difficult language translation that serves your own spiritual but not material or professional progress, your own literary work or the study of complicated writings that you have been putting off for some time. It can also benefit others, but only in a spiritual, metaphysical sense. Think about what that means. Make appropriate records in your magical diary (MD).



### EXERCISE 6: WANT

*Sense & Purpose: Experience the virtue of wanting.*

*Development time: 8 weeks.*

*Duration: A week at a time, then a week off.*

Renounce certain pleasures of your life which have become your dear habit and which you will certainly miss painfully. The nature of this sacrifice depends on your individual habits. If your food intake has become the eroticism of the stomach, you should completely renounce gluttony for a week. If sexual satisfaction is an urgent need for you, you should direct such stimuli to aesthetic, artistic paths. The same also applies in the opposite case! You can also do without smoking, watching TV, listening to the radio, searching the Internet, playing videogames and some other similar pleasures.

In these moments, you should consciously transform the unwillingness that will inevitably result from the withdrawal symptoms into forces that direct you towards higher goals, i.e. intensify magical practice, do sports or yoga, immerse yourself impersonally in the enormous dimensions of hermetic philosophy of power.



### EXERCISE 7: DARE

*Sense & Purpose: Experience the virtue dare.*

*Development time: 2x 1 week within 8 weeks.*

*Duration: 24 hours at a time.*

Dare to take on tasks or to express your point of view emphatically where you have always been afraid of evading. This is not about senseless heroism, not provocation that could harm your existence or your health, but about strengthening your physical-moral courage. So look for appropriate tasks, which you have so far skillfully avoided through fears.



So if you like to avoid things, you should consciously attack the idol of idleness by making concrete and consistent contact with it during the week of practice and by setting yourself the goal of reducing its power in you. If, on the other hand, you are afraid of the future, you should make this week an independent present and live in security and confidence, as if you had actually managed to change over to a safe eternity.

If you look at all matters and relationships from this separate perspective, this week of practice can become the source of many insights that you never thought possible. An example: A student undressed naked for a week in winter at different places in pedestrian zones and silently walked a certain distance before getting dressed again.<sup>27</sup>



### EXERCISE 8: SILENCE

*Sense & Purpose: Experience the virtue silence.*

*Development time: 2x 1 week within 8 weeks.*

*Duration: 24 hours at a time.*

This exercise offers numerous possibilities, but always on an individual line. Try to remain silent for a whole week where you have talked, quoted, debated, provoked, commented, proclaimed, ordered, suggested, criticized or knowingly exposed. You must keep silent, no matter how difficult it may be for you or how your social environment will respond! Once you have successfully completed this task, you will be amazed to discover the enormous tension forces and power that have accumulated in you as a result of pure silence.

In the last three weeks of the practice you have also built up and brought along appropriate magical energies and powers.

THE EXPERT IS ADMIRIED,  
THE STRONG ENVIED,  
THE SILENT FEARED.

Fear is in a way a provocation. One cannot turn away from the silent man. One tries hard, one tries to attack him and penetrate into his enclosure. They try to make contact with him, make friends and impress him.

Legends are woven around him, puzzles are puzzled, but the interest and willingness to get closer to him continue to rise, but they remain silent, not out of defiance or injured pride, but for the sake of the four magical virtues, in order to draw knowledge and strength from them (again).

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<sup>27</sup> This is additionally a so-called deconditioning, which we will explain in detail at a more suitable place in a later TL.



Get yourself a diary that is as stable as possible and extensive in terms of blank pages, neutral in terms of ornamentation and symbol content, i.e. simple and that you can also use outdoors without any problems, without, for example, having a loose-leaf collection in your hands after a shower of rain.

**Notice!**

Don't make the mistake and only record things in your MD seem "magical" to you. In your MD especially keep track of things you do every day over a relatively long period of time and which seem banal to you at first. Examples would be: playing computer games, watching TV, your sexuality (e.g. masturbating), sleeping during the day ... - so, record everything that has to do with your current life circumstances, daily constitutions, things that have moved you very much **emotionally** in everyday life, because otherwise you run the risk that your entries soon or permanently "lifeless" appear and resemble a replaceable file card system. You can also create an extra section in your MD for such entries.

Keep a diary even if you have neglected your exercise program once or especially then! In this case, enter why you were lazy or could not make the entry. Mark this **with a red pencil**, so this MD-side will catch your mentor's eye. By the way, you can also record thoughts in your MD which seem important to you, for example, when reading magical texts, questions which you can then pursue more intensively at a later point in time or even meditate on for a longer period of time.

It is best to select a complete page for each section of the day plus a space to be released for later additions or comments, days or also years after. This makes up 30 pages of text after just one month and 180 pages after your trial-semester!

LEAVE ENOUGH ROOM FOR LATER REMARKS  
AFTER YOUR DAILY DIARY ENTRIES.  
MAKE SURE THAT YOUR MD  
CANNOT FALL INTO UNAUTHORIZED HANDS!

Never underestimate the importance of a MD: the practice will soon teach you better in a painful way. Consider your MD as an anchor and interface of reality with which you can prevent uncontrolled drifting. In addition, it represents the "logbook of your psychonautical journey" and already after a few months gives you very extensive information about your everyday and magical development.

Less is more? Well, in later semesters you will take this sentence to heart, because many things have already passed into your flesh and blood!



Short but accurate and precise entries together with abbreviations and cross-references in the right place create then a much more effective connection between your inner and outer consciousness than lengthy chatter, seemingly endless enumerations and self-reflections.

But during the trial semester or in the following novitiate you should already fill a whole page of your MD, as this approach has proven to be better for self-reflection and memory in the initial phase of your magical studies and experiences. The MD also symbolically combines the four elements, as well as the "main weapons" assigned to these elements, namely:

- ◆ your MAGICAL WAND (pen holder = fire),
- ◆ your MAGICAL SWORD (pen, fountain pen = air),
- ◆ your MAGICAL CALYX (ink container = water) and
- ◆ your MAGICAL PENTACLE (paper = earth).

But later more detailed.

Several MD's, which are kept separately or in chronological order, such as one MD per month, or so-called monthly diaries, a diary only for seasons or festivals, whole years as well as annual cycles, prove to be extremely helpful for later magical practices. Such a procedure is much easier to handle as it is systematically structured. The monthly diaries may then contain reports of ritual actions and magical events. Your „yearbooks“ deal in detail with larger topics of a whole year and so-called „cycle books“ contain elaborated magical processes, repetitive yearly experiences, own exercises, rituals and their summaries of past years, etc. The yearly diaries can also be used as a basis for the preparation of a new book.

The last type of diary is of course created after many years of magical practice and is an exception within the first semesters of studying and practicing.

**MAGIC DIARIES ARE  
ANCHORS OF SYMBOLS  
& INTERFACES  
FROM ONE WORLD TO ANOTHER.**

As you can see from the example diary entry on page 60, it is useful to create a numbered list of your individual magic exercises. This makes it easier for you to refer to them retroactively. But it doesn't make any sense at all to try to write down a lot of useless things and get stuck in superfluous and tedious paperwork.



It's really an art not to write down too much but also not too little. A helpful practical exercise in this context is that of condensing knowledge and its unfolding.



### **EXERCISE 9: KNOWLEDGE CONSOLIDATION**

*Sense & Purpose: The compression of sentences and their inner meaning.*

*Development time: 3-4x within one week.*

*Duration: max. 30 min.*

Read a chapter from any book or selected text carefully (also from this TL). Then summarize this content in a single paragraph. This must now be condensed into a few lines and then into a single sentence and finally into a timeless symbol.

Later, however, you must go further and hew the lump of knowledge until you are able to transform it into any symbol. This is a very difficult task, but should be achieved with some practice. The end result is a so-called "core symbol", from which your entire reading material can now grow again, the so-called "organic dynamics" through picture animation.<sup>29</sup> These symbols created by you serve you per exemplum for the knowledge compression or as so-called "knowledge symbols", which will unfold to their whole original information and/or abundance of experience, as soon as it is permitted these under the correct circumstances.<sup>30</sup> This is also the meaning of the so-called "spirit in the bottle", which is symbolized by a so-called "open hexagram" or "Solomonic seal".

The knowledge from one dimension was pressed into a container, whose material came from another dimension, from a differently dimensioned material. It can be liberated to work "miracles" and then re-enter the bottle (the diary, the Grimoire, etc.).

In order to bring a spirit (knowledge) into a bottle, you must apply Solomon's wisdom and condense knowledge into symbolic containers.

If you want to liberate this spirit again, you must remove the "seal" by turning your own consciousness toward the symbol and allowing it to unfold within you. Your MD should therefore at some point be derived from an accumulation of such knowledge condensations. The reason for this is that symbols are a kind of spiritual stenography, invented not only to confuse or fascinate ignorant minds, but also to be useful to intelligent ones. They are designed to promote, not hinder, your spiritual progress and force.

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<sup>29</sup> By the way, this is also the value of the magic symbolism.

<sup>30</sup> See also the sigils of medieval Grimoires, e.g. those of the so-called "Clavicula Salomonis".





Avoid long explanations why your actions failed on a particular day in the interests of self-justification. Just write in that it was the case (see example); If you wish supplemented with a short addition such as "prevented by fever," "prolonged barking," "urgency," or "unexpected visit."

NEVER ALLOW  
YOUR TRANSGRESSIONS  
TO BECOME  
PROTRACTED EXCUSES & JUSTIFICATIONS.

**Summary:**

Your MD can and should be used to write or record the following things:

- ◆ Thoughts on the corresponding exercise;
- ◆ Thoughts & brainstorms in general;
- ◆ Creative knowledge and processes;
- ◆ Concrete exercises, including date, time, place, general constitution etc.;
- ◆ Descriptions concerning your magical work, e.g. positive or negative experiences;
- ◆ Sketches, drawings, diagrams, also photographs, which act as references to those described in the MD.
- ◆ Allegedly banal or embarrassing, also intimate entries, as or if they say a lot about your mental state.

Furthermore, your MD can help you:

- ◆ to formulate your knowledge more precisely;
- ◆ to expand your knowledge spectrum;
- ◆ to increase your understanding;
- ◆ to make decisions;
- ◆ to awaken a sense of values;
- ◆ to always see and illuminate your magical work in the right perspective;
- ◆ to tune your mind to intuitive processes and your abstract mind.
- ◆ to trigger acts of affirmation;
- ◆ to strengthen your intentions;
- ◆ identify long-term trends in your magical development;
- ◆ to strengthen your memory;
- ◆ to record your successes, problems and difficulties.
- ◆ to recognize weaknesses, addictive behavior or compensatory behavior.



The basic exercise gives you the ability to instantly mitigate or eliminate all negative qualities, such as reluctance to work hard, turn agitation into soothing rest, etc., comparable to an inner tension that is suddenly relaxed by something previously unknown. To put it a bit more technically, there is something happening in the corresponding areas of your sensory body (astral body) that allows for an increased influx of the so-called "prana" - the life energy - while it was previously blocked or diminished. This process can be deliberately directed and primarily takes place on the mental level. They open in them locks that were previously closed and now allow the said currents to "flow".

The basic exercise produces many outward appearances. In them you can "read off" your progress, as well as stagnation or regression. Of course you will then ask yourself why this is the case. Well, the reasons may be external, that is, astrological or biorhythmic or of a health nature, as well as of your spiritual nature.

But also "demonic influences" wants to ruin your successes. The expression "I am obsessed today" has its correctness here. Above all, this exercise is the best way to fight against such influences and to put them in their place. By being able to diversify this exercise in a variety of ways and to critically follow the phenomena that occur, you can achieve a state that is already an enviable goal for many aspirants of their development. It is theoretically possible to reach a point described in the literature as "self-actualization", "cosmic consciousness", "higher consciousness", "primordial knowledge" or "samadhi."

These terms try to express that your ego, that which you really represent, is completely free of everything related to your "matter wreck" of your body, including your "earthly" (material) notions of matter, space and time, the causal nexus, etc. But as already mentioned: theoretically possible. For the most part, it is rather that we are not "enlightened" or omnipresent overnight.

Many exercises, done consistently, are necessary for this. However, they have taken the first step into the infinite realm of the so-called "transcendental". Only reluctantly will your first foot be ready to step into this new ground, and it will take all your strength and fearlessness, your will and faith, to find your way there. But if you have "entered there" with a question, you will also find the answer here.

Your first steps beyond this limit will - measured on earth - last only seconds, the veil of gross material will sink over you again and with a feeling - half bliss, half regret - you will return to the familiar state of the earthly. Of course you can achieve the same or similar said phenomena through other exercises or regulations. In the literature, yoga, spiritual training, zen etc. are so abundant that as a beginner you do not really know what to choose.



Many people have already "tried everything" without having the necessary patience to ultimately throw everything overboard as "hocus-pocus" and "esoteric stuff".

Perhaps also because, with the help of the exercises, he had not achieved in eight weeks that his boss, despite being fixated on his nose root and turning a talisman in his trouser pocket, did not grant him the desired fortnight's leave. And here comes up immediately a question that reads: is it possible to achieve this at all? Yes, that's possible! But if you've got that sort of ability, even if that may sound disappointing to you, you will not be able to do so.

Sometimes it may not be because you then know what you are causing or manipulating in terms of cause and effect, with regard to the operation you intend, of course. It is to be assumed that our example person will have little joy with this "conjured up" holiday: it will be rainy, the person will have a cold, inhabit a lousy hotel room, cannot sleep at night and finally return home totally disappointed.

EVERYTHING IS BACK TO US:

THE "WHITE" IN WHITE

THE "GRAY" IN GRAY,

THE "BLACK" IN BLACK.

The big advantage of the basic exercise is that you can - without preconditions - always keep the self-control and critically check whether you have come further or not.

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## 8.1 PREPARATION

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Preparations before each (basic) exercise:

1. Since you want to be as undisturbed as possible, you will usually choose the evening hours or the deep night. If the varied sounds in your house are too strong, close your ears first with ear plugs.
2. Always allow time for your preparations, so that you can distance yourself as soon as possible and as far as possible from the first experience of everyday life.
3. If your thoughts are still restless, first sit down and read something that pleases, elevates, and "transits" to your purpose.



4. After each basic exercise, make notes that should only contain the essentials in key words, i.e. date, state of health, time, possibly already the current planetary position (to be taken from astrological calendars<sup>31</sup>), type of exercise, appearing phenomena, feelings. So grab a little notebook or use your MD for this.
5. You will also need a piece of white cardboard or a thick cardboard box. So that your eyes do not get distracted from the side, choose a format of about 20 x 20 inches or larger. To be able to hang this cardboard, fix it with a nail or similar in the middle of the top. Use the two diagonals to mark the center of the cardboard with a small black dot. Depending on the exercise, different sized or differently shaped and colored paper symbols are then applied to it, in such a way that they can be exchanged without effort (i.e. do not stick on!). Now hang the cardboard square on a wall, where no pictures, a heavily patterned wallpaper or the like may be located, which could distract your view. You can place the cardboard in the middle of a room just as well, provided you have a support on the back. Always stand in front of the cardboard on the ground at a distance of about 40 inches. The center of the cardboard with the glued symbol should always be slightly above eye level. If you are already familiar with the basic exercise, you can switch to a postcard-sized carton that you can hold in front of your eye about 10 inches away - the usual reading distance.
6. Illuminations - of whatever kind - should always be behind you, or behind the cardboard, provided it is free in the room (indirect lighting), and not too intense. Maybe you also have a dimmer, which makes this measure individually. If not, you can also attach thin fabric over the light source, which should never touch the bulb (risk of fire!). After practicing do not leave the cardboard device standing around, but cover it up with a black fabric (plain and un-patterned) and tacks on the corners, either silk or artificial silk.



#### **EXERCISE 10: THE BASIC EXERCISE**

*Sense & Purpose: Visual perception training.*

*Processing time: 3x weekly, 4 weeks.*

*Duration: Max. 15 min.*

1. First place a circular patch of black paper about 2-3 inch in diameter in the middle of the cardboard.
2. Sit as comfortable as possible (possibly cross-legged) and relax all your muscles.

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<sup>31</sup> Not absolutely necessary for the time being, if you don't know anything about astrology yet.



It can easily give the impression that you are doing a prayer before eating. In reality this is also true: it is a sacred act, but not in a Christian sense. After this blessing, you slowly but consciously eat the food with the inner conviction that, indeed, with the meal your desire passes into your whole body, down to the finest nerve endings.

For impregnation, it is unfavorable to eat hastily. Incidentally, all foods and drinks are suitable for a magical desire impregnation. But consume and drink all impregnated food and drinks completely! Nothing should be left on the plate or in the glass and none of it should be thrown in the casts or trash. Avoid strictly reading while eating and drinking or indulge in other fun activities (such as watching TV, surfing in the internet, etc.). Especially in our latitudes this is a very bad habit and largely due to our technical progress. Nor do you speak and talk to other persons. Eat only with the maintenance of your desire. It should also be noted that no conflicting request is added. If, for example, you wish to "health" when conscious breathing (pranayama), you should not focus on the term "success" while eating. It is most beneficial if you have the same desire for both breathing and eating (or drinking) to produce non-opposite radiation vibrations in the body.

**DO NOT CHASE TWO RABBITS,  
OTHERWISE YOU WILL NOT CATCH ANY.**

Never forget your objective: solution from the "here", approximation to the "there". That is, gradual liberation from "heaviness of the body" by increasing, accelerating your body vibrations, away from materialism and selfishness and gradual education of "spiritualized mentality" or spiritualization, idealism. A natural way of life is therefore natural for all of us.

The food should be chemically unadulterated, of high quality (and thus higher energy), not too much nor too little in quantity. The more natural the more beneficial the enjoyment to your body, the stronger its energetic radiation field becomes. The aim is to have a diet that is free from animal killers and animal carcasses, as well as a minimum or even abstinence from stimulating (coffee, tea, etc.) or anesthetizing (alcohol<sup>33</sup>, etc.) drinks. However, be warned against too sudden changing this behavior. In the course of your development your organism may gradually free itself from meat consumption. One needs more of the active, heat-generating protein food, the other one needs passive, heat-inhibiting plant foods. This is where the temperament speaks. Rigid rules are outlandish, each individual decide here individually. The forces of the brain call for food containing vitamins, phosphorus, and iron, and the emotional life for blood-forming, hormone-producing nutrients.

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<sup>33</sup> Which, by the way, makes you primarily aggressive.



In addition, vitamin supplements and biochemical supplements help here. Vitamins are also abundant in fruits and other raw foods.

A balanced soul mood with the meals is essential. The best food does not get us. Before and after dinner a brief contemplative silence is recommended, combined with thoughts of gratitude to all beings and forces who gave us this food. Always eat slowly. Chew thoroughly. Always with the idea of a kind of power supply. The more empathic that succeeds, the more sustainable will be saturation and strengthening. A cleanliness of the physical body is by no means to be underestimated,

INSIDE NUTRITION

AS

OUTSIDE BODY CARE.

**Important points of internal cleaning are:**

1. Regular food intake and digestion;
2. Purification by blood cleansing treatments and similar procedures;
3. Toxin-free, non-irritating, naturally pure diet;
4. Extensive restriction or total abstinence of the stimulants caffeine, tea, alcohol and nicotine;
5. Fasting, especially in case of frequent stomach upset, indigestion and other warning signs of the internal (organs) as external (skin) nature.

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## 10.2 DAILY RELAXATION GYMNASTICS

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Design your daily gymnastic exercises in such a way that all body zones are included. Pay particular attention to those who lie fallow during work. Prevent increasing sluggishness and tension with elasticizing loosening exercises, especially if you are predominantly physically heavy or one-sided. If you are sitting a lot, it is advisable to pay more attention to your shoulder and neck muscles as well as the lower parts of your body. It should also include: a gentle twisting and circling of the head, torso, arms, legs as well as stretching and flexing of the whole body. No exercise should be purely mechanical.

PURITY OF THE BODY

MEANS

PURITY OF THE MIND.



Each movement phase is to be carried out with the utmost attention. Constantly have the desired purpose in your mind, such as relaxation, elasticity, etc. By the mental imagination you achieve at the same time mental depth effects. This eliminates depressive moods. Your attitude towards obstacles and difficulties will be more positive and decisive. Very well suited to such auto suggestive gymnastics is an affirmation by Johann Wolfgang von Goethe, which you should practice in the morning, before you step out into everyday life.



### **EXERCISE 13: AFFIRMATION OF FORCES AFTER GOETHE**

*Requirements: Inner Resting and strengthening.*

*Sense and purpose: positive day affirmation.*

*Processing time: Every morning, 8 weeks.*

*Duration: 3-5 min.*

Your posture is upright and toned, the ribcage arched, your hands clenched in fists and tight against your chest, your face expression is confident and energetic. Your legs slightly spread, your feet anchored or rooted in the ground. During the exercise, speak loudly and extremely forcefully, with the idea of eliminating every obstacle in the way. Breathe deeply in and out several times and start with your intonation. Think that you are a theatrical actor and that you intonate accordingly theatrically!

#### **Notice!**

Now follows the invocation itself and what to do by each word or sentence. Since this affirmation comes from the German poet Goethe, my German-speaking students intonate or recite this text in the original. All my English-speaking students use either the German original or the words in the round brackets. Since the German language differs from the English language in terms of sentence structure, the words in brackets do not correspond to the original German words in front of them. The only important thing is that you know what you are saying!



The repercussions of papillary irritation are not limited to the salivary glands of the mouth; also the stomach, alert to the early arrival of food, prepares for his work.

On the way of reflexes, the papillae influence the entire digestive tract step by step. However, if the tongue is occupied, the flavoring layers are virtually shielded and coated with a layer of mucus and food remains, so that the taste of the food cannot be fully perceived. The food then fails to produce that intense stimulation, whereby the reflex is reduced in a corresponding proportion. Furthermore, an occupied tongue is often the cause of bad breath and aesthetically an occupied tongue does not look nice.

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#### 10.4 GENERAL MENTAL & PHYSICAL PURITY

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Furthermore, we would like to note another important thing: the lower spiritual forces love the dark, the dirty, the vulgar, the hidden, the smelly. The higher spirits like to associate themselves with purity, freshness, cleanliness, scents and "higher" thoughts.

The inner cleanliness of your mental and emotional impulses is outshined and increased by an embarrassing cleanliness and keeping your body clean. Of course, you must also be guided by circumstances and possibilities, but the principle is, especially during your practical magical work, not tolerating a single stain, no unpleasant odor on your clothing and body. It is not necessary to take a bath every day.<sup>35</sup> Unfortunately, even today, our civilization is not well developed enough to provide this kind of convenience to anyone.

**TREAT YOUR BODY ONCE A DAY**

**TO A COLD ABRASION OR SHORT COLD SHOWER.**

Wellbeing of body and soul will thank you. Fresh food, fresh water, fresh air are the main principles of your hygiene. Whoever can, move as much as possible in the open air, train the body, heart and lungs, do gymnastics, breathing exercises, hiking, swimming, gymnastics and skiing. In leisure hours, avoid any loud and turbulent "pleasures", if consistent with the environment. Silent pleasures are lasting, stimulating pleasures.

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<sup>35</sup> Which would not be good for your body's odic frequency anyway.





A **fourth possibility** consists in a "magnetic eye bath" according to František Bardon<sup>36</sup>: In a stale water, preferably boiled 2-3 days before, dip your complete face in the morning after getting up under water and open your eyes. Then roll your eyes (your eyeballs) several times in all directions, circling under water. Repeat this 7 times.

A sometimes initial burning of your eyes will come to a standstill after a while of practicing, then, if your eyes have gotten used to this not-so-ordinary condition. If you suffer from poor eyesight, it is beneficial to add the water a knife tip of eyebright (Herba euphrasia), which is also available as tea. These eye baths make your eyes more resistant to dry air and even correct eye and vision deficiencies, strengthening eyesight and making the eye clearer and more luminous.<sup>37</sup> But do not forget to magnetize the water to be used for this purpose in advance, respectively to impregnate with a desired concentration. Advanced students who are already experienced in clairvoyance also have the opportunity to promote their clairvoyant abilities.

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## 11. FURTHER LITERATURE

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In all TL's, liberi and supplementary textbooks (E-LS), cross-references to other treatises and books will be kept to a necessary minimum. On the one hand, the time of even the most benevolent and dedicated student is too short to be able to work through hundreds of other books, and on the other hand it is not the purpose of the textbooks to dismember magical knowledge. This additional effort, which is destined to become a bibliophile one, is intended to relieve you of most of the teaching letters.

But we also have to make compromises occasionally that are largely dependent on the topic. It would be easy for us to inflate the textbooks with descriptions of everyday life, such as the basics of astrology or smoking, just to name two examples. This certainly would not serve any student, especially since the TL's are limited in terms of scope.<sup>38</sup> There are many very good standard works on the subject of astrology or smokers - to refer to the example above - so it does not make sense for us to explain in more detail the zodiac or describe a variety of resins and herbs, including their heyday.

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<sup>36</sup> Born 1st of Dec. 1909 in Katherein near Troppau, Austria-Hungary; died 10th of July 1958 in Brünn, Czechoslovakia. Bardon was an occultist and magus who achieved fame especially through his publications on the topics of hermetic magic and the kabbala.

<sup>37</sup> Master Agrippa, the head of IMBOLC, has been able to improve his visual impairment from -3 dioptic to -1 dioptic within 2 years just using Herba euphrasia every day.

<sup>38</sup> After all, the entire text volume of the TL's and E-LS alone is well over 20,000 pages.



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## 11.1 REQUIRED LITERATURE

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**Butler, Walter Ernest: »The Magician. His Training And Work.«**

*Wilshire Book Co., 1969. ISBN-13: 978-0879802127.*

(also available as PDF from your mentor)

This book is really a continuation, though in greater detail, of his former book Magic: its Ritual, Power and Purpose. So many questions were asked by readers of that little work, that it was thought that a more detailed treatment of the subject would help to meet the evident need for information on this subject. In this book, you should first read only chapters 1-5 and practice, as the following ritualistic of Chap. 6 & 7 in a modified form will be treated accordingly in later TL's.

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## 11.2 RECOMMENDATION LITERATURE

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**Iyengar, B. K. S.: »Light on Pranayama.«**

*Harper Collins Publishers, 2013. ISBN-13: 978-0007921287.*

This authoritative, voluminous and practical guide is an indispensable tool to the art and techniques of breathing, for beginners and experienced Yoga teachers alike. The book presents the classical 14 basic methods of Pranayama. As the title of the book suggests, it deals mostly with breathing exercises, but also leaves asana postures and exercises not unmentioned. It prepares you very well for what you will practicing in the TL's NO-LB-2 - 4 of the Lesser Noviciate.

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**Staudenmaier, Prof. Dr. Ludwig:**

**»Die Magie als experimentelle Naturwissenschaft«.**

*Akademische Verlagsgesellschaft, Berlin, 1912.*

(also available as PDF from your mentor)

The author - a former university professor of experimental chemistry in Freising near Munich - reports on his experiments with himself and the hallucinations caused by automatic writing, which appear together with personified entities.



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Internationale Magische Bildungsstätte für Okkulte Lebenskunst & Credo  
Head Office: GERMANY / D-87474 Buchenberg / Wirthsbergweg 13 / R.A. Gabler-Mutvar



2nd Edition 2019 e.v., sol in ☿, ☾ in ♎

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Entire Production: Roland A. Gabler - All Pages Printed in Germany.

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