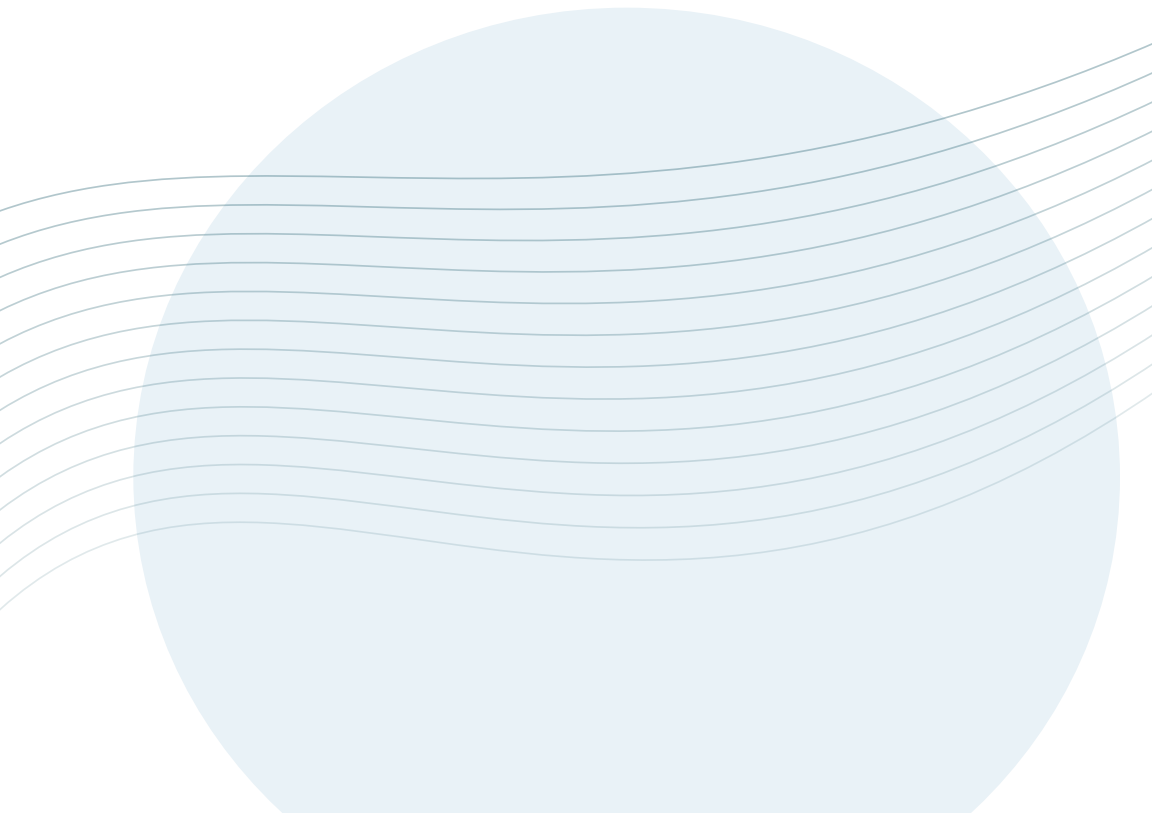
The Great Work



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A source-grounded personal-study companion to *The Magnum Opus*, *The Art of Transmutation*, and *The Book of Remembering*

Volume VII of the Inner Alchemy Study Library
Private personal-study edition · editorial companion, not an official John Kreiter publication

The Great Work is the attempt to make recovered power durable. Perception, belief, projection, servitors, and self-defense become parts of a longer alchemy: gather lost attention, heal energetic wounds, store the gain, refine it into a jewel, live from a new cognitive position, and remember that position when the old world returns.

The three primary sources speak in different forms. *The Magnum Opus* is a course. *The Art of Transmutation* is a visionary narrative of initiation, prayer, natural desire, simultaneous selves, and the walking crazy. *The Book of Remembering* is a compact key-ring linking words, servitors, projection, death, and the weird. This edition preserves the contrast instead of flattening all three into one manual.

Reader's covenant

Read the original EPUBs beside this companion. Practice is cumulative and does not require heroic strain. The philosopher's stone, energy body, cauldron, simultaneous selves, personal god, Secret King, Black Sun, and escape beyond the human are retained as serious esoteric propositions.

Do not use energy absorption to ignore injury, visualization to replace necessary care, or death-defiance ideas to justify reckless behavior. Exercises involving old wounds may activate intense memory. Work with manageable material, stop when overwhelmed, and seek qualified support when memory, mood, or functioning becomes unstable.

How to use this volume

Use three parallel notebooks:

- **Laboratory:** exact exercises, duration, sensations, energy, and results.
- **Transmutation journal:** images, stories, desires, prayers, simultaneous selves, and shifts of cognitive position.
- **Remembering cards:** short words, phrases, or symbols that restore the position when ordinary momentum returns.

The notebooks should cross-reference one another. A vivid insight that never changes the laboratory remains ungrounded; a repetitive exercise with no renewed meaning becomes mechanical.

The Magnum Opus as a circuit

The course begins by balancing rational certainty with energetic possibility. It then examines belief, trains attention, maps the energy body, recovers scattered power, heals wounds through re-absorption, and refines the accumulated stone.

> Figure / source plate
> The Magnum Opus as recovery, re-absorption, storage, and refinement
> Source asset: Figures/v07-magnum-opus.svg

Figure 1. The crucible is fed by recovered life. Refinement stabilizes rather than merely intensifies the result.

Attention as the first substance

Attention is both instrument and commodity. Wherever it remains compulsively fixed, energy follows. The dot exercise, self-observation, and virtual inner room reveal that attention can be trained, recalled, and placed.

The Door of Destiny is the point at which attention no longer merely comments on inner reality but enters and sustains it. This prepares projection, but it also changes ordinary action: a chosen image can become more coherent than the habitual narrative competing with it.

The energy body and cauldron

Kreiter describes a personal energetic circulation with pumps, meridians, tongue-palate connection, and a lower storage center or cauldron. The map is experiential. Its value is measured by whether it organizes breath, inner feeling, recovery, and stable capacity.

Do not force breath retention or muscular strain. The cauldron is not improved by pain. A full practice ends with calm, warmth, density, groundedness, or quiet—not dizziness and depletion.

Lost energy and wounds

Energy becomes trapped in unfinished events and repeatedly reanimated through flashback, resentment, shame, and fear. Re-absorption revisits the event without donating fresh energy to it. The practitioner locates the energetic charge, gathers what belongs to the self, and returns with more capacity.

The past is treated as an energetic present, but the exercise should not become a demand to relive trauma alone. Begin with a mild regret or abandoned project. The aim is recovery, not proof of toughness.

The stone and its three horizons

The stone is the stable result of accumulated and refined energy. Kreiter links it to three traditional alchemical promises: turning lead into gold, immortality, and the final journey. In his system these become transformation of conditions, strengthening continuity beyond the biological body, and movement beyond the human cage.

> Figure / source plate
> Three uses of the philosopher's stone: gold, continuity, and journey
> Source asset: Figures/v07-stone-uses.svg

Figure 2. One accumulated body of power faces material, existential, and post-biological horizons.

The dramatic claims should not obscure the immediate criterion: does practice make attention more available, emotion more containable, choice more deliberate, and inner movement more stable? A stone that exists only as grand language has not yet become durable.

The Art of Transmutation: living before proof

The Art of Transmutation uses story because transformation exceeds an instruction list. A young seeker, shadowed teacher, child, skeptical zealot, inner senses, prayer, dream energy, and “walking crazy” embody positions that argument alone cannot transmit.

Stirrings and odd angles

Freedom first appears as an angle the ordinary world does not acknowledge. The practitioner notices in-between places, hidden doors, and moments when the consensus surface becomes thin. These are not merely anomalies to collect. They invite another posture toward reality.

Inner senses and the personal god

The personal god is not an institution imposed from outside. It is the most intimate form through which the practitioner can relate to the unknown, pray, receive, and direct feeling. Prayer becomes transmutation when it changes the one who prays into the position from which the desire is already alive.

The inner senses—feeling-seeing, direct knowing, atmosphere, imaginal touch—provide the language of this relation. Their evidence is intimate before it is public.

The child and natural desire

The child in the narrative represents desire before social apology. Natural desire does not need to prove that it is respectable. It moves. Kreiter distinguishes this from frantic wanting: natural desire has direction without self-division.

Ask of a desire: *Does it make me more coherent or more performative? Does it return when no one is watching? Does action feel like inner assent rather than punishment?*

Becoming the walking crazy

The “walking crazy” accepts a reality larger than the mob's permission while retaining enough practical coherence to move through shared life. It is not clinical disorganization presented as attainment. The paradox is deliberate: hold the impossible without losing the ability to cook, work, converse, and care.

Dream energy and feeling-intent

Dreams provide energy because they loosen the ordinary censor and reveal desire in motion. Feeling-intent is more than verbal affirmation. It is a sustained embodied direction that can outlast the sentence used to summon it.

Faith, in this context, is duration. The new position continues even when immediate evidence is absent. This is not an excuse for endless failure; the journal must still record what changes and what does not.

Simultaneous selves

Kreiter's simultaneous selves turn manifestation into positional practice. Instead of waiting for a future self to arrive, the practitioner relates to another version as already real and begins to inhabit its feeling, perception, and action.

This is an esoteric equivalence, not a formal proof of timelines. Its value is the liberation of identity from a single inherited trajectory.

Shininess and the crack in the world

At maturity, transmutation is recognizable as shininess: a quality of condensed presence that opens a crack in the assumed world. Communion replaces worship. The practitioner no longer begs a distant power to intervene but participates in the movement of the personal god, Barbelo, infinity, or the unknown.

> Figure / source plate
> The Transmutation Tree from recovered energy and remembering toward simultaneous selves and the crack in the world
> Source asset: Figures/v07-transmutation-tree.svg

Figure 3. The tree joins course practice with the visionary path. New branches remain fed by recovered roots.

Remembering as maintenance of position

The Book of Remembering asks how a new cognitive position survives contact with habit. Words are stargates because a phrase can restore an entire field of sensation, image, and meaning. A servitor can guard the position. Projection can give it room. The Great Work supplies power. Death gives the work urgency. The weird prevents closure into dogma.

Create a remembering key no longer than seven words. It should evoke the position without explaining it. Pair it with a small physical action and one sensation in the body. Use it at the moment the old position begins to feel inevitable.

Practice lab: recover, store, remember

Choose a minor unfinished event.

1. Observe the memory without changing it.
2. Locate the energy that still leaves with the scene.
3. On easy inhalations, draw your attention and feeling back toward the lower center.
4. Hold the gain in quiet for one minute.
5. Imagine the energy becoming a small jewel rather than a moving cloud.
6. Choose a remembering phrase for the recovered position.
7. Complete one physical action that the unfinished event had delayed.

Thought experiment: the jewel and the story

Suppose two practitioners recover the same amount of energy. One explains it through meridians and the cauldron; the other through a personal god and simultaneous selves. If both become more coherent, are the maps interchangeable? What would be lost by declaring only one true? What would be lost by declaring all maps identical?

Before entering the source chapters

The following guides preserve the course structure of *The Magnum Opus* and the key structure of *The Book of Remembering*. The transmutation commentary above supplies the bridge to the ten lessons of *The Art of Transmutation*, whose narrative form should be read directly rather than replaced by a synthetic chapter guide.

Book 8 · The Magnum Opus: A Step-by-Step Course

Creating the Philosopher's Stone

By John Kreiter (2019)

> *"We are energetic beings. Without energy we are nothing; either mentally or physically. The more energy that we can absorb and store, the more we are alive and the more we can do, in this one precious life that we have."*

About This Book

This course organizes earlier exercises around the alchemical image of the Philosopher's Stone. The sequence moves through attention, absorption, storage, re-absorption and refinement, with the 'Cauldron,' 'Jewel' and 'Stone' serving as working images within the system.

Using This Edition

Structure

Each of the seven chapters is divided into two parts:

1. **Concepts**: General theories and foundational ideas
2. **Techniques**: Step-by-step descriptions and suggested routines

Key Recommendations

> *"Practice the techniques and exercises mentioned in each chapter at least once, before continuing to the next."*

Understand at a body level—not merely intellectual comprehension but deep, felt, visceral integration.

The Power of Repetition

Repetition between Concepts and Techniques sections is deliberate:

> *"This inner action directs energy and molds it, which quite literally brings to life those things that are being repeated, first within the mind of the practitioner and then as a physical doing."*

Journal Requirements

The author strongly recommends dedicating a journal to this course:

- ☐ Create a personal schedule for exercises
- ☐ Maintain a log of reactions and impressions (physical and psychological)
- ☐ Log personal synchronicities
- ☐ Keep notes on expanding techniques
- ☐ Write responses for written course portions

Introduction · The Great Work

What This Course Contains

- In-depth overview of energetic absorption
- Review of the body's energy-channel model
- More information on energetic storage (the Cauldron)
- How to use two energy pumps simultaneously
- How to greatly expand absorption practices to include whole situations and events

The Binding Force

> *"This binding force is identified as the MAGNUM OPUS, The Great Work. And what is the Great Work? It is fundamentally the creation and refinement of the Philosopher's Stone or Pearl!"*

Why Energy Matters

> *"The answer is simply that energy is needed in all things! Without it we are lost, we are zombies living the life of the living dead."*

To prosper, we must: - Regain all energy we were born with - Recover energy lost due to predation - Escape the mass of the world and its memetic traps - Find true freedom and power to accomplish our life purpose

Effortless Success Technique

For when starting or continuing with exercises becomes difficult:

> *"If starting, or continuing, with the exercises becomes hard or impossible for whatever reason, I want you to JUST THINK about doing the exercises."*

Process: 1. Visualize and focus attention on THE THOUGHT OF THE ACT of doing the exercises 2. Make it a "focused daydream" that is fun and relaxing (2-5 minutes) 3. When you find yourself impulsively beginning the exercises, DO NOT impede this impulsive action

> *"The trick in all of this is a sense of effortlessness."*

Chapter 1 · A Balancing Act

Concepts

The State of the World

The world operates in a state of **"dis-balanced balance"**—a conscious farming technique to cause maximum emotional upheaval without collapse.

The Missing Ingredient

> *"We forgot our will, and the power to nourish and nurture that will."*

Without this power: - Humanity will never evolve beyond a reactionary, instinct-driven ape - Words, memes, and theoretical solutions are meaningless

A Priori Knowledge

> *"A priori: knowledge that is arrived at through external sources and not through direct personal perception."*

Alchemical Logic takes nothing for granted, seeking direct knowledge by letting go of all a priori understanding.

The Energetic Way

> *"Man is actually an energetic conglomeration of aware energy, that has been turned into a techno chimp."*

From this perspective: **We are food for other forms of non-organic life**—the Great Archon.

The Archon's Method

The Archon feeds on our emotional flares by: - Projecting a portion of itself onto us - Clouding our minds - Lessening our perceptive possibilities - Making humanity stupid, illogical, forgetful, emotional, petty, self-absorbed, and dependent

Techniques

Exercise: An Alien in an Alien World

Purpose: Change cognitive perspective to see the human world with fresh eyes

Instructions: 1. Imagine you are a lone alien landing on Earth for the first time 2. You know nothing about Earthlings or their limited logic 3. Journal your observations from this alien perspective

Duration: 30 minutes each week for 4-8 weeks

Exercise: Seeing Auras

Purpose: Perceive more of the electromagnetic energy spectrum

The Rod/Cone Technique: 1. Have a friend stand against a pale wall in dim light 2. Friend holds thumb 6 inches from their face 3. Relax and focus vision on the TIP OF THE THUMB 4. While maintaining thumb focus, pay attention to the blurred body 5. See the thin corona or mist of white/blue light around your friend 6. Move eyes around the body while maintaining blurred focus 7. Memorize the feeling of what you're doing

Application: Practice as often as possible throughout your day

Chapter 2 · I Believe Therefore I Think

Concepts

The Power of Beliefs

> *"Beliefs are the basic interconnectors of our entire psyche, and they shape all of our perceptions as human beings."*

The Creation Chain:

External Forces

> *"Most of your beliefs are not your own, because your mind is not strictly yours alone, not completely."*

The Archon imposes beliefs through energetic thrust into our mental core.

Techniques

Exercise: Discovering Core Beliefs

Topics to explore: Life, Being Happy, Personal Power

Process: 1. Define the topic using conventional sources and introspection 2. Ask: "Why do I feel this definition is correct?" 3. Trace the source of your belief 4. Continue asking "why" until you reach a **core belief** that stands on its own 5. Examine the core belief from personal and detached standpoints

Exercise: Belief Plasticity

Purpose: Discover the plasticity of your own mind

Process: 1. Find content with beliefs opposite to yours 2. Read and TRY TO REALLY BELIEVE everything is completely true 3. Observe your internal experience 4. Explore barriers that prevent belief

"Mastering the ability to make yourself believe the impossible is a highly practical skill because it can allow you to channel great amounts of psychic force."

Chapter 3 · Attention and the Door of Destiny

Concepts

Attention as Creation

> *"From an energetic point of view, the act of paying attention is the act of creation, the act of directing energy, either consciously or unconsciously, through the medium of intent."*

> *"Paying attention is the act (the doing) of creation because quite simply, every time you focus your attention on something, you are projecting energy from the core of your being into that something, and are quite literally bringing it to life."*

The True Priority

> *"Attention is primary; beliefs are the outermost scaffolding that provides structure and shape to reality."*

Techniques

Exercise: Paying Attention to Yourself

Instructions: 1. Throughout the day, observe the thoughts and feelings across your mind 2. Try to sustain this attention for longer periods 3. Become a spectator of your mind 4. Immerse yourself within yourself and watch consciousness unfold 5. Notice how easily your attention is distracted

Exercise: The Dot on the Wall

Setup: 1. Make a small black dot (¼ inch) on paper 2. Tape to wall slightly below eye level 3. Sit 3-6 feet away

Instructions: 1. Look only at the dot, to the exclusion of everything else 2. Forget about who you are, where you are 3. Stop thoughts in mid-stride 4. If random thoughts intrude, cut them and return to the dot 5. Duration: 15 minutes, working up to 30 minutes 6. Routine: 3 times a week for a month

Exercise: The Virtual Reality Room (Five Senses Visualization)

> *"The one MOST IMPORTANT, and most overlooked component in the proper execution of TRUE magic(k)."*

Goal: Develop the ability to visualize with every single sense until visualizations become as real as possible.

Visualization of Sight: 1. Close eyes, try to see a blue square 2. Do for 10-15 minutes 3. Progress to eyes open visualization 4. Finally, visualize 3D objects

Visualization of Touch: - Imagine a soft breeze hitting your face and body - Extend your hand to "touch" distant objects - Visualize internal feelings and emotions

Visualization of Smell, Hearing, Taste: - Visualize favorite scents, sounds, tastes until vivid

Routine: 30 minutes a day, 3 times weekly for first month, then twice weekly. Devote at least 6 months to this practice.

Chapter 4 · Your Personal Energy Body

Concepts

We Are Energy

> *"We are energy, all of us, everything on this planet is made up of pure energy."*

Properties of energy: - It vibrates - It is all connected (nonlocal properties) - It changes structure but cannot be destroyed - It has a great drive towards greater complexity and expansion

The Way Out

> *"The one most essential element that increases and refines attention is ENERGY, human LIFE ENERGY. With enough of it, your entire life changes, from the inside out."*

The Central Meridian

The most important meridian runs **up your spine and down the front of your body**.

Critical: Tensions can cause energy to get "pinched off" like a kink in a hose.

Solution: Always keep your tongue on the roof of your mouth to complete the natural energy meridian.

The Cauldron

> *"The energetic storage point of the body—of critical importance to an Alchemist."*

The Cauldron is where the **Philosopher's Stone is founded and nurtured**.

Location: The exact center of your body (divide height, width, depth in half)

Techniques

Exercise: Pretend You Are Energy

Instructions: 1. Contemplate the object world (5 minutes) 2. Completely believe you and everything around you is vibrating energy (5 minutes) 3. Imagine moving through a sea of energy 4. Routine: 5 minutes every day for a week

Exercise: Inner Feeling Sense (IFS)

Purpose: Feel the inner essence of things, not just the outermost layer

Instructions: 1. Project an "inner tentacle or projection" beyond yourself into objects 2. Explore feelings as you become one with the object 3. Look deeply into the energetic conglomeration 4. Apply to plants, stones, chairs, then to yourself

> *"This Inner Feeling Sense is one of the most important and powerful techniques you can learn!"*

Exercise: Full Glass of Water Breathing

Important Precaution: If you have heart trouble or risk of brain hemorrhage, consult your doctor.

Proper Breathing: - IN: Fill lungs from bottom to top like filling a glass - OUT: Empty from top to bottom

Breathing Cycles: - **Inhaling**: Taking energy into the body (long inhale = more absorption) - **Exhaling**: Distributing and concentrating energy - **Even Breath**: Creates rhythmic, vibratory cycle

Full Meridian Cycle: 1. Keep tongue on roof of mouth 2. Breathe IN (Full Glass), feel energy move to Cauldron 3. Breathe OUT, imagine energy moving down, around, up spine, over head, down palate 4. Repeat 10 times 5. Routine: 10 breaths morning and afternoon

Chapter 5 · Absorbing Lost Energy

Concepts

Emotional Energetic Flares

Strong emotions (pleasant or unpleasant) cause you to project energy into the environment.

Cheating the Archon

> *"Through the ability to absorb emotional energy, you are able to cheat the Archonic Host of a meal."*

> *"By absorbing this negative energy, either from ourselves or from the people and the world around us, we are quite literally feeding on the Great Archon himself. That is, we have just taught ourselves how to devour that which has been eating us!"*

The IN Polarity

Energy absorbed travels to the **IN Polarity** (solar plexus/stomach area) for processing into personal energy.

The Predatory Stance

> *"This Predatory Stance is needed because it is the key force that changes the intent of that invading force and turns the energy into food for you!"*

Techniques

Exercise: The Energy Pumps

First Energy Pump (Pull/Push Intent): 1. Place a cup on a table 2. Try to mentally PULL the object toward you 3. Identify the "sucking or pulling feeling" 4. Then try to PUSH the cup away 5. Master both sensations

Second Energy Pump (Reverse Breathing): - Contract stomach and chest as you breathe IN - Creates powerful suction to draw in energy through skin and bones

Exercise: Bone Breathing

1. Keep tongue on roof of mouth
2. Extend dominant arm, open hand toward a cup
3. Draw energy (not the cup) up your palms and arm bones
4. Combine with Reverse Breathing
5. Visualize white light being sucked into hand, arm, spine
6. Extend to both arms, legs, back, skull
7. Finally, breathe through every pore

Routine: Once daily for 10 minutes until mastered, then weekly

Exercise: Packing Energy into the Cauldron

1. Stand with feet shoulder-width apart
2. Do 5 full Bone Breaths using both pumps
3. Feel energy working into stomach and Cauldron area
4. Use Inner Feeling Sense to follow the energy
5. Use First Energy Pump to Push/Pull energy into Cauldron
6. PACK the energy into a tight solid sphere
7. Repeat for 4 more breaths

Key Points: - **IN breath**: Pull in as much energy as possible - **OUT breath**: Push absorbed energy into Cauldron

Exercise: in the Field

1. Find a moderately crowded area
2. Relax with three Full Glass breaths
3. Observe body tensions from external energy
4. When you note tension, start absorbing

5. Don't shield or attack—ABSORB
6. Engage energy pumps, pull against ALL bodily tension
7. Maintain Predatory Stance
8. Pack into Cauldron

Exercise: Absorbing a Bad Situation

"Such negative events, as they are happening… CAN BE STOPPED."

1. Wake up to the situation as it unfolds
2. Begin to absorb the entire event
3. Use Inner Feeling Sense to grasp the "bad vibe"
4. Say: "I take all this negative energy and I stop this negative event in its tracks!"
5. Absorb until energetically neutral
6. Pack into Cauldron

Chapter 6 · Healing Your Energetic Wounds

Concepts

The Energetic View of Time

Rational View: Time is linear (past ⟶ present ⟶ future)

Alchemist's View: > *"There is only an endless now time; a now moment. A spacious ever evolving present that has what could best be described by the word: depth."*

Re-absorption Principle

> *"To recover lost energy from past negative emotional flares, the Alchemist needs to focus his or her attention on that past event, until the Alchemist's vibrational essence matches that past frequency."*

Energetic Wounds

Highly negative past events are **small wounds in your energetic body** that: - Drag your attention back to past events - Force you to re-live them repeatedly - Continue to drain you energetically

Techniques

Exercise: Identifying Past Energy Loss

1. Observe how attention is diverted to the past by memories
2. Identify "attention-grabbing memory flashbacks"
3. Journal these immediately
4. Create a short list of 5 most emotionally draining memories
5. Schedule time for re-absorption practice

Exercise: Energetic Re-Absorption

1. Find quiet place for 20 minutes, at least twice weekly
2. Close eyes and recall one memory from your list
3. Bring order to the fragmented memory vision
4. Relax and let the memory become vivid
5. As emotional charge builds, use energy pumps to absorb
6. Pull energy from both past and present simultaneously
7. Absorb others' negativity with Predatory Stance
8. Absorb the entire scene/event
9. Pack all energy into Cauldron
10. Continue until no strong emotion remains

Signs of Completion: - Memory has no emotional charge - Memory becomes harder to recall - Deep inner knowing that you're done

Chapter 7 · Refining Your Stone into a Jewel

Concepts

The Trifold Way Summary

1. **Basic outline of the true state of the world**
2. **Personal enlightenment through beliefs and attention**
3. **Opening the Door of Destiny through five senses visualization**
4. **Employment of Inner Feeling Sense**
5. **Discovery of personal energy body**
6. **Energetic absorption technique**
7. **Energetic re-absorption technique**
8. **Safely storing and refining energy in the Cauldron**
9. **Using the Stone with Thought Forms**

The Final Unification Process

1. **Lifelong energetic absorption and re-absorption**
2. **Mastery of emotional stability and attention**
3. **Dedicated packing and condensing in the Cauldron**

The Nature of the Jewel

> *"This Jewel will in time become a true objective thing inside your physical body, but it will also have the ability to exist, be a part of, multiple dimensional worlds and to completely defy current ideas about the nature of time, space, and reality."*

Three Uses of the Stone

1. **Survival in the Objective World** (Maslow's Hierarchy)

2. **Refinement of the Double Body & Immortality**
3. **Transcendence into the Outer Worlds**

Techniques

The Recommended Workout Routine

1. **Become aware in the world**: Keep taking the red pill
2. **Study your beliefs**: At least twice a year
3. **Practice five senses visualization**: Twice weekly, 15+ minutes
4. **Use Inner Feeling Sense**: Twice weekly on various objects
5. **Full Glass breaths**: 5 morning, 5 afternoon
6. **Practice Energy Pumps**: At least once weekly
7. **Master First Energy Pump circulation**: Integrate with breathing
8. **Pack into Cauldron**: 5 additional breaths after circulation
9. **Present energy absorption**: Ongoing
10. **Past energy re-absorption**: Work through 100+ memories
11. **Refine the Stone**: 15 minutes, twice weekly minimum

Exercise: Refining the Stone

1. Find quiet place, 15+ minutes, twice weekly
2. Close eyes, use IFS to locate your Stone
3. Breathe in (Full Glass)
4. Breathe out, feel energy move to Stone location
5. Use First Energy Pump to Push and Pull into the area
6. Direct environmental energy straight into Stone
7. **Press and condense** with focused attention (NOT muscles!)
8. Feel energy being pressed into a crystalline Jewel

> *"A Jewel is created through great pressure as the power and weight of the Earth itself pushes into it. So, you must do this with your own Stone by using the power of your focused attention."*

Exercise: Using Thought Forms with the Stone

1. Find quiet area, 15-20 minutes
2. Place hands as if holding a large bowl
3. Focus on space between hands
4. Visualize a sphere of energy materializing
5. Engage all senses (visual, sound, touch, smell)
6. Embed your desire in the center (like a snow globe scene)
7. Use IFS to connect with your Stone
8. PULL energy from Stone, up arms, PUSH into sphere
9. Infuse until sphere becomes more solid and bright
10. Project the thought form into the world
11. Have faith and let it work freely

Conclusion · The Path to Freedom

The Nature of Transformation

> *"Once properly processed into a tight and powerful Stone or Pearl, this energy accumulation and storage becomes a highly concentrated sphere of pure and stable energy that can then be used to transcend this dimensional range."*

A successful Alchemist: - Becomes able to change lead into gold (transmutation) - Learns to weave new worlds into existence - Realizes the possibility of becoming a true immortal

The Experience of Freedom

- Joy far outweighs fear
- A deep longing for something OUT THERE emerges
- Dogma becomes less important
- **Energetic truths** become what matters
- New dimensions beckon ever more intently

The Final Challenge

> *"I challenge you to seek the power of the Philosopher's Stone, the power of COMPLETE energetic absorption and cohesion. I challenge you to break all of the limitations that the world has imposed on you, since the day of your birth!"*

Glossary

Term	Definition
A Priori	Knowledge from external sources (parents, religion, government, common sense) rather than direct personal perception
Chi Sickness	Symptoms from improper energy movement (headaches, tingling, nausea, hallucinations) often from not keeping tongue on palate
Cognitive Position	The viewpoint from which an individual perceives and understands the world
Common Sense	Deductive conclusions based on *a priori* information; equated with rationality
Core Belief	A foundational belief that underpins other related beliefs
Foundational Framework	The psychological structure of beliefs that shape conscious psyche
Great Archon	A titanic non-organic entity that feeds on human emotional energy
Meridian	An energy pathway within the body for circulating vital life force
Nonlocal	A state where matter/energy/consciousness exists everywhere and nowhere simultaneously
Predatory Stance	A focused attention to absorb foreign negative energy by claiming it as one's own
Rationality	A limited logic based on facts sanctioned by ruling establishment

Appendix: Quick Reference

Daily Practice Summary

Time	Practice	Duration
Morning	Full Glass breaths with meridian cycle	5 breaths
Morning	Packing into Cauldron	5 breaths
Throughout Day	Present energy absorption	Ongoing
Afternoon	Full Glass breaths with meridian cycle	5 breaths
Afternoon	Packing into Cauldron	5 breaths
Evening (2-3x/week)	Five senses visualization	15-30 min
Evening (2x/week)	Past re-absorption	20 min
Evening (2x/week)	Stone refinement	15+ min

Critical Reminders

1. **Tongue on roof of mouth** - Always during energy work
2. **Predatory Stance** - Essential for absorbing foreign intent
3. **Never use muscular force** - Only attention for pressing the Stone
4. **Effortlessness** - The key to success
5. **Journal everything** - Track progress and synchronicities

> *"The Philosopher's Stone is THE KEY that opens the door to true freedom and the Outer Worlds, and this is usually only possible after a lifetime of effort."*

Book 11 · The Book of Remembering

Study and Practice Edition

By John Kreiter (2022)

About This Book

This concluding volume gathers the themes of the Double, servitors, dimensional movement and the Great Work. Its emphasis is remembrance: carrying identity and attention across changes of state rather than treating waking life and inner experience as separate worlds.

What the Book Covers

The volume is organized around the following aims: - Help you **remember** who you truly are (the Double) - Provide **keys** (powerful quotes and insights) to unlock dimensional doors - Explain **servitors** as bridges between inner and outer reality - Reveal the nature of **the Great Work** - Guide you in **projecting past the six walls** of the three-dimensional cube - Show the path **beyond the cycle of life and death** - Embrace **the Weird** as the nature of true reality

Epigraph

> *"The Double is you not bound by space and time... you are the double and the double is you; you are two, you are Janus."*

Preface · The Double

Who or What Is the Double?

> **"The Double is you not bound by space and time."**

The Double is: - The authentic "you" existing beyond physical reality - Not a stranger—**it IS you** - Not a stargate or dimensional portal (because it is everywhere and nowhere) - Not merely an "immortal self" vessel—**you are already immortal** - The **vessel for your individuality; it IS your individuality**

The Janus Principle

> **"In this life, you are the double and the double is you; you are two, you are Janus."**

Janus: The Roman God of transitions, beginnings, and endings, with two faces looking simultaneously outward and inward.

The average person has two distinct selves because each face can "forget the other."

The Battle of the Dreamer: > "The battle of the dreamer, the projectionist, is to find someplace in the middle, some 'gate' in between both faces where each can know the other."

Reimagining Time and Space

> **"There is no time as we mostly understand time, there is only an infinite now."**

> **"There is no space as we mostly understand space, there is only an infinite here."**

From this perspective: > **"Whatever you are now you will be forever; this is both the blessing and the curse of the immortality that is yours now."**

The True Battle

The core message: > **“This is not what we are fighting for, this need to live forever like some bored vampire... The battle is about expansion, it’s about growth, about the development of the individual ‘you’ through a medium of action that cannot be measured using a ruler or a ticking clock.”**

This is **evolution beyond humanity**.

The Quest of the Inner Alchemist

> **“The true quest of the inner alchemist is to look upon the face of the Black Sun, to look upon the face of the singularity at the center of this universe, to shake and quiver and lose whatever you define as mind now, to shatter into immeasurable pieces and to wake up to a world beyond your comprehension, to rules beyond belief...”**

The Deception of Words

> **“Words must deceive you see, they don’t mean to really but by their very nature, like scorpions riding on a frog’s back, this is what they do... they were created after all by the physically bound self, an aspect of the Total Self that sleeps through life as a slave.”**

Words are created by the limited physical self. Use them with scrutiny or they will trap you in delusion.

Introduction · Inner Action and Hidden Reality

Beyond Physical Action

Inner alchemists seek to understand our "multiplicity of total nature" and "unlimited potential" through **inner action**—not merely physical doing.

The Hidden (Occult) Side of Reality

> **"There is a hidden side to everything. This hidden (occult) side to reality is not accessible by us easily, because it for the most part it stands outside of the physical senses."**

Those who claim access to this hidden reality speak of a **great expanse Out There**. Tapping into it changes what's possible.

The Inner Alchemist's Path

Unlike the average human being, the inner alchemist: > **"Goes further than just this written word, and begins to turn such material into direct power by not just reading it, but by beginning to incorporate those ideas into their own lives."**

Through growing **power of attention**, persistent practitioners begin to perceive the hidden reality directly.

Chapter 1 · Words Are the Stargate

Words as Keys

> **"The world needs your focus. Without it, it begins to crumble. And once it crumbles, the walls begin to fade away."**

The physical world does its best to contain you by having you focus all your life intensity on it. This is how the world **feeds and sustains itself** at the cost of your greater freedom.

The Power of Quotes

A powerful quote with "hidden truth and intensity" can be **a true inverted map** revealing entire hidden realms.

Lewis Carroll's works (Alice in Wonderland) allude to these hidden keys:

> *"Who are you?" asked the Caterpillar. "I hardly know... I know who I was when I got up this morning, but I think I must have been changed several times since then."*

This encapsulates the theme of identity shifting central to inner alchemy.

Words as Doorways

Inner alchemists seek "inverted maps or keys" to open "doorways into new dimensional positions" to escape the three-dimensional cube.

> **"This is true magic! This is the magic of feeling intent!"**

Chapter 1 Core Teachings

On Reality and Perception

> **"Contrary to the common New Age view, the world out there is not an illusion, but the reality is that we are only able to perceive a small fraction of it."**

Our instruments give "skewed interpretations" because we build them to see what we expect.

> **"We live in an infinite world made up of the known and the unknown."**

On the Mob Mind and the Watcher

> **"What we think of as being our mind is often the mind of the collective, the mob mind that we all share as humans on this planet, and that mind is ruled, indeed fashioned, by the Archon!"**

But there is the possibility of finding the **individual you**:

> **"If you just watch all of the thoughts, emotions, ideas, memories, feelings, images, etc., that are going across your mind all the time, you can eventually begin to see underneath all of this... You can begin to see that there is a watcher, a being that is watching all of this, even watching you trying to watch yourself."**

> **"The watcher is the real you!"**

On Eternal Recurrence

> **"Each moment in this one life has within it an almost infinite number of probabilities."**

We choose one as "reality." All other choices, "dreams" to us, **are real now at this moment and forever** in other timelines.

The Trap: > "None will escape the Archon, none will escape life and death, unless one of those timelines escapes the Archon… Escape is 'not a probability', it is instead 'energetic intentionality'."

> **"Probability is sleep, dreaming within the forever cloud of the Archon. Intentionality is wakefulness, it is the conscious will to power, the will to escape the endless loop."**

On Skepticism

> **"Why nothing paranormal or magical ever happens around a skeptic? Because their strong beliefs cancel out or ignore any results that disprove their notions of reality."**

> **"In order to create the supposed impossible, I challenge you to believe in its possibility with as much fervor as the skeptic believes in their reality!"**

On the Dark Sea

> **"Close your eyes to the physical world and fall backwards into the darkness that you will find there… fall until you rediscover the infinity within, that is really without. The Great Dark Sea awaits…"**

On Walls and the Ghost

> **"To go within is to go without, this is the great secret."**

The "Out There" is an illusion of perception based on rational reality—**it is really inside of us**.

On Immortality and True Freedom

> **"You are immortal now because humanity is bound to repeat the life that they are now living, over and over again, forever."**

In that sense, **"you are as dead now as you will ever be."**

The author's quest: **TRUE FREEDOM**—freedom from the endless cycle, finding immortality **beyond Eternal Recurrence**.

> **"Since you are as dead as you will ever be and there is nobody like you think there is, there is therefore no body to save. There is only the breaking of cages!"**

Chapter 2 · The Servitors

The World-Tree Connection

Servitors are techniques that describe the **world-tree (Yggdrasil)**:

> **"This world-tree represents that connecting bridge that joins the inner aspects of us, to the outer physical ones; the bridge between the inner reality where all begins and the three-dimensional outer world."**

Transmutation is "the movement of a thing from one point in the world-tree to another."

What Servitors Represent

> **"Servitors are perhaps the greatest consequence and example of a technique that engages itself in this kind of transmutation, that takes something to be found in subjective reality and through the focus of attention, transmutes that subjectivity into an objective thing."**

They are: - A bridge and door - Showing how to break the "mid-guard" (our material realm) - Teachers of the power of thought - Demonstrations that the subjective affects the objective

What Are Servitors?

Definition: A servitor is "essentially a servant that you create in order to do your bidding"—a "creature created on the astral plane that performs a certain task."

At their core, they are **concentrated thought forms**.

Common Uses: - Guarding property/loved ones - Creating an aura (confidence, bravery, luck) - Bringing needed things - Protection against physical and non-organic threats - Aid in "seeing" - Companionship

Historical Context: Tulpa

Alexandra David-Néel encountered "Tulpa" (Tibetan thought forms) that became so solid they were seen by others. Kreiter's servitors don't need to be that powerful to be effective.

To Create a Servitor: Three Parts

Part 1: Construction

1. **Symbolic Representation:** Design a new being using your creativity
2. **Functionality is Key:** Design based on the task
3. **Size:** Smaller creatures take less energy to charge
4. **Process:**
    - Write a "statement of intent"
    - Think of a creature best suited for the duty
    - Draw a simplified version (a "logo")
    - Give your servitor a **secret name**

Paper Content: - Statement of intent - Point-by-point task description - Personal drawing (complex) - Description of special powers - Simplified logo - Servitor's name

Part 2: Charging

> **"Charge it with thought force which is essentially personal attention."**

Method: 1. Find a quiet place with the paper/logo/name 2. Focus all attention on the logo 3. Repeat the name of your servitor 4. Imagine as vividly as possible that it is real and alive before you 5. **Believe with every fiber of your being** that it is alive

Duration: 10-30 minutes, at least 3 times on 3 different days

Part 3: Casting

Once charged, send the servitor out to do its work: 1. Visualize it receiving its instructions 2. Command it to perform its task 3. Release it to act independently

Maintenance: - Periodically recharge (every 7-14 days) - Check in with it using Inner Feeling Sense - Dismiss if no longer needed

Chapter 3 · The Great Work

What Is the Great Work?

The Great Work is the complete transformation of the individual from: - A sleeping human bound by Archonic control - To a sovereign being free of all cages

It encompasses: - Energy mastery (absorption, containment, refinement) - Projection mastery (conscious dimensional travel) - Death defiance (crossing the Sixth and Seventh Rooms) - Integration of the Double

Chapter 3 Q&a Highlights

Q: Why Do Adepts Fall?

A: Their energetic containment is "not enough to withstand the Archon's dark intent." Cracks lead to crumbling.

Solution: Master the "three polarities that make up every human being" in equal measure, and practice **the art of absorption as opposed to just creating shields**.

Q: What Is the Cognitive Condition?

A: "In order to wake up to who/what you really are, you must first realize who you think you are is just the cognitive condition/position."

Q: What Is Humanity's Biggest Problem?

A: Inability to be perceptually flexible. This is a "Psychic War" of "perceptive angles" fought in the "collective subjective mass conscious."

Q: How Does Prolonged Focus of Attention Work?

A: "You can do just about anything in this world that you want, as long as you can focus your attention long enough on that one outcome."

Chapter 4 · Projecting Past the Six Walls

The Six Walls of the Cube

We are trapped by perceptive walls in a “three-dimensional cube,” a “snow globe.”

The six walls represent: 1. **Top/Bottom:** Birth and death 2. **Front/Back:** Past and future 3. **Left/Right:** Self and other

Each wall is a limitation of perception imposed by the Archonic condition.

Breaking the Walls

To project past the walls:

1. **Recognize** each wall as a belief structure
2. **Challenge** the wall through direct perception
3. **Pass through** by altering vibrational frequency
4. **Expand** your dimensional range

Chapter 4 Q&a Highlights

Q: How Do Thought Forms Manifest?

A: Thoughts become mental images/ideas. As frequency solidifies:

Thought forms are concentrated thoughts with attention/emotional energy. More powerful = easier to affect objective reality.

Q: What Is the Connection to Inner Space?

A: The swirling patterns in hypnagogic/trance states mirror atomic structures and spirals in nature (Fibonacci). Exploring these patterns provides clues to the underlying structures of reality and thought itself. This is **INNER SPACE**.

“Moving within is the source of all true knowledge.”

Chapter 5 · Beyond the Cycle of Life and Death

The Cycle

For most of humanity: - Life ⟶ Death ⟶ Return to Oversoul ⟶ Rebirth ⟶ Life ⟶ Death…

This cycle continues endlessly. We are **already immortal** in this sense—but it is the immortality of repetition, not freedom.

Escaping the Cycle

To escape: 1. **Accumulate sufficient energy** to resist dissolution 2. **Develop the Double** to survive without the physical body 3. **Maintain individuality** against the pull of the Black Sun 4. **Choose consciously** rather than being recycled unconsciously

The Black Sun Revisited

The Black Sun is: - The center of the galaxy - The ultimate destination of all energy - The "machine of death" - The final test for the death defier

Chapter 5 Q&a Highlights

Q: What Is the Role of Consciousness?

A: "Everything is conscious; from a person to an animal, to a carrot, to a rock, or even a chair."

Ego consciousness arose because "humanity intended it. It wanted to know itself, it wanted to know individuality."

The Archon was the answer to that desire—**be careful what you wish for**.

Q: What Is True Freedom?

A: Freedom from the endless cycle. Finding immortality **beyond Eternal Recurrence**. Moving beyond the "eddy in the Dark Sea."

Q: What Is Energy?

A: "A force (a fury) that is the source of all existence." It is **action**, originating beyond the physical plane.

> **"Action is all, all is action, therefore energy is everything."**

Q: What Is Energetic Containment?

A: Inner alchemy's **cardinal methodology**. It allows breaking free of Archon bonds by containing energy "given freely and innocently by the average person to the great predator and tyrant."

Chapter 6 · The Weird

Embracing the Weird

> **“There are trans-dimensional entities that cross into this three-dimensional plane on a regular basis.”**

The “weird” is not anomaly—it is the **true nature of reality** hidden behind the rational facade.

The Soul Machines

> **“We exist in a predatory world… full of the darkest danger.”**

“Shadowed and LIVING threats” exist whose “machinations and actions follow patterns and intents that are far beyond good and evil.”

> **“We are merely pieces of glittering dust to them. We are the harvest that this darkness yearns for.”**

The Host

> *“A shadow within shadows, they watch our every move… They are the voices in our heads… They are the rulers, they set the rules, of our self-absorption.”*

Seeing Without Conception

> **“To look without conception is to SEE.”**

The key to perceiving the weird is to look **without preconceptions**, allowing reality to reveal itself as it truly is.

Linearity as Illusion

> **"The idea that anything is linear, or that the extent of your life is whatever followed some trajectory course from a beginning to an end, is the real illusion and all of life."**

Chapter 6 Q&a Highlights

Q: Am I Paranoid?

A: The term "paranoid" can mean "far more aware." Seeing interrelations, connections, "metadata" beneath reality is **greater awareness**.

> **"Expansion of awareness is critical to breaking free from the three-dimensional cube."**

Q: What About the Paranormal?

A: Anyone denying it is unaware of the "incredible limit of physical perception." They believe the unknown is just combinations of the known.

Q: What Lies Beyond?

A: "Our senses are lying to us." They are based on a "cognitive standpoint now employed by most of humanity" (rationality/reasonableness). We can retrain senses to access **different cognitive standpoints**.

Conclusion

The Book's Purpose Fulfilled

This book has provided: - Understanding of the Double (your true self) - Keys (quotes and insights) to unlock dimensional doors - Knowledge of servitors as bridges between worlds - The framework of the Great Work - Methods to project past the six walls - The path beyond life and death - Embrace of the Weird as true reality

The Final Teaching

> **"The best way to wake up in your dreams is to never fall asleep at all."**

The Call

You are the Double. The Double is you. You are already immortal—but trapped in repetition.

The work is: - To **remember** who you truly are - To **expand** beyond your current cage - To **free** yourself from all limitation - To **become** what you have always been

This is not a destination. It is an endless unfolding.

Appendices

Appendix a · Glossary of Terms

Term	Definition
Archon	The predatory force that controls humanity through the mob mind
Black Sun	The singularity at the galaxy's center; the machine of death
Cognitive Condition/Position	The perceptual framework determining what you can perceive
Dark Sea	The infinite energetic ocean underlying all existence
Double	Your true self, not bound by space and time
Energetic Containment	The cardinal methodology of inner alchemy
Eternal Recurrence	The endless repetition of life; humanity's current immortality
Great Work	The complete transformation to sovereign freedom
Inner Space	The realm within where all true knowledge originates
Janus	The two-faced god; symbol of the dual nature of self
Logos	Personal systematic order of perception
Mob Mind	The collective consciousness controlled by the Archon

Term	Definition
Oversoul	The greater structure humans are part of
Servitor	A created thought form that performs tasks
Six Walls	The limitations forming the three-dimensional cube
Soul Machines	Predatory structures that harvest human energy
The Watcher	The real you, observing all mental activity
The Weird	The true nature of reality behind the rational facade
Total Self	The complete unified being including Double
Transmutation	Movement of a thing from one point in the world-tree to another
True Freedom	Freedom from the cycle of Eternal Recurrence
World-Tree	The bridge connecting inner and outer realities

Appendix B · Creating Your First Servitor

Step-by-Step Process

Week 1: Design Phase 1. Identify a specific need or task 2. Write clear statement of intent 3. Design the servitor's form 4. Create the logo/sigil 5. Choose the secret name

Week 2: Charging Phase 1. Session 1: 20-minute charging 2. Session 2: 20-minute charging (different day) 3. Session 3: 20-minute charging (different day) 4. Each session: visualize, repeat name, believe completely

Week 3: Activation and Casting 1. Final charging session 2. Give the servitor its instructions 3. Command it to act 4. Release it to work

Ongoing: Maintenance - Recharge every 7-14 days - Check progress with Inner Feeling Sense - Adjust instructions if needed - Dismiss when task is complete

Servitor Template

```
┌─────────────────────────────────────────────────────────┐
│                SERVITOR CREATION TEMPLATE               │
├─────────────────────────────────────────────────────────┤
│                                                         │
│  NAME (secret): _____________________________           │
│                                                         │
│  STATEMENT OF INTENT:                                   │
│  _______________________________________________        │
│  _______________________________________________        │
│                                                         │
│  TASK DESCRIPTION:                                      │
│  • _____________________________________________        │
│  • _____________________________________________        │
│  • _____________________________________________        │
│                                                         │
│  SPECIAL POWERS:                                        │
│  • _____________________________________________        │
│  • _____________________________________________        │
│                                                         │
│  VISUAL FORM (describe):                                │
│  _______________________________________________        │
│  _______________________________________________        │
│                                                         │
│  LOGO/SIGIL (draw in journal)                           │
│                                                         │
│  ACTIVATION DATE: _______________                       │
│  RECHARGE SCHEDULE: Every ___ days                      │
│                                                         │
└─────────────────────────────────────────────────────────┘
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Appendix C · The Six Walls Practice

Daily Practice for Breaking the Walls

Morning (10 minutes): 1. Contemplate one wall 2. Feel its limitation 3. Visualize it dissolving 4. Sense the space beyond

Rotation: - Day 1: Wall of Birth - Day 2: Wall of Death - Day 3: Wall of Past - Day 4: Wall of Future - Day 5: Wall of Self - Day 6: Wall of Other - Day 7: Integration (all walls)

Weekly Practice (30 Minutes)

1. Enter meditative state
2. Visualize yourself inside the cube
3. Feel each wall
4. Choose one wall to focus on
5. Project your attention through it
6. Experience what lies beyond
7. Return and journal

Appendix D · Key Quotes for Contemplation

Use these as "keys" for meditative exploration:

> *"The Double is you not bound by space and time."*
>
> *"There is no time as we mostly understand time, there is only an infinite now."*
>
> *"To go within is to go without, this is the great secret."*
>
> *"The watcher is the real you!"*
>
> *"Probability is sleep... Intentionality is wakefulness."*
>
> *"You are as dead now as you will ever be."*
>
> *"There is only the breaking of cages!"*
>
> *"To look without conception is to SEE."*
>
> *"The best way to wake up in your dreams is to never fall asleep at all."*

Quick Reference: The Book of Remembering

The Path Summarized

1. **Recognize** the cage you're in
2. **Remember** you are the Double
3. **Create** bridges (servitors) between worlds
4. **Project** past the six walls
5. **Escape** the cycle of repetition
6. **Embrace** the Weird as true reality
7. **Become** free

The Golden Rule

> **"The best way to wake up in your dreams is to never fall asleep at all."**

Master Reference

Appendix a · Technique Index

Energy Work Techniques

Technique	Book	Purpose
Full Glass Breathing	8	Fill body with energy bottom to top
Full Meridian Cycle	8	Circulate energy through main channel
First Energy Pump (Pull/Push)	6, 8	Active absorption/projection
Second Energy Pump (Reverse Breathing)	6, 8	Passive absorption/projection
Bone Breathing	8	Draw energy through bones/pores
Packing	8	Condense energy into Cauldron
Energetic Containment	6	Prevent energy leakage
Predatory Stance	6	Absorb foreign negative intent
Re-Absorption	8	Reclaim energy from past events
Stone Refinement	8	Crystallize Philosopher's Stone

Projection Techniques

Technique	Book	Purpose
Here and Now Point	9	Establish perceptual anchor
Turning the Dial	9	Shift awareness laterally
Death Posture	9	Maintain awareness while body sleeps
Remembered Place	9	Stabilize inner visualization
Quick Glances	9	Prevent scene dissolution
Creating a Story	9	Extended immersive projection
Inner Feeling Sense	9	Direct non-physical perception
Emotional Containment	9	Avoid attracting entities
Cubing	9	Bind and order phenomena
Remembering the Body	9	Maintain self-cohesion
Push/Pull Force	9	Move self and objects in projection

Manifestation Techniques

Technique	Book	Purpose
Thought Form Creation	7	11-step wealth manifestation
Servitor Creation	2	5-step task thought form

Technique	Book	Purpose
Servitor Companion	4	5-step companionship thought form
MOlamp Activation	7	Group wealth servitor
Detached Expectancy	7	Wu Wei manifestation state

Perception Techniques

Technique	Book	Purpose
Seeing Auras	1	Rod/cone receptor engagement
Breaking Sleep Routine	1	Access liminal states
Belief Manipulation	1	Change cognitive position
Chapel Perilous Navigation	1	Cross reality threshold
Banishment	1	Clear negative energy/ entities
Alien in Alien World	8	Cognitive shift exercise

Death Work Techniques

Technique	Book	Purpose
Death Axiom Contemplation	10	Integrate mortality awareness
Duality Understanding	10	Perceive wave/particle nature
Logos Restructuring	10	Create lucid mind palace

Technique	Book	Purpose
Sixth Room Approach	10	Prepare for death confrontation
Seventh Room Crossing	10	Achieve immortality potential

Appendix B · The Rooms of the Projectionist ()

Room	Name	Challenge	Achievement	Book Reference
1	Entry	Establishing inner awareness	Basic projection	9
2	Shadows	Navigating dream imagery	Stable inner sight	9
3	Light	Consistent projection	Extended travel	9
4	Forms	Encountering entities	IFS mastery	9
5	Power	Direct energy manipulation	Push/Pull mastery	9
6	Crossing	Confronting death machine	Verified energy	10
7	Infinity	Death defiance	Immortality	10

Appendix C · Servitor Types Comparison

Type	Purpose	Book	Duration	Maintenance
Task Servitor	Specific goals	2	Until task complete	Weekly recharge
Protection Servitor	Defense	2	Ongoing	Weekly recharge
Wealth Servitor	Prosperity	7	Ongoing	Weekly recharge
MOlamp	Group wealth	7	Permanent	Periodic activation
Companion	Joy/company	4	Ongoing	Regular attention
Advisor	Guidance	4	Ongoing	Regular consultation
Lover	Intimacy	4	Ongoing	Regular engagement

Appendix D · The Kreiter Reading Order

Recommended Sequence

Phase 1: Foundation (3-6 months) 1. Book 1: The Occult Experience 2. Book 6: Overcoming the Archon 3. Book 3: Vampire's Way

Phase 2: Energy Mastery (6-12 months) 4. Book 8: The Magnum Opus 5. Book 5: Out of Body Experiences

Phase 3: Creation (Parallel with Phase 2) 6. Book 2: Create a Servitor 7. Book 4: Create a Servitor Companion 8. Book 7: Manifest Wealth

Phase 4: Advanced Projection (1-2 years) 9. Book 9: The Way of the Projectionist

Phase 5: Transcendence (Ongoing) 10. Book 10: The Way of the Death Defier 11. Book 11: The Book of Remembering

Appendix E · Quick Reference Cards

Closing Note

This collection represents a complete system of human transformation. The path is long, challenging, and ultimately—**your responsibility alone**.

No one can walk it for you. No one can give you the energy, the focus, or the will.

But for those who persist:

> **"For those who can break this cage, nothing is impossible."**

The Double awaits your remembering. The Dark Sea awaits your exploration. The Black Sun awaits your defiance.

And beyond all cages—**True Freedom**.

Integration: the Great Work ledger

Domain	Current practice	Evidence of stability	Next modest refinement
Attention			
Energy body			
Recovery			
Wounds			
Cauldron/stone			
Natural desire			
Feeling-intent			

Domain	Current practice	Evidence of stability	Next modest refinement
Remembering			

Retrieval questions

1. What makes the Magnum Opus more than energy accumulation?
2. Why is attention the first substance of the work?
3. What role does the cauldron play?
4. How does re-absorption differ from reliving?
5. What are the three uses of the philosopher's stone in Kreiter's system?
6. Why does *The Art of Transmutation* teach through narrative and character?
7. What distinguishes natural desire from anxious wanting?
8. What is feeling-intent?
9. How do simultaneous selves alter the idea of manifestation?
10. Why are words called stargates in *The Book of Remembering*?

Summary

- The Great Work recovers, stores, heals, and refines energy into durable capacity.
- Attention, belief, energy body, wounds, and the stone form a progressive course.
- The philosopher's stone faces material transformation, continuity, and the final journey.
- Transmutation is lived through inner senses, personal god, natural desire, dream energy, and feeling-intent.
- The walking crazy holds the impossible while remaining practically coherent.

- Simultaneous selves loosen identity from a single trajectory.
- Remembering preserves a new cognitive position through words, forms, rooms, and repeated return.

Return-to-source prompts

- Compare *Inner Alchemy: The Magnum Opus* with *The Magnum Opus: A Step by Step Course*. Which edition clarifies exercise sequencing?
- In *The Art of Transmutation*, mark every "lesson" that emerges through story rather than direct instruction.
- Track the movement of desire from childlike impulse to feeling-intent and simultaneous selves.
- In *The Book of Remembering*, note how servitors, projection, Great Work, death, and the weird become memory keys for one another.

Source note

Primary sources: John Kreiter, *The Magnum Opus: A Step by Step Course*; *Inner Alchemy: The Magnum Opus*; *The Art of Transmutation*; and *The Book of Remembering*.

Supporting articles: "What Is Inner Alchemy?", "Breaking the Chains," "Where Do Desires Come From?", "Overcoming Gravity," "The Infinite Within," and "Don't Trust Me. Trust Yourself!" in *The Complete Article Collection*.

Later-book bridges: the sixth and seventh rooms, Black Sun, oversoul, objective ghost, and final Death Defier synthesis.

Editorial additions: three-notebook method, stability criteria for the stone, narrative close reading of the ten transmutation lessons, remembering-key exercise, Great Work ledger, jewel thought experiment, and three custom plates.

Editorial change log

- Joined the course, visionary narrative, and remembering book without forcing them into one voice.
- Removed duplicated mastery gates, fabricated modern-science certainty, and untraceable images from earlier guides.
- Preserved philosopher's stone, personal god, Barbelo, simultaneous selves, dream energy, and post-biological aims.
- Added trauma-aware pacing without declaring energetic wounds merely psychological.
- Strengthened transitions from recovered energy to lived cognitive position.
- Replaced generic diagrams with Magnum Opus, Three Uses of the Stone, and Transmutation Tree plates.

Remembering card

Position I intend to maintain:
Seven-word key:
Physical gesture:
Body sensation:
Image or place:
One action that proves the position is alive:
Sign that I need rest rather than more practice: