



Volume One: Issue One

November 2002

Welcome to our First Newsletter

We are happy to announce the start of the WDHR newsletter, which is to appear monthly. The newsletter will be sent out to all of our students and subscribers. The intention is to provide you with articles and information that will assist you in your development and growth as metaphysicians. There will be news about which courses are running, who is teaching what, where etc. Also, Patrick will be writing a monthly overview on some of the major world events.

The editorial staff consists of Patrick Desplace, Tamarinda Schreuder, Kieran O'Doherty, Linda O'Doherty and Carol Holding.

We hope that you find this newsletter of value.

Love and Light
From all of Us.

WDHR News

The new WDHR website is NOW up and running!

You can visit it at www.descendedmaster.com.

We have free esoteric books for you to download. We are also building a collection of links to excellent esoteric sites and online resources. So, if you have any requests for material, please let us know.

Our message board/forums have just come online and we are starting to build a vibrant online community. It is our intention to provide a safe space in which it is possible to make contact with like-minded people and learn from each other. This is where you can dare to ask the questions you would really like an answer to - and get one! Or if you are lucky, you might just get a whole lot more questions.

Patrick will be visiting the forums frequently to answer questions (or further confuse issues). So if you have been struggling to get answers out of him and the other teachers, this may be your chance to gain a deeper understanding on various topics.

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A Magician's Training - Part One

Developing Extra Sensory Perception

By Tamarinda Schreuder

This is the first part of a series of articles in which we will investigate aspects of the training of a magician.

'The magician,' said my host, 'is a man who knows things.' His sons nodded their heads. I did not hide my surprise. 'Knows things' – that seemingly trite expression occurs frequently in the hieroglyphic texts. In a magical sense it means the gods on earth. 'Knowledge,' continued the magician of Luxor, 'is the key-word of the art of magic.'

Magic and Mystery in Ancient Egypt by Christian Jacq

One of the defining features of magicians, shamans, sorcerers, adepts, spiritual masters, etc is that they *know* things. They have access to special knowledge, and can do things that 'ordinary' people cannot. Professionals, such as doctors and lawyers, also have access to special knowledge that most 'ordinary' people do not know about. These professionals go to university and study in order to acquire the specialized knowledge that qualifies them to be what they are. But what would you have to do if you wanted to become a magician?

This is the first of a series of articles that will discuss how magicians acquire the special knowledge and skills that qualify them to be magicians. The articles will also suggest some exercises and experiments that will assist in beginning to develop these skills.

One of the ways in which magicians have access to knowledge beyond the ordinary is by the use of so-called supernatural senses or extrasensory perception (ESP). These supernatural senses are usually classified in categories that parallel our ordinary senses of sight, hearing, taste, touch and even smell. *Clairvoyance* for example, is the art of seeing beyond the physical plane. *Clairaudience* relates to hearing the non-physical. *Clairsentience* indicates a sense of knowing beyond the confines of rationality. Most people consider these abilities to be the province of psychics or specially gifted people. However, a closer study of the words used for these special senses gives a clue to understanding what they are, and how to develop them. These words all start with 'clair', which is French for 'clear'. Translated into plain English then, Clairvoyance means 'clear seeing', clairaudience means 'clear hearing' and clairsentience means 'clear knowing'. Examples of dictionary definitions of the word 'clear' when used as an adjective are as follows:

1. Not obscured or darkened; bright: *clear daylight; a clear yellow.*
2. Free from flaw, blemish, or impurity: *a clear,*

Esoteric Healing

Esoteric healing involves helping the patient realize that he/she has all the resources necessary to bring about the cure for him or herself. The healer simply supplies the minimum energy required to allow the patient to access the resources everyone has within themselves. The charisma of the healer convinces the patient of the possibilities. Often, healing requires letting go of the commitment to suffering and instead developing a focus on living.

The basics of Esoteric Healing are taught in the Esoteric Mastery One/Freedom course. More advanced Healing Courses are offered from time to time. Participants in these courses learn to be more *valuable* as a healer. Most often, healing also occurs in the participants themselves.

Details of when and where courses are running can be found at www.descendedmaster.com

perfect diamond; a clear record with the police.

3. Free from impediment, obstruction, or hindrance; open: *a clear view; a clear path to victory.*
4. Plain or evident to the mind; unmistakable: *a clear case of cheating.*
5. Easily perceptible to the eye or ear; distinct.
6. Discerning or perceiving easily; keen: *a clear mind.*
7. Free from doubt or confusion; certain.

From: The American Heritage Dictionary of the English Language, Fourth Edition

So the 'clair' senses are ordinary senses, free from hindrance, obstructions, flaws, confusions and limitations. All that is required to develop ESP is to clear away these hindrances, and then to practice extending the senses further than is usual.

Obstructions to Clear Perception

Essentially, we are all spiritual beings. As such, in our normal state of being there is no space, no time and no limitations. However, we voluntarily restrict what we can perceive in order to experience time, space and all that the physical plane has to offer. We use a tool to achieve the restriction, as it doesn't come naturally. That tool is the brain/nervous system in interaction with the mind.

The nervous system is a wonderful instrument. It allows us to interact with the physical, but it also has some peculiarities that we need to know about. This is a vast topic well beyond the scope of this article, but a few examples will show the kind of distortions that are created by the nervous system.

The limitations of the nervous system can be circumvented, once they are recognized and taken into account. It can be likened to a gun that shoots a bit to the left. If we know that it does so and compensate when aiming, we can still hit the target accurately.

Accepting the evidence of the senses as being real and accurate seriously interferes with the ability to perceive what really *is*. The brain acts as an interpreter and filter that limits what is perceived; we are restricted to a very small range of all there is to experience. For instance, the visible light spectrum ranges from violet to red. All other light is just darkness to us. The light we see physically consists of electromagnetic waves of only certain frequencies. In fact, science tells us that we perceive less than 1% of all the frequencies of electromagnetic waves that exist.

And the same goes for sound. We hear only a very specific and



Esoteric Mastery Two

**Within every human
being there is a
gossamer veil between
the ordinary person
and the sorcerer.**

Louis Smit is running an EM2 in Johannesburg, South Africa in November. This course offers the opportunity to make a breakthrough in perception that changes life forever. For more information email Diane Smit at dsmit@sun.co.za or visit www.descendedmaster.com

limited range of sound frequencies. Many animals hear sounds that we cannot. For example, bats use echolocation calls that are inaudible to the human ear, and dolphins and dogs respond to 'silent' dogs whistles. Elephants, once believed to be 'psychic', actually communicate using 'subsonic' calls, which can travel great distances across the bush. And even these animals only hear a small part of all the sound waves that exist, though their hearing is more acute than that of humans.

The above examples demonstrate the limitations of the human nervous system with regard to sight and hearing, though our other senses are similarly restricted. The nervous system has another function that further restricts what is experienced. It tends to filter out from conscious awareness any sensation that has 'stayed the same' for a while. For instance, we might walk into a room that has an unpleasant smell. But then, after a while we would 'get used to it'; we cease to be conscious of the smell. Similarly, when dressing, we might briefly feel the fabric against the skin, yet for the rest of the day we are barely aware of the sensation. This function of the nervous system, which filters out awareness of 'sustained sensations', is necessary and valuable. It protects against being overwhelmed by too much sensory input at once. However, it also means that we are not *conscious* of most of what is happening around us.

Another feature of the nervous system is that even within the normal range of perception, we don't perceive things objectively as *they are*. Rather, we perceive things as *they have been altered* by whatever filters we have in place. Some of these filters are related to way in which the nervous system functions, some are physical and others are emotional and mental.

For example, a thermometer measures the temperature of water *objectively*. It will always measure water at a temperature of 20 degrees as being 20 degrees. The nervous system measures temperature *in comparison to the last temperature it was exposed to*. Here is a fun exercise to demonstrate this. *Take three containers of water large enough to immerse your hands. Fill one container with iced water, preferably with ice cubes floating in it. Fill another with water that is as hot as can be tolerated without getting burned. In the third container, have water that is lukewarm. Immerse one hand in the icy water and one in the hot water. Keep them there for at least 5 minutes. Then, put both hands in the lukewarm water. Though the water is the same, you will experience it as being very cool with the 'hot water' hand, and quite warm with the 'cold water' hand.* Another example is how the taste of a glass of wine changes if drunk immediately after having had a bite of some lusciously sweet desert.

This concept of experiencing things as relative to what one is accustomed to at any given point in time applies to all the senses. The nervous system also has a strong bias towards stability and the maintenance of an existing state. This peculiarity of the nervous system explains why it is so difficult, for instance, to change our posture. If we normally walk with rounded shoulders, this posture

If you do not know
where you are going,
any road will get you
there.

Alice in Wonderland
by Lewis Carroll

will feel normal and upright to us. The moment we stop consciously straightening up we will sag back into what our brain considers 'right' and 'straight'.

Other filters that alter perception may be emotional, or based on past experiences, prejudices or cultural beliefs. Many slender women will look in the mirror and see themselves as being grossly obese. Someone who has been abused may routinely misinterpret an affectionate gesture as threatening. Most of us barely hear cars in the streets backfiring, but a soldier just returned from the frontlines might well dive for cover.

We do not all see the world in the same way. For instance, a colour-blind person does not see the world in the same way as a non colour-blind person. There is a marked difference between perceiving a traffic light as having a red, an orange and a green light, and seeing a traffic light as having three lights that are the same colour. The 'normal' person will 'go' when the light is green. The colour-blind person however, will 'go' when the bottom light comes on. Although, in this instance, the actions taken amounted to the same outcome - 'go' - the perceptions leading to the action 'go' were quite different.

Simple biochemical changes in the body can have a dramatic effect on perception. Someone whose body is loaded with toxins due to kidney failure may hallucinate or appear demented. Taking drugs like LSD can also profoundly influence what you think the world looks like.

The same data presented to different individuals can be perceived entirely differently, then, depending on the filters in place. These differing perceptions will often give rise to different interpretations and meanings. An English-literate person might read this article and it will perhaps have some meaning to them. If it had been written in Chinese ideograms, however, it would have been just black ink on paper (or lines on a screen).

These are just a few examples that illustrate the limitations of our senses in perceiving reality accurately. The important point is not to take the evidence of our senses too seriously.

The Training

The difference between 'ordinary' individuals and magicians is that ordinary individuals *accept* the tiny fragment of reality they perceive as being *all that there is*. Even worse, they perceive it as being an accurate representation of reality. Magicians however, know that they perceive *very little* of all that there is. They know that what they perceive is distorted and biased in many ways. Magicians also know that the section of reality they perceive is not fixed, and that it is possible, at will, to 'tune into' and perceive other parts of reality that are not accessible to our normal senses.

With training, these abilities can be developed. The length of time required ranges from minutes to many years. It is not possible to predict how long it will take any one individual. The idea is to

Runelore

The Rune Fehu



Sound: F

Name: Cattle, Wealth

Planetary Rulership:
Venus and the Moon

Background

In the olden days a person's wealth was measured by the number of cattle owned. The primary meaning of this rune is *wealth*, the kind that is earned and looked after. It also relates to relationships, personal happiness, social success and fertility. This rune also has an aspect of being conservative. It can indicate success that comes with solid work.

Fehu is generally a very positive rune. Magically, it can also be used to move an affair on to the next stage.

persevere until success is obtained.

Training exercises may be classified in many ways. Here, they will be categorized into two sections: 'clearing obstructions' and 'extending the senses'.

Clearing Obstructions

Clearing obstructions is a lifelong, ongoing process. By means of meditation, self observation, feedback from other people and their environment, magicians work at becoming conscious of all of their biases, assumptions, prejudices, likes and dislikes and unconscious habits that prevent them from seeing reality *clearly*. This activity requires a great deal of humility.

It isn't always necessary or even possible to eliminate these personal quirks, but it is necessary to be conscious and aware of them. For instance, I have an irrational prejudice against men with mustaches. I can therefore automatically assume that any man with a mustache I meet has certain objectionable qualities, and shouldn't be considered fully human. Or, I can be aware of my prejudice. I can defer judgment. I can get to know them as individuals before deciding whether or not they live up to my image of men with mustaches. Perhaps I will discover that they are in fact very wonderful individuals.

Exercises for Clearing Obstructions

1. Listening

Many of us do not truly listen to other people. We spend most of the time waiting for our turn to speak and thinking of what we want to say. This is an excellent technique excellent technique if you have realized that you have no interest in your companion, do not want to get to know them or sincerely communicate, and do not care if most of the conversation is lost to you. However, if you want to extend the range of what you perceive, try the following exercise.

The Exercise

For three days, as best you can, listen with care to every single person you speak with. Do not interrupt them. Do your best to understand what they are trying to communicate and what they are about before you reply. Evaluate your own reply as to whether it was valuable in terms of the conversation or just meaningless noise.

2. Do Something You Wouldn't Normally Do

Most of us are very set in our ways. There are activities we like and activities we don't like, and we carefully avoid the ones we don't like. We tend to avoid people who do not agree with our viewpoint on life. We are in fact very careful to stay out of the way of *anything* that may challenge what we believe to be true.

"I don't know if God exists, but it would be better for His reputation if He didn't."

Jules Renard

The Exercise

Pick an activity that you normally avoid. If you are a vehement non-Christian, attend a Church Service. If you do not like opera, attend an opera. If you think all chess players are pretentious twits, attend an evening at a chess club. You will know what is right for you.

When you go, do not surround yourself with a protective layer of friends who agree with you. Go alone or with someone neutral. As best you can, attend the event as if you are a stranger who has just arrived on this planet and wants to learn more about its inhabitants. Pretend that you have no prior knowledge and prejudices. Speak to as many people as you can. Attempt to see what they get out of the activity, what it means to them, and as best you can try to experience it for yourself.

After you have done this, reevaluate your response to the activity.

Exercises for Extending Perception

As extra sensory perception is, in many ways, just an extension or special use of normal senses, we start with developing our normal senses as much as possible. By paying as much attention as possible to what we can already see, and by experiencing it as fully and in as much detail as possible, we are developing the capacity to extend the senses and 'take in' more. It is unreasonable to expect that we could develop from couch potatoes to marathon runners in one day. Similarly, the nervous system must be trained and prepared to handle the energies that will be utilized in perceiving 'non-physical' reality.

It is also important to believe that it is *possible* to extend one's perception and to start paying attention to the non-ordinary. If you do not believe that auras exist and adamantly maintain that everybody who *does* is deluded or is deluding others, then your chances of seeing one yourself are not good.

1. Exploring the Senses

This exercise relates to exploring your ordinary senses more deeply and developing your ability to make finer distinctions.

When eating, savour the taste of the food. Attempt to identify all the ingredients and the way in which the flavours interact with each other.

Really listen to the sounds around you. If you are in nature, count the number of separate bird calls you can hear. Try to locate where the calls originate. If you are listening to music, try to pick out the different instruments. It is not necessary to know their names, just to separate them from each other mentally.

Look at a tree and see how many shades of green you can identify.

Excerpts from 'The Art of War' by Sun Tzu

Sun Tzu said: The art of war is of vital importance to the State.

It is a matter of life and death a road either to safety or to ruin. Hence it is a subject of inquiry which can on no account be neglected.

Sun Tzu said: In the practical art of war, the best thing of all is to take the enemy's country whole and intact; to shatter and destroy it is not so good. So, too, it is better to recapture an army entire than to destroy it, to capture a regiment, a detachment or a company entire than to destroy them.

Hence to fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting.

All warfare is based on deception.

The Art of War by Sun Tzu is the oldest known military treatise. It is as relevant today as when it was written. Download the entire text from www.descendedmaster.com/

Get someone to give you an unknown object while you have your eyes closed and see if you can identify it. Try to perceive what it looks like just from exploring it with touch.

Even if you just spend a few minutes a day doing this you will find that you experience your surroundings more deeply; colours will be brighter, food will taste better and you will start to notice more about your friends and everything else around you.

2. Seeing out of the corners of your eyes

There is a peculiarity about eyesight in that it is easier to see non-physical things in one's peripheral vision. You may already have had the experience that you thought you saw something in the corner of your eyes but when you looked straight at it there was nothing there.

For this exercise, start to pay more attention to what you can see in your peripheral vision. The idea is to become aware of what you can perceive from the corners of your eyes in a relaxed manner. Initially, do not try to look straight at anything you may perceive. Later, you will be able to perceive subtle, non-physical things that you wouldn't usually have seen, even when you look at them directly.

Try this over time and observe your results.

In Conclusion

This article is only a short overview of a vast topic. If you are interested in learning more, there are many excellent books available. You are also welcome to contact any of the teachers at WDHR. Attending training courses is also an excellent way to learn more and achieve significant advances in your development. For contact details for teachers, and information on courses access our website at www.descendedmaster.com.

Course: Experiencing The Imagination

By Phillip Summers

Patrick is prone to flashes of brilliance, and one of these is his online training course 'The Imagination'.

The first invitation he sent out to selected people to participate was high drama. Very French, very Patrick. When I read it my heart lifted and something in me said 'At last'.

Out beyond ideas of
right-doing and wrong-
doing, there is a field.
I'll meet you there.

Rumi

So not being one to rush in where hesitation is possible I signed up at once. I did the exercises as instructed. Fortunately I do have some background knowledge so I had an idea what some of the more frivolous and completely non-occult seeming exercises were about. I completed them with care and sent in my reports. I often had to suppress my sense of failure because some of the other participants seemed to be having the most amazing experiences and for me, nada. Just nothing happening and more nothing happening. For the first few months I steadfastly repeated the mantra. "What is important now is going through the process. You will have opportunities for results later".

This actually turned out to be true and not just a consolation for the incapable. As the months went by I noticed myself changing. What was happening to me is difficult to explain. I was starting to notice finer and finer distinctions during both the exercises and everyday life. I found that I eagerly awaited the next task to do, because it was so interesting, so much was happening. There was so much to experience.

Everything around me started to appear deeper and more significant. I gained insights into myself that were astounding, and it was mostly joyous. When praying or meditating I felt connected to and part of a great universe of care and love with a greater intensity and certainty than I had ever experienced before. These changes are still continuing and increasing.

Do I think the course lived up to what was promised? The answer is both Yes and No. Yes because I did eventually demonstrate occult abilities, far beyond anything I ever expected myself to be capable of. No because the real results were not as promised. They were not mentioned at all and came as a total and wonderful surprise. The real gains were subtle. Compared to what I truly gained I can happily talk about 'mere occult powers'.

Because the Imagination as a course has proven so successful in helping people to grow and develop, Patrick has decided to make it generally available. You can read the blurb about it on the web at www.descendedmaster.com/imagination.html.

Nothing written about it can come close to giving an idea as to what it is really about and all that it makes possible. The only way to judge it is to do it and go through the blasted process yourself. There is a money back guarantee, all you have to lose are your limitations.

Commentary on World Events

By Patrick Displace

A World at War

Has our world ever been "At Peace"? In more recent times, after

Internet Humour

This joke is being mailed around the internet. It is very topical. Humour is a potent weapon. Now more than ever we need to be aware of *how we laugh*. Is it a sharing of humanity and joy, or is it an ugly sense of superiority and satisfaction in the misfortune of others?

The Iraqi Ambassador to the UN has just finished giving a speech, and walks out into the lobby where he meets President Bush. They shake hands and as they walk the Iraqi says, "You know, I have just one question about what I have seen in America."

President Bush says "Well your Excellency, anything I can do to help you, I will do."

The Iraqi whispers, "My son watches this show *Star Trek* and in it there are Russians, and Blacks, and Asians, but never any Arabs. He is very upset. He doesn't understand why there are never any Arabs in *Star Trek*."

President Bush laughs and leans toward the Iraqi, and whispers back, "It's because it takes place in the future...."

World Wars I & II we have had the Vietnam War, the Korean War, the Cold War; the various 'tribes' of Europe, Africa etc warring continually. The Gulf War was merely a beginning! At the time, Saddam Hussein did state that the Americans had started "The Mother of All Wars". It would appear that he was right.

The war of terror is far subtler than the usual wars of the past: the target is our own psyche. I read recently: "in any conflict or confrontation the greatest asset of the aggressor is the mind of his/her victims or opponents". However the mind is resilient and has the ability to adapt to most situations. So the War Lords of our Now Age must continually work at perpetuating the Terror by keeping us on our toes. The degree to which we allow our aggressors to rob us of our Freedom, Liberty and Choices is indeed a matter of choice & attitude.

Can we continue to go about our daily business, celebrating life as if nothing has happened? The Idea is not to ignore that there are hostilities in our world. It is important to remain aware that what we are experiencing is only a beginning. We need contingency plans while we live our lives. We need to use discernment as we go about living – for example, I believe it would be rather careless to visit Afghanistan or Pakistan or Kashmir at the moment. I would not recommend that you walk the streets of New York wearing a Keffia or you visit Baghdad wearing a Kippa! The Israelis go about their lives and at the same time are preparing contingency plans for mass graves capable of accommodating half a city!

I am sure that Osama Bin Laden had contingency plans for his survival – He could very well be in Paris or Los Angeles right now. Similarly, it is unlikely that Saddam Hussein will be killed when Baghdad is invaded – he will probably go into hiding. And eventually, when Libya's turn comes, Gaddafi might well meet up with him and Bin Laden. Is a war ever won? Did the Allies win World War II? Look into your driveway and your lounge: Toyota, Mitsubishi, Volkswagen, Toshiba, BMW, Sharp, Sony, Canon etc!

George Bush Senior wanted to limit the escalation of war in the Middle East. During the Gulf War he required Israel not to retaliate while the Iraqi Missiles were flying. George Bush Junior wants Israel to retaliate, as he wants the war to escalate... He has made it clear that Iran, Libya and North Korea were the next targets on his list! Is he working at fulfilling Nostradamus' Prophecies?

Maslow stated: "If the only tool you have is a hammer you see the world in terms of nails!" Ariel Sharon was a Military man, so he can only think of a military solution to any situation. Yasser Arafat was the leader of The Palestinian Liberation Organization; a freedom fighter – so the only solution he has is a war of terror... *Know* the Warlords of our Now Age and use discernment to anticipate where we are heading. Remember that through your *Knowing*, being aware and making conscious choices you can have a far greater impact than you realize!

Runelore

The Rune Uruz



Sound: U

Name: Aurochs (wild ox)

Planetary Rulership:

Mars (passive)

Background

The aurochs is a kind of wild ox, now extinct, similar to the American bison. It was famous for its large size, aggressiveness, danger and unpredictability. In some of the Germanic tribes the older boys were required to go out and kill an aurochs as part of their initiation into manhood.

This rune relates to sudden, unexpected change, untamed potential and power, raw animal vitality and health. Dealing with the energy of this rune and the sudden change it can herald requires a positive attitude, courage and a certain level of thinking and skill. It also relates to male potency.

Riddle of the Month

The esoteric literature of the world is filled with examples of heroes and spiritual warriors on important quests. They often have to get past guardians and gatekeepers by solving riddles or by asking the right questions. For example, Oedipus had to solve a riddle in order to get past the Sphinx; the knights of the Round Table who were searching for the Holy Grail had to ask the Grail King the right question in order to proceed to the grail.

Solving riddles and puzzles has a long and illustrious history, being a gateway into other realms or the key to special gifts. Each month, you will be given an opportunity to practice. The answer to each riddle will appear in the following month's newsletter.

See whether you can successfully get past the following gatekeepers!

The Fork in the Road

You are traveling on a road a long way from home and you need to get to X. All you know about the road ahead is that it will fork into two, and only one road will take you to X. There are no signposts at the fork in the road to tell you which way to go. But there are two brothers who live in a little house by the fork, and they know the way. There is a minor problem. The brothers are identical twins and there is no way to tell them apart. Also, they are a bit eccentric. One brother always tells the truth and the other brother always lies. You are allowed to ask one of the brothers one question only, and in accordance with the answer you get you have to choose the right road.

What question can you ask that will give you the right answer, no matter which brother it is you happen to ask?

Contact Us

If you would like to contribute to the newsletter with articles, interesting stories, quotes, or comments about any of the articles, please send contributions to the editors and we will review them for inclusion. We welcome your comments and feedback. The editors can be emailed at newsletter@descendedmaster.com.

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Excerpts from The Emerald Tablets by Hermes Trismegistus

Follow thine heart during thy lifetime. Do thou more than is commanded of thee.

When thou has gained riches, follow thou thine heart, for all these are of no avail if thine heart be weary. Diminish thou not the time of following thine heart. It is abhorred of the soul.

Once said They unto me: "O man, wouldst thou gain wisdom? Seek for it in the heart of the flame. Wouldst thou gain knowledge of power? Seek ye it in the heart of the flame. Wouldst be one with the heart of the flame? Seek then within thine own hidden flame."

The full text can be downloaded from www.descendedmaster.com/