



ACADEMY OF ANCESTRAL WISDOM

Superior Course in Theurgy, year 8



*The Planets in the Cosmic Ceremony
Part 2*

Lesson 304

By Ven. Master T. A-O Domingo Días Porta

Meditation has its technique. There are different schools of meditation. I, from my experience, sharing with people since the 70s (1970), developed the Psychological Meditation, to make it easier for people. Putting the mind on tangible things. Feel the breath, how it enters through the nose, reaches the forehead, turns, goes down, goes down, goes down, reaches the lungs. The pulmonary alveoli are there, they take oxygen, they release the toxins of the body into the air, and the air comes out full of those toxins, carbon dioxide... And it goes out. Follow the heartbeats...

So, with that, people can concentrate while meditating. There are some who can't and then, "I can't Master because I get distracted... this and that." That is the first meditation, clearing the mind. Let yourself be distracted, memories, images, things will come out of your mind. Let them, let them parade, don't hold them back, just watch the movie on the screen of your mind. And there they come, memories, "That my dad told me that this; that when I was a child; that I was...", etc. Let them parade and the mind will get rid of all that, it will get clean.

So, in the Psychological Meditation, we concentrate on the body, we concentrate on our feelings, the feelings we have had throughout life, the emotions we have lived. And that, as they are things that people have experienced, makes it easier for them to concentrate. But, if I tell them, concentrate on happiness, well, people don't know what happiness is; it is something very abstract. And so I lead them little by little until they reach the being, the essence. And then from there, move on to the Universal Being, to commune with the Universe, with all the planes and then, come back.

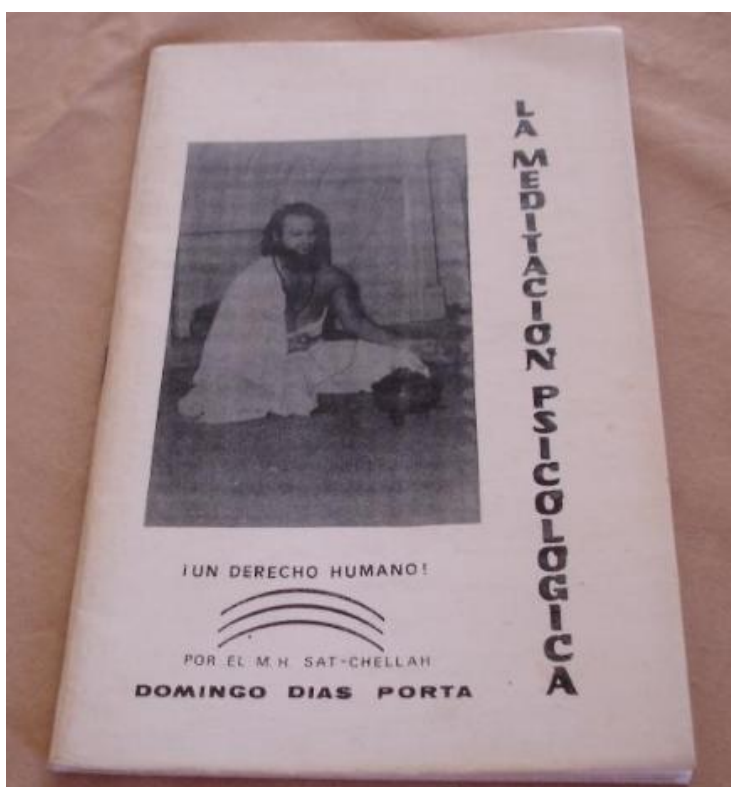
It is a simple meditation that I adapted to the state that people were in in those years. Today, many people are still like that, distracted.

Anyway, there are various meditation techniques.

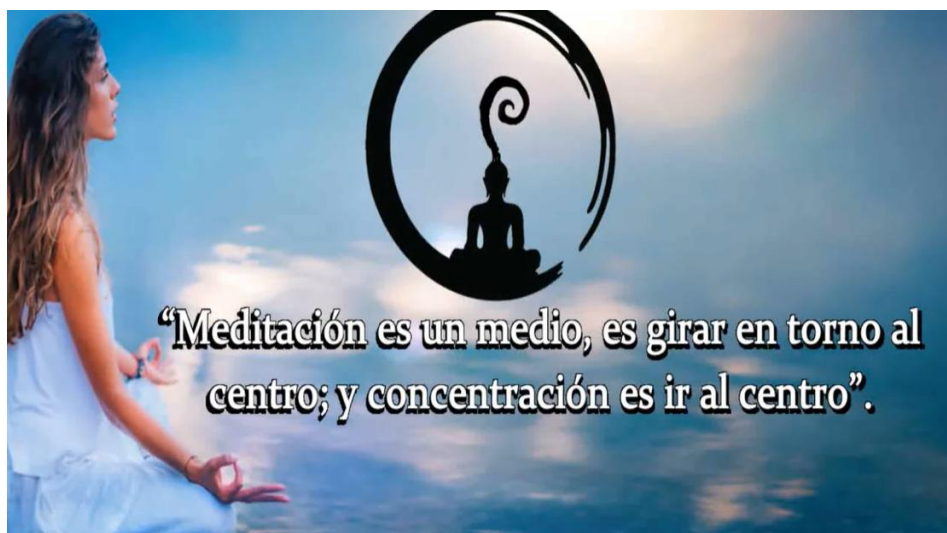
Zen Buddhism meditation... or Chan, is to concentrate on breathing, on the tip of the nose, to feel the energy... and how it comes out. The air comes in cold and goes out hot. And that calms the mind and makes us sensitive little by little, without thinking about anything else, just about breathing. And that draws you internally to the process that we must follow.

Why? Why breathing? Because for example, in the Genesis of the Bible, the creation of Man, it says that GOD blew into the nose of that little clay figure, and by blowing, it became a living soul. GOD's breath transmitted a sacred power, it was not just oxygen; a part of GOD was there, and an image and likeness came out. What does that mean? That is a study. So, yes, meditation is important. To prepare ourselves, we must practice relaxation, lie down, release the muscles, let go of worries, everything, as if we were a corpse. That is why it is called Savasana, the corpse posture. Forget about the body, let go, let go.

With that practice, then we go to meditation, trying to internalize ourselves, to get to know ourselves. I am not Domingo Días Porta, I am this, that. That is a name. My surname is a social issue, not that, that is not my name, and my name is a whim of my parents. My father named me Domingo, because it is a name used in my family; my father is Domingo, my grandfather was Domingo, my great-grandfather... So, I am carrying the Domingos, but it is not that I am Domingo. Domingo means day of the Sun, Monday the day of the Moon, etc.



Well, meditating like this, don't expect to be taught... Once and for all, every day, for five minutes I enter my inner silence to see what happens. If you can't do more than five minutes, with five minutes. A long journey begins with a short step, and the day will come when you will meditate for an hour, and [you will feel] happiness. But learn like a baby learns to walk, by crawling, on all fours, that's how you learn to walk. Thus also in meditation, first crawl and one day you will rise as what you are, and you will overcome the fear of death, of this, of that, of the end of the world, of war, of thieves, etc. Fear is the main enemy of happiness, all fears. What they call fear; fear is not fear, it is something else.



So, meditation... Meditation is a means, revolving around the center, and concentration is going to the center. Thus, one meditates as if in orbit around what we really are. That which they call the image and likeness of God is too big. We are like this, getting closer to our essence. And in concentration, we reach the center, it is ecstasy. In yoga it is called Samadhi, supreme concentration. But first we revolve around the circumference, in orbit around

the center. In meditation, we will never reach the center, but we will get closer. When we hit the target, it is Samadhi, concentration, Samadhi, Nirvana, Paradise, Kingdom of Heaven, Ecstasy, Enlightenment, whatever you want to call it.

And so, a messenger of God comes forth from there. He is no longer limited to living in his little house, in his daily routine, but he has received a power to share, to give. The Universe means generosity, to give, to give. The Universe gives. The sun gives light, not for itself, for others; the tree gives fruit, it does not eat it, for others; clouds give water, not for themselves, but for others; the Universe is about giving, giving, giving, and therefore, everyone who receives must give back. One receives a salary at work and that salary is returned to society so that the economy moves. You return it by buying, selling... If you save money, then you block the economy. Money, bills, are made light so that they fly, and coins are made round so that they circulate, and thus the economy moves.

So is the rest: love, work, coexistence, family; everything is about giving, giving, giving, in order to contribute. They give to me, I receive, then I contribute. The University gave me a profession, I returned the profession by teaching others. Receiving in order to give, is the norm that we have on a spiritual path.

So, authority in meditation is achieved through practice, practice, practice. You practiced with the brush, you didn't wait for someone to tell you. No, you dedicated yourself. You received some teaching and everything, but you started practicing and your inner artist was awakened. So, your painting reflects internal states, experiences; you don't copy the tree as a tree, but you look for the spirit that the tree transmits to you, it is an art... On the one hand, realistic and on the other hand, surrealist, beyond the form, the message. And art is a reflection of a state of meditation, of contemplation, of forgetting oneself to capture the beauty of a joy, a pain, a sadness, an encounter or a disagreement. In everything there is universal beauty, fundamental beauty. Not the pretty, which brings discrimination, pretty and ugly, but the beauty that is in everything, even in the garbage, even in a corpse, don't discriminate.

The apocryphal Gospels tell us that once Christ went with his disciples on foot, they were going to enter a town and always one disciple went ahead, like a herald, like Mercury, ahead. He arrived at the town... —“Everyone to the square, the Master is coming.”

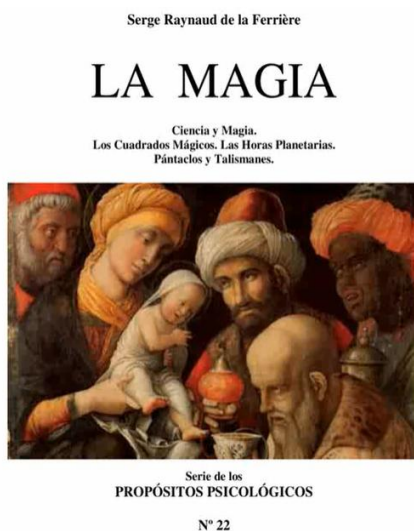
“What master?”

“The Master is coming to teach you, gather in the square.”

And the Master arrived, and all the people were already waiting. Then, the one who went ahead... There were two who went ahead, before entering the town they said to him, “Master, do not enter that street because on that corner there is a dead dog, and it stinks.” And the Master separated from the disciples and went towards the dead dog and looked at it and said, “Nevertheless, its teeth shine like pearls.” He saw beauty in the dead dog that stank, a tremendous lesson that he gave.

That is an art, the True Art; it is called Alchemy; it is the True Art. To transmute lead into gold, the ugliness that is lead, into the beauty that is gold. Sadness, which is lead, becomes joy, which is gold; illness, which is lead, becomes health, which is gold. Do not reject any experience, work on sadness and you will awaken joy; work on illness and you will recover your health. It is alchemy, transmuting the low into the high, the dense into the subtle, the dark into the luminous. We all have the powers for that, we have not cultivated them. Let’s cultivate them.

Well, I wanted to read here, in relation to ceremonial magic, in the book on Magic by Dr. de la Ferrière, which is the *Psychological Purpose* number 22, here in the original edition on page 16. Each of the 22 [sic] purposes deals with a different subject. Well, here it says, “**Magic can be synthesized by the following words, each of which summarizes a whole preparation, a discipline, a knowledge. But we already have a first idea of the basic elements that enter preliminarily into the line of account.**” It is like an introduction to Magic, these words, each word implies a discipline, a knowledge, etc. Like saying chemistry. Chemistry is not a word, it is a science, right?



“...we cannot analyze all these terms...”, because each term, then, explains a whole knowledge, a book, an encyclopedia. “...but it is easy to understand that they can define, each one, their functions...” Each word, we realize, like meditation implies a whole knowledge. So, the words that the Master indicates for magic are **Sobriety**. Being sober, being internally disciplined, not allowing yourself to denigrate yourself, “I can’t, I’m incapable...”, don’t be offended. **Respiration, Breath**, (different from respiration), **Masticating**. There are people who swallow and don’t chew, they get indigestion, then they walk around with a swollen belly.

Continance. Not being gluttonous, controlling yourself. **Athletics, Sports, Arts, Sciences, Philosophy, Didactics**, the art of educating, of teaching. **Psychology, Loosening**, not being tense, stiff. **Relaxation. Meditation, Concentration, Suspension of thought**, not giving your head so many turns so you get tangled up. **Suspension of breathing**, giving your lungs a rest for a moment without breathing for a few seconds, all of that has its objective. “... mastering the heartbeats...”, when your heart palpitates, relax, do not allow the heart to become agitated. **Capturing prana**, learning to breathe energy, not just oxygen.

Prana is cosmic energy that has several modalities. “I want to breathe prana to heal my liver.” So you concentrate on the liver and visualize that you are taking energy that will reach the liver and heal it. That is the breathing therapy. **Fasting, moral and physical cleansing**, each word implies knowledge, discipline, practice; all of that is magic. The center of magic is the person; to reach the state of magician. Magician means that he has the mastery, the mastery of himself. He does not let himself be crushed by what happens in the world, by what they tell him, etc. “No, I always stay upright.” That is true magic. No devices, no things, no.

The magician does not depend on crystals, incense, or... His power is within himself and everything he touches is filled with his power. We see this in the case of the life of Master Jesus, a true magician. He never let himself be weakened, confused. His mind was united to the divine, not to the human. He was in the world without being of the world; “My kingdom is not of this world,” said the Master. And what happened to him in the end? He ascended in body and soul, “in body and soul”. There is a very profound teaching there. Because he remained vertical, serene,

they could not frighten him. And that is an example for everyone because he said, “I am the Way...” That is, I am an example that you can do the same as me.

Of course, he was educated since he was a child. He had that advantage, others do not receive that education of the three pedagogies, of the three Wise Men. Few have that opportunity. Yes, there are people whose parents have educated them in the sacred since they were born, but they are very few. They are sacred families too.

This is my little book for the Ceremony. I put the cover on it; it is made of wood. I put the Maestre's photo on it. He has a shirt, a Mayan outfit. When he was in Guatemala, he was with the Mayans in Copán, a Mayan city in Honduras. And here are the parts of the Ceremony, the priest's formula. And the back cover is made of wood too. There is the photo of the Elder Brother, the first disciple of the Maestre de La Ferrière, on a rock, a natural sphere, blessing the World. There are always two Masters, the one who comes from Heaven in the name of God, and the one who is from Earth, in the name of Humanity, and the two are united. Like saying Master Jesus and Saint Peter.



Saint Peter in the name of Humanity, the one who has the two keys, they say, of silver and gold, of the Spirit and of Matter; and the Master of Heaven, the one who has the lock. Always the couple, the polarity. Day and night, man and woman, big and small, hot and cold, etc. Spring and autumn... In the manifestation of GOD, the polarity, the couple, Adam and Eve, the spirit of GOD floating on the waters. It is not the solitary one, it is the one always accompanied. It is said GOD and

Man. When it is said man, it does not refer to the masculine: GOD and the Human Being, GOD and Humanity. God makes sense when there is a being that recognizes him. That is the human mission, to recognize the divine laws that govern vegetation, animals, minerals, planets, etc.

By developing science we are recognizing GOD. GOD in the true sense of the word, a formula. GOD, is not a surname, is not a name, is not a so-and-so. The Maestre says on the following page 17. **“Magic, no less than Astrology and Alchemy, are not religions or beliefs, but systems of individual realization that allow the human being to take possession of his true mission on Earth.”** To understand why we have come, not to waste time in the daily routine, but to work to fulfill this mission, to bear witness to the truth, to wisdom, to the presence everywhere of the sacred power that we call life.

“And that is why the three Magi, the three Magician kings, the three Wise Men, symbolize these three systems” that is, Astrology, Magic, and Alchemy. Magic in the ancient sense of the word, not theater magic, parlor magic, tricks, but Magisterium, Mastery. **“A taking possession of their true mission on Earth, and that is why the Magi symbolize these 3 systems. That is why they have come to place their emblems at the feet of a little boy at the foot of a manger.”** They placed their emblems: gold, incense, and myrrh; they are emblems, symbols of these three sciences, three systems of life.

“But this little boy would become —and the initiates know this very well— the great instructor of an era.” A baby in a manger! And only the three Masters, the three Magi knew what was in that baby, not even the parents could imagine! Hence the importance of the Masters on Earth. They help you put things “in their true place”, because things are out of place. Our Maestre, Dr. de la Ferrière says, “A place for everything and everything in its place.” Because sometimes... “It should be here, but I don’t know where I put it, but it should...” The thing is not in its place, but it has its place. “A place for everything and everything in its place.”

Love for one’s children has its place, conjugal love, love for the family, everything has its place, and it should be there, in its place; and thus, keys in their place, money in its place; do not confuse. Money in the place of happiness... Money does not bring happiness, it is out of place.

Superior Course in Theurgy, By the Ven. Master T. A-O Domingo Días Porta

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