



Zulma Reyo
School of Consciousness

ELEMENTALS

THOUGHT FORMS

BOOKLET

Y4EM



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THOUGHTFORMS/ELEMENTALS

Every thoughtform is composed of elements – of etheric substance on the mental, emotional and physical levels – which is why we also call it an "elemental". It is important not to confuse this with nature spirits, also known as "elementals," because they are linked to the elements of earth, water, fire and air. Elementals have **a life of their own** and can exist independently of the person who projects them. Any thought or feeling that a person projects is an elemental.

A person vibrates through their thoughts and feelings, and the way they vibrate will determine the type and quality of elementals they create. We spontaneously construct a thoughtform/elemental when we want something and imagine it. To create that elemental, we use our own vitality, and our emotions provide the colour, until the activation of other visual and kinetic energies (mobility) charge it, increasing its density and volume.

In this way, thought forms are pure extensions of ourselves, as they are composed of **our own physical, emotional and mental substance**. Their quality is so subtle that the ordinary senses cannot perceive them, but they resonate within us and return to us in other "forms" of similar vibration. This causes "invisible forces" around our physical body that increase in density, affecting not only our final perception, but also the feedback we receive from the world. These "invisible forces" resonate with people or places around us, reacting to our own thought forms.

A thoughtform/elemental will be as strong as the intention of the person who conceives it, however, its intelligence will be limited to their beliefs. We are fortunate that people's attention spans are usually very short, otherwise all kinds of images, often contradictory, would be constantly haunting us. A "normal" elemental quickly diminishes in power because it loses energy and momentum as the person loses interest or attention in it. However, we must bear in mind that once we release a thoughtform, its subtle impression **will remain forever**, unable to be fully erased. According to Daskalos, there are two types of elementals:

1. Elementals that are Produced Unconsciously: Elementals of "Desire-Thoughts"

When a person vibrates mainly through feelings, they are under the influence of emotions and desires, while thought plays a subordinate role. These elementals are characteristic of ordinary people who lack an understanding of the nature of thought and desire. As a result, we often fall prey to these elementals that we ourselves have created.

It is a law of nature that once elementals are projected outward, they eventually return to the subconscious of the person who created them. They then rise from the depths of their memory to the conscious level to acquire new energy and withdraw again. The same cycle repeats itself until these elementals manage to remain in the person's subconscious more permanently.



This is how habits and obsessions, such as smoking, gambling, and alcoholism, are formed.

The tendency of elementals to return to their source (the person who created them) is what makes the law of karma possible. Sooner or later, an individual will be confronted with the elementals they consciously or unconsciously create.

2. Elementals Produced Consciously: Elementals of "Thought-Desires"

When a person is under the influence of thought, they construct elementals made of noetic substance and become a master of the power of visual images. A Truth Seeker must train themselves to construct powerful but benign elementals made of strong thoughts, in which desire and feeling play a supporting role. Such thought-desire elementals last longer, are more powerful, and tend to fulfil the task for which they were constructed much more quickly.

We must understand that when we create thought-desire elementals, we are handling **divine substance**, not clay. The acquisition of such powers is a great responsibility. We must experiment, but we must be wise enough to create thought-desire elementals that benefit our fellow beings, not just to satisfy selfish desires.



Illustration of an elemental of love for all beings



Formation Process of an Elemental

Our current personalities and the circumstances in which we live are the sum total of the elementals we have built since our descent into the three-dimensional world and since the beginning of our cycles of incarnation. Elementals are built from the very substance from which personality and universes in general are built, that is, from the etheric matter of the noetic (mental), psychic (emotional) and gross material (physical) worlds.

It is clear that it is not possible to desire something before being aware that it exists.
For example, when we see an object, it means that the etheric vibrations of light collide with its surface and transfer images and forms to the eyes. They cause irritation in the optic nerve and then in the brain, which is imprinted as "seeing." Now suppose we see an object that is considered precious, say a diamond necklace. We become aware of the existence of this object through sight. Suppose we are a person who feels a great desire for diamond necklaces. What happens then? Psychic matter gathers around the image of the necklace and desire is formed.

It is precisely psychic matter that makes it possible for a desire to arise, followed by thoughts about how to satisfy it, in this case how to acquire the necklace. Around that object, a series of elementals are formed whose ultimate goal is the acquisition of that object by the person who projected them. The awareness of its existence and the desire to know or possess it are not enough on their own. For that elemental to be created, thoughts about it must follow. The individual unconsciously initiates the process of creating visual images.

Suppose we take this person to a place far away from the desired necklace and ask them to bring it to mind. They will most likely recreate it in great detail. Another person who has seen the same object but was not impressed by it will not be able to reconstruct it in their mind with such precision. Therefore, concentration and desire lead us to the construction of images made of noetic matter, because that is what thought consists of: the condensation of noetic matter. Now, we begin to see that object through noetic light.

What are true possessions? Are they those objects that ordinary people consider real? Or are they the elementals we have constructed within ourselves? Suppose we take a precious object that we own and lock it in a safe. The elemental of that object is within us, it is part of us. It exists in the depths of our memory and we can bring it to consciousness whenever we want. It is ours. However, it does not seem real to you. And if you cannot bring it to your memory, how can you know the material object in the safe? Think about it.

Explained another way: suppose a very wealthy individual, who knows that he has very valuable objects in a safe, suffers from amnesia. Everything in his memory collapses and dissolves. What value do you think the objects outside his mind will have? None. Therefore, where is the true source of value of things?



And since we want to be able to penetrate and understand the nature of Life, we ask ourselves: What is Life really but receiving impressions and interpreting them? Can you perceive the world around you outside of your elementals?

We must understand that whether we perceive the world as good or bad will depend on the type of elementals we build within ourselves and project outward. Nothing, absolutely nothing, has value in the three-dimensional world if it does not also have value within us, because what has value within us is what gives value to what is outside us.

What does the expression "lack of interest" mean, for example? When an object outside ourselves has no counterpart within us, it has no value. So where does this condition come from? From the object or from within us? Everything is within us.

The form of an elemental will depend on its type. It can be a desired house, a bicycle, a car, etc. These are examples of concrete images of desires, thoughts that remain in the subconscious for a relatively short time. They do so because such elementals are looking for a new opportunity for life.



Illustration of a desire to know

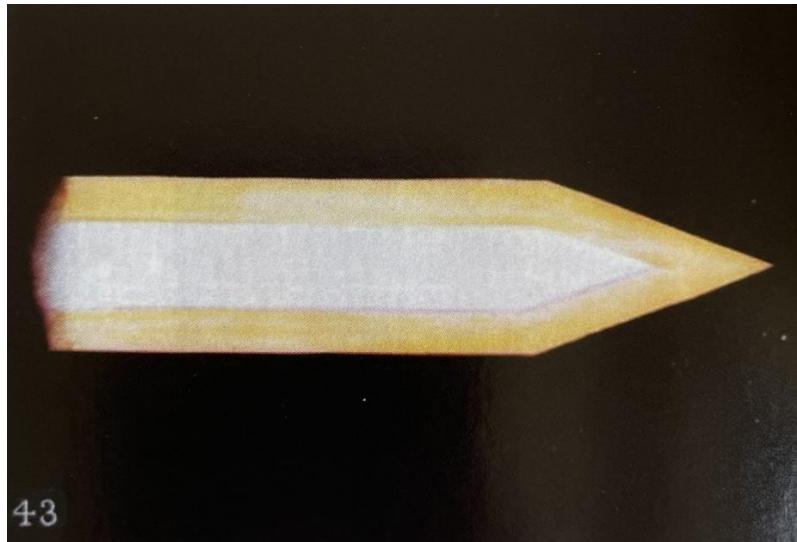


Illustration of an elemental of intellectual aspiration

By remembering desires, they become stronger. The elemental will detach itself once again and continue its cyclical trajectory. An ordinary individual is unaware of what is happening, and the elemental will tend to dominate them. It can become so powerful that they are unable to control it. In such a case, the individual is a slave to their desire. It is possible for such an elemental to absorb so much etheric substance from the individual that it even allows them to literally materialise. This is the formula behind medieval curses and spells, wish fulfilment, instructions from positive thinking schools and prosperity courses.

The toxic conditions that arise directly as a result of our selfishness, such as anger, ostentation, hatred, feelings of being hurt, showing off and the like, are elementals that are constructed in the same way as all other elementals. Selfishness is itself an elemental that is already formed within the self-conscious personality. It is the product of the repetition of many elementals. It is so sensitive that the slightest provocation sets it in motion. Selfishness can create a wide variety of elementals.

How Clairvoyants Perceive Elementals

For example, it is known from experience that when an individual has evil and malicious thoughts against someone, the elementals they create take the form of dark-coloured snakes, usually putrid green. They come out of the heart or the third eye and move, consciously or unconsciously, towards the person, thus remaining attached to their aura. Over time, they return to us. Sometimes these elementals grow to the size of an anaconda, and when they return to us, we feel our heart tighten.



Illustration of an elemental of jealousy and anger

If we could see the shape of the elementals we project, we would be horrified. This is commonly known as the "evil eye". It is said that when a man confesses his sins, snakes come out of his mouth. Let us not think that these are fantasies, because a clairvoyant can literally see these snakes. We have sometimes seen these elementals in our dreams, sent by others or created by us. It is also possible that we have picked them up while sleeping from among the elementals that float and wander through the etheric world.

The elementals of desire-thoughts have form, power and a life of their own. They can turn into snakes, bears and other animals. Children often see them while they sleep and have nightmares. However, we can close the door to the perception of these elementals by using appropriate self-suggestions, such as a prayer before going to sleep. We can also calm ourselves by sending thoughts of love even to those who hate us, thus disarming them so that they cannot send elementals to haunt us while we sleep.

Elementals of hatred and jealousy look like snakes because we have this association in our culture. There is nothing inherently evil about snakes or any other animal. The form an elemental takes depends on the language of the person and the place it comes from. Elementals are psycho-noetic energy charges that can take any form depending on who believes in them. A clairvoyant will see them in a coherent form according to their origin. Therefore, a clairvoyant from another culture may see the same elementals, for example, in the form of coyotes instead of snakes, but both will see the same causal connection between the projected elementals and their effects.



Illustration of a passionate desire for drink

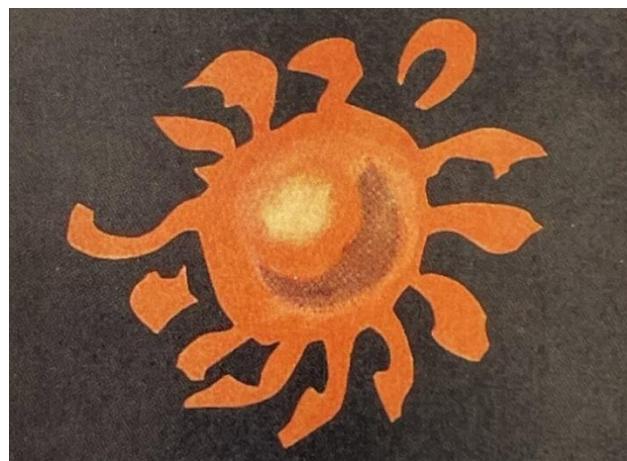


Illustration of an elemental of selfish ambition

Elementals While We Sleep

When we say that a person is asleep, it is only their physical body that is asleep. Yet, as a self-aware personality, using the Mind in the form of abstract feelings and thoughts and, unconsciously mixing them together, results in the creation and projection of elementals. When we sleep, the influence of our own elementals is greater than when we are awake and preoccupied with the affairs of daily life. We realise that many things we desire and forget while awake come to us just before we fall asleep or during sleep.

That moment is when we find ourselves in a receptive state that is under bombardment from our own personality, from the elementals we have built up previously. That is why it is very important that every night, before going to sleep, we spend a few minutes on self-analysis. Because that is when we begin to open up and become receptive to our own thoughts and desires, making it easier to retrieve them from the depths of our memory in order to study them, know them and master them.

Elementals and Incarnation

We do not have to sacrifice our personality, because each incarnation, with its total collection of elementals, virtues and vices, good deeds and evil, is alive; it is a living form. Behind each of us, behind all our past lives, nothing is lost.



There is a "living total" of all our experiences/elementals in the Cosmic Memory.

When we reach the state of Perfection, we will see that in each incarnation we write a book that is "stored" in the library of the Cosmic Memory. We lose nothing. We will not lose our current personality, which is now so precious to each of us. Within each of us is where we will find all the volumes we have written in all our past incarnations. In Perfection we are gaining, not losing, because nothing made of the vitality of the Mind, neither thoughts, emotions, nor desires, is lost.

When we attune ourselves, we can attune ourselves to any of our incarnations. And then we can enter into that total living elemental of our past personality, but the final question is why? Since attuning is to connect with God and not with past elementals.



THE HUMAN PERSONALITY IS A THOUGHT-FORM

Identification Process

It is absurd when we identify with labels that describe our appearance, behaviour, religion or even sexual preference, saying "I am this!" Society confirms this process of identification, which allows it to treat us as if we were a **product**, but it is much worse that we define each other, and ourselves, in this same way.

Human beings represent a vast space of possibilities; they are a central, invisible and all-powerful focus that creates itself and its world. Through their will, they construct all kinds of forms, qualify them and direct them into the world to play with them and experience them. They are free to adhere to any form they conceive and free to create an infinity of others. If we want to be powerful and happy people who want to change the world for the better, we must understand that a **human being is independent of their creations**.

Obviously, discovering who we really are is not in society's best interests. We are an electromagnetic source that, because we are immersed in matter, has the ability to use it. Our most important creations are the body and personality, which we constantly modify. Everything we do in this third dimension is a game of energies that we emit and receive, creating a dance with the elements. We are constantly manipulating water, fire, earth and air through every desire, rejection and projection, whether emitted or perceived. And each form obeys our will as emitters, returning to us with greater force. This is a fact that can be both good and terrible.

Our personality is composed of a multitude of smaller units or thought-forms animated by desire and emotional attachment. These preferences, quirks, obsessions, triggers, conditioning and reflexes will determine the behaviour we exhibit.

They function as "**sub-personalities**" that our own involvement will bring to life, being fed by energies released by our three PEBs. They remain around us, their creator, until, hungry, they demand more food, thus producing an experience of **identification** so intense that it is no surprise when we say, "I am this!"

We are not aware of constructing the thought-form of the personality, because the thoughts and feelings of others nestle in our body, mind and emotions. Because we respond to habits and follow the flow of current events, the needs and convenience of the times, and suddenly our behaviour shows that this is who we are, without having any notion of having allowed it.



Construction of Personality

Personality is built element by element through trial and error, generating likes and dislikes and attracting situations and experiences according to its quality. Its purpose is strengthened, weakened or modified, especially if the power of the spoken word is added, turning it into an affirmation or even a command.

Out of necessity, personality usurps the power of the Spirit and encloses it in a form that is practical for it, although it will sometimes cloud its presence forever, leaving it powerless in this world. Invariably, the personality attracts energies of similar qualities to its own, revealing itself as a somewhat unstable, capricious and highly susceptible to external influence configuration.

Our personality is also shaped by a mixture of common interests, vitality, emotions and ideas from other people. Every belief we hold in childhood becomes a brick that builds the edifice of our personality. Strong emotions such as fear and anger, joy and kindness, parental support (or lack thereof), understanding and social conditions will be important in determining the quality and type of personality we will have, with its successes or limitations and its virtues or excesses. Then, our entire perception will reflect our self-image, desires, opinions, beliefs and, especially, our judgements.

We all need a personality, but seen as a flexible, conscious identity based on our abilities and sensitivities. We do not need the **egoism of the personality** that causes so much negativity and discord. Selfishness arises from a self-centred and contrived identity, inevitably built around a feeling of self-importance.

Undoing the elemental of personality means breaking down its vital, emotional, and mental structure. This is possible and is what happens when a person determines to correct themselves; it is **re-qualification**. Our basic personality structure will remain, but through discernment and discrimination, the aspect of selfishness will be removed from it. For this to happen, the focus of power or our own intention has to requalify the frequency of our elementals. We are not destroying the personality but its pretensions.

In other words, we must review our emotional baggage and attune ourselves to our Spirit Self to bring the core of the personality and the genuine centre of the Self into alignment.

Work on the personality is essential for spiritual perception and activity in the world.



THE HIERARCHY OF EVIL

This information is extremely valuable in order to have the knowledge that something seemingly harmless can become destructive if it is not illuminated by the Light of Consciousness. The seriousness of today's situation calls for great discernment.

Fear, lack of control, external pressure, or simply difficulty in perceiving correctly sometimes impels us to make wrong decisions that can culminate in a life of limitation. Basically, the **choice is always between Spirit and matter**. If the force of the Spirit-Self is not strong enough, material issues take priority, and life is governed by the Law of Polarity. Although spiritual law is not conditional, material law stipulates that like attracts like and consequences are paid in material terms.

No one deliberately chooses a life of density and darkness. Wrong choices are basically made by following the elementals of the personality. Even when we are educated and aware of the voice of Consciousness, we often see and hear what we want to see and hear, seeking comfort, pleasure and advantage – trademarks of personality egoism – instead of the balance and serenity that come from disciplined discernment.

The Spirit always offers us choices and tools, contacts and opportunities for spiritual progress, but it will always depend on how the person **uses** them. Past tendencies, such as deception, lying, laziness and manipulation of all kinds, are difficult to overcome. The person without discernment will consider them unimportant because they supposedly believe that no one will find out, and no one will be harmed by them. But little do these people know that this will be the first step in a series of seductions that are carefully engineered by a hierarchy of evil (well organised!).

Just as there is a hierarchy of Angels of Light, there is also one of evil. Master Daskalos spoke especially about the phenomenon of **false light**, as it appears disguised as spirituality and is deeply embedded in certain places.

Similarly, there is a complete hierarchy of progressively powerful dark entities. They start out small and comfortable, but then lead us into excess and, ultimately, to a total loss of control over our personality and body.

It is pure ignorance and naivety to think that such evil entities do not exist.

The forces we refer to in these cases are not personal, although they begin by influencing one person (remember, "like attracts like"). Every time a person follows the flow of their selfish or vengeful thoughts, one of these incorporeal entities will approach them and intensify their feelings of hatred and dissatisfaction. In turn, being attached, it will feed on them and grow fat.



This happens all the time, except when the voice of Consciousness dominates. Within the mind and emotions of humanity, the struggle continues intensely as a constant argument between the head and the heart.

The first step in the structure of evil is quite easy: they want to attract a human being. There are **legions of dark entities** for this purpose. When one of them succeeds, it opens the way for the next one in line, which will be an even heavier entity. This second group is responsible for pricking the person's Consciousness and convincing them that the circumstance is insignificant and that "a little more" will not hurt them.

When the individual crosses the line, it is because he or she has already justified it to themselves and can hardly distinguish between good and evil. The Consciousness has been "burned," erasing the line between what is right and in accordance with the Law of One and the selfish world of shadows. Suicide, theft, misuse of power, and domination over others in general fall into this category.

Once the line has been crossed, returning to integrity is difficult, as we are haunted by memories, remorse and temptations that are often too severe to resist. This happens exactly as seen in mafia films: the extra "help" received will be paid for in return for services rendered throughout a lifetime. To break out of the vicious circle, a very high price must be paid, and not everyone is strong or smart enough to do so.

From the greater perspective of eternity and as a consolation for the person who must repair the damage done, we are all capable of learning from our mistakes and will always have another chance, even if it is in different lives, to make things right. One day, the very characteristics that weighed us down will be overcome, and we will be in a good position to **help others**.

Sometimes we project our elementals onto other people, and the elementals of others come into conflict with ours, forcing us to deal with the external manifestation of discord because we do not detect in ourselves the very characteristics that attracted the encounter. Likewise, many other negative elementals will appear that will want to test our determination, which could open up new perspectives.

If we truly understood that we are not the personality but rather our creation, we would be well prepared to observe more clearly when selfishness arises.



THE HIERARCHY OF ELEMENTALS AND DARK ENTITIES

Ask yourself: Who is in charge of your life? Who or what controls you? Do you really have a say? Are you as 'free' as you think you are?

Without protection, our own thoughts are our **worst enemy**, because they are programmed by the senses and make us live in the illusion of separation, emotional privacy, false rights, and the desire for power and revenge.

The mind is an instrument of perception, which not only deals with the impressions we receive from the world around us, but also with those we emit, how we affect and influence the environment. We decode in our own way what we believe we see, feel and desire, and the resulting image we obtain is what we transmit to the outside world.

We consider space to be empty, but it is full of living vibrations, of thoughts from lower levels, emitted and controlled by external entities. They resonate with our bodies, instincts and emotions. They also affect us when we are alone or when we sleep, all the time. A Seeker of Truth must learn to control the mind and create spaces of silence, not as a denial of thought but as a Presence of Self.

That Presence, that being here and now, is pure. It is a **Silence** that is full of everything. It is a Silence that includes.

The hierarchy of elementals and dark and malicious entities begins with the Temptations (the Principalities of the Air), which inspire us to commit more and greater "small transgressions." They are followed by the Supervisory entities that work with our secrets and whose mission is to lead us to excess and shame. They work through suggestion, contacting the inner Light progressively more difficult. This opens the way for the heavyweight entities and total lack of self-control. However, without the life force of humanity, these entities **have no power of their own**.

1. Temptations. The Principalities of the Air

The **temptations or principalities of the air**, as mentioned in the Bible, were entities that Jesus and Mary Magdalene removed from people at a time in history when they were particularly active on Earth, but our times today are not very different. All the great religions speak of evil spirits and genies in their scriptures, and of negative people who, at the moment of their death, unleash unbridled vengeance and evil on the astral plane.



They live off our energy while we give them attention, and thus they control us. They are vampires that absorb human energy, but they give it back to us in the form of personal power, especially for the ambitious.

There are **three main factions** that we colloquially call "mafiosi".

1.1. Lucifer and his legions: they are the strongest faction because they dominate **the thinking mind** and everything intellectual. For example, a very mental person with quick logic gains power from them. This type of mind compares, contrasts, manipulates, and convinces perfectly.

Luciferian people are basically evil. It is the mind of politicians, which controls the collective mind of people and lives off programming. Today, many, many people are politicians without realising it, and we are often willingly their victims, mainly because we do not look at ourselves.

1.2. Mephistopheles and his legions: this is **the deceitful mind**, full of trickery and the art of selling. Mephistopheles convinces human beings by saying, "Hey, it's just a little bit, a little lie." "Everything will be fine. No one will know! I'll help you!"

This is the world of impulses, emotions and astral satisfactions, of the seducer and the manipulator of circumstances. It is the world of psychism and mediumship, and every seeker must be fully aware of this in order to resist it.

1.3. Beelzebub and his legions: this is **the seduction of the senses**, the body, pleasures, food, comfort. Every time we convince ourselves to overeat, to eat out of boredom, to make love out of boredom, to indulge in comforts and to sleep a little longer, we go to the legions of Beelzebub, who will control us, making it very difficult to be free.

These three groups are constantly tempting us so that they can exist and gain power. They do this through the elementals that originate within us and give us a little extra push.

Here are a few examples of this type of thinking: "My God, this man is so attractive! Could I have a little affair with him? After all, my husband won't find out." "I'm going to skip my diet today; it won't hurt to have just a little bit!" "Keeping quiet isn't lying!"

The biggest argument temptations have is "I deserve it," meaning as a reward for the difficulties we have experienced. But as long as we live in separation, believing that they are important and that they are "someone," they will have power over us.

As long as we have personal secrets, we will fall for their appealing reasoning.

Resist temptations, because the purpose of these tempters is precisely to strengthen you, not the opposite!



2. Obsession: Elementals and Obsessive Entities

These enter our psyche through the force of habit, becoming a vital obsession. They are more difficult to control than a normal insistent elemental, as an obsession is more deeply rooted, more automatic and more intense. They feed on the guilt-need cycle and promote urgency. Two of its results are chronic fear and depression. When obsessive behaviour crystallises, or if the personality is extremely weak for any other reason, then another stronger "boss" entity takes hold.

To neutralise it, you constantly have to work on all aspects of the personality, re-channelling physical and emotional energies, even at the cellular level. It requires effort, discipline, time and the use of any kind of trick.

3. Possession: Elementals and Possessing Entities.

These are the ones that take over more and more aspects of the personality. Psychology knows of cases where several coexist together in the same person. An elemental that has gained **possession** over a personality is one where an individual's consciousness has been clouded to such an extent that they have little awareness of their personality. Normally, they are fed from the astral plane by other entities that derive pleasure from our desires and fears, possessing our body for their own experience.

An ordinary person may not be aware of their state of possession and may not even be able to behave differently; from the outside, they appear to have a split personality. However, someone who is grounded and aligned with their Presence can detect subtle physical changes, usually behind the eyes. These people do not want to maintain eye contact and blink when looked at deeply and directly in the eyes; these entities are usually furtive and do not allow direct eye contact.

If a person wants to **release the influence** of a possessor, they will have to reaffirm their purpose in recognising it, their strong decision to really want to change, and they will need a lot of discipline. The possessor will do everything possible to distract them and prevent them from changing anything. This applies to all elementals and dark entities, but especially to the latter category.



CULTURAL AND RELIGIOUS ELEMENTALS

Just as human beings construct personal elementals to express themselves, so too do cultural and religious elementals exist: gods, goddesses, dogmas and beliefs composed of the ingredients necessary to possess the power to impact, but they are still personal.

According to Daskalos, when our personality vibrates at a frequency common to a group of similar elementals, we attract those elementals. These are called **group elementals**, which have been cultivated over centuries through the perpetuation of common beliefs and actions. Their intentions can be benign or malicious. Our personality, whether weak and sickly or strong and compassionate, will activate these group elementals. Once activated, they will cling to the host's personality, affecting their emotions, thoughts and actions.

When these group elementals are particularly aggressive, they can control our energy centres in a phenomenon similar to possession. Conversely, if they are benign and loving, we may experience a feeling of great inspiration or even ecstasy.

Classical religious traditions offer us many symbols that act in the same way as elementals. Prayers and mantras contain the additional power of rhythm, but they are also imbued with the promise, belief and hope of billions of people who have recited them. The same is true of icons and abstractions that represent energies and forces, such as the simple cross, the seal of King Solomon, the Muslim star, the Yin-Yang emblem, flags, and an infinite variety of energy formations imprinted with the conviction of people throughout the ages. These adhere to the belief system of human beings, just as a person or entity would. Magic also contains multiple gestures, incantations and repetitions based on energetically charged formulas, which are too numerous and ancient to list.

The symbol then takes on a life of its own, just as our personality does.

Many traditions continue to use thought forms through rituals to evoke protection, surrounding the individual in a distinctive way, such as a circle of strength that cannot be crossed. The effectiveness of each will always depend on the active level of consciousness of the person.

Pyramids and archangel stars are examples of symbols that have been used for millennia to protect, stabilise and invoke a certain range of frequencies that reflect the activity of dimensional intelligence.

Any good thought sent to another is a **blessing**. Normal compassionate thoughts can build high-grade elementals that can be helpful and beneficial. Not long ago, great-grandparents, grandparents, parents and even uncles and aunts would place their palm on a child's head and ask God for His blessing.



Sometimes they would carry a small medal or some other item in their hand or close to their heart, with the desire-qualification of protection for the children.

In advanced Inner Alchemy work, students learn to connect with their child or other loved one to silently bless them throughout the day, visualising and feeling them. Together we also build a healing temple in the same way. We even protect and qualify the home and charge any atmosphere with a colour or sound resonance that acts as an extension of the feeling of harmony.

Anything we do while aligned with our Presence will be a blessing, and we will be automatically protected.

The Law of Being does not reflect duality, polarity, or direction. It exists outside the confines of matter and reflection. In that alignment, I AM, and only the Law of One acts.



12 Illustration of an elemental of peace and protection



ELEMENTALS ON SEX

Have you ever wondered why we all pay attention, even a little, when sex is discussed? If you understand the dynamics of elementals, can you see how, induced by sensations, the elemental of your personality dominates your thoughts, emotions, and actions?

Have you noticed the thoughts that accompany certain associations? In sex, for example, the imagery and thoughts that arise are incredibly powerful. If your sexual activity, with another person or with yourself in masturbation, has become a habit, you may not be able to control what you feel, but in reality, what is happening is that you do not want to. Are you aware of how the mind triggers all your reactions? This is precisely what we have taught you through the construction of the **Basic Square** of your personality.

Are you aware of your physical sensations, emotions and thoughts while having sex? Are you aware of the emptiness that is created after an orgasm? It turns out that at that precise moment you are **fertile ground** for attachments and imprints, which can come as thoughts and/or emotions. Many women have depressive or guilty thoughts immediately after orgasm, which is when "sexual elementals" take root and grow.

In addition to your own elemental style, other large, fat elementals, conceived by others, wander around casting their hooks to feed. For example, when we have pornographic thoughts, we are the ones who automatically offer that "food." A passing thought or laughing at a joke does not usually generate **enough intensity** to attract an elemental into our lives, but if we act on them, we will attract them. And if this response is repeated enough times, we will end up with a robust sexual elemental/obsessive person in our body-personality, our home.

This elemental will feed even more on our energy if we keep some kind of secret, as it will become "our" secret. **Addiction** then appears when we start to justify ourselves by saying that we feel pleasure and that we are not ready to let it go.

It is our secret, and as society not only fully accepts it but also encourages it, we will continue to feed it, even if we are in a relationship or alone.

This is what happens even if we disguise it or excuse it in as many ways as we want, thinking: "I'm not hurting anyone and it makes me feel good." "I deserve a little happiness." Even if we don't feed the sex elemental with another person, we can become mentally obsessed with finding all the reasons that ensure that our misfortune is due to not having someone to have sex with. Sexual elementals/obsessive persons are fierce and highly contagious, like all forms of pornography, because they settle into our **cellular structure** and not just our minds.

Now, consider how real this is for you, because sex is **THE** huge social problem that no one wants to talk about for fear of being unpopular.



HOW NEGATIVE ELEMENTALS AFFECT US

Just as our physical body is made up of many cells that are organised to function as a whole, our personality consists of a network of interdependent mental/emotional images.

Similarly, it can be said that the elementals that we have created and projected as a result of our desires and weaknesses, strengths and virtues are precisely the **cells of our personality**.

Just as we can poison the physical body by consuming harmful foods or we can cleanse it by improving the way we care for it, so we poison or cleanse our personality. This is how human character evolves.

We know that our physical body is in a constant state of change. One substance enters it and another is discarded. Orthodox science tells us that every seven years, not a single cell from the previous seven years remains in the body, which gives us the opportunity to shape our body and our health in this constant process of renewal.

The same is true of our personality. Substances are taken in and substances are discarded. Through the production and reproduction of elementals, we build and rebuild our personality, creating health or illness, satisfaction or dissatisfaction, and sowing peace or unrest.

Consequently, although it is accepted that we do not always have full control over the state of our physical body, in the case of our personality, the responsibility is ultimately ours alone. If we have built a weak personality, we inevitably become centres of attraction that draw to us the corresponding elementals that others have created or are creating around us. But even in this case, we are the ones who are responsible, because we attract and assimilate only those vibrations that resonate with ourselves.

We cannot blame other people or the conditions that prevail around us, because the acceptance and assimilation of these elementals is **purely our own choice and responsibility**.

People do not deliberately choose a life of depression and darkness. The choice at the level of incarnation is made by the Spirit. He provides all the options and tools, contacts and opportunities for us to move forward, but it will depend above all on **how we use them**.

If we take the opportunities offered to us to conquer past inclinations, such as cheating, lying, being lazy, attempting suicide, stealing, killing, forcing, controlling or manipulating others, then we will probably overcome and even **repair** some of our old mistakes. Nothing is really "wrong" because we will have one or more **opportunities**, until one day we conquer those very characteristics that had weighed us down.



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Illustration of a fear elemental



ENERGY MANAGEMENT OF UNCONSCIOUSLY CREATED ELEMENTALS

The power and form of elementals will not dissolve until they have fulfilled the task for which they were created. That is why we must be prepared to face the consequences of our thoughts and actions. An elemental will hold us responsible not only in this life, but also in successive incarnations. Therefore, the creator of an elemental will sooner or later have to face the elementals he has created.

We could avoid the influence of previous conditions if we used a power equal to that of the elementals we have built, but we need wisdom and a genuine desire to correct the mistakes of the past. There are two options: either we resist the impact of the old elementals, or we succumb to them, creating more of the same and, at the same time, reinforcing them.

The work of Inner Alchemy is not popular because we are not in the business of always being pleasant or "nice" people. Our work is to connect you with your authentic nature, aligning and informing you so that you can be the best you can be. We seek to remove you from established scripts and ingrained beliefs so that you can perceive Reality as it is. This is not an easy task, and no one can do it for you, because it is an internal and personal work.

If we want to free ourselves from malicious and selfish thought forms/elementals and redirect our strength towards our Spirit Self, we must use discernment in our thoughts and emotional patterns.

We must review our Square to detect entry points through inflated and deflated beliefs. We know that once they are in our mind, the elementals will take over our body as behaviour, becoming the selfishness of our personality.

Rebuilding or correcting is not censoring or becoming something or someone we are not. All the effort in unearthing and unravelling our automatic attitudes and beliefs, so that everything is uncovered and exposed, is so that we can use it appropriately.

We need to get to the root of our **compulsions**, not only to understand the causes but to rescue ourselves by moving through them. Our job is to take **responsibility** for the thoughts and emotions that we feed.

Once created, an elemental does not disappear. It continues to exist in an active state—vitalised by the personality—or in a latent state—without mental power and lying "in wait" in the Cosmic Consciousness. To rid ourselves of certain elementals, we must be prepared to replace the elementals that are a nuisance with more beneficial ones. Prayer, for example, is a process of shaping and emitting loving elementals.



Suddenly removing large elementals or a group of elementals of the same type can seriously destabilise an individual, even leading to insanity.

Therefore, the work of de-energising elementals must be slow and steady, with great determination. When an elemental is expelled, a void is left that can be filled by a new elemental of any nature. It is therefore vital to fill such voids with elementals that serve a constructive purpose within the personality.

In all cases, the practice of **Alchemical Alignment** and the awareness and discrimination it develops is the path to living a healthy and prosperous life in authenticity and is also **the only way to help others**.

The solution is to know our personality, what makes us different; our identity without these artifices, and to see it as a direct emanation from the Source.

How to Work with Obsession

How would you get someone out of your house when you were the one who invited them? Would you call the police? It would be useless, as they would simply respond that they are your guest. It has to be done from within. Somehow, the person who invited the entity must find out what internal impulse led them to let it in or what need it is fulfilling. It may be to feel important or different, to cover up loneliness, boredom, guilt or any other similar complex.

At ZRSOC, we delve into the emotion that triggered the thought and the situation. Start by feeling what you are compensating for. This is quite easy to do in the case of sex, drugs, alcohol or compulsive eating, as these are all obsessions, habitual thought forms or elementals that become embedded in your body's circuitry. The longer the elemental has dominated you and spread its tentacles into the texture of your cells, the more difficult it will be to extract.

The only way to work with an elemental is through substance management and **introspection**. When vitality, emotional resonance and thought forms are requalified, the mould is being made for new, conscious thought forms.

Mantras and spiritual attuning (doing the Violet Flame, praying or decreeing) help in the sense that they alter and raise the resonance of our cellular structure. No matter what type of elemental you have, whether it is a personality elemental or an obsessive person, **no one can help you if you do not do your inner work**.

The only antidote is self-awareness and self-discipline, conquering our own automatic patterns of reaction and self-indulgence. It is a force that must come from within us, because we often identify with the problems of that other person, even feeling sympathy, tolerance and wanting



to befriend them. "Nice" people, in particular, should remember this and work on their own emotional context before trying to help others.

All major religions train priests or individuals exclusively to do this type of work, as it requires firm alignment and collaboration with archangelic forces.

As we advance spiritually, we also become aware of our responsibility for the downfall of other people as a result of the elementals we have left in the astral world.

We have created these elementals, regardless of whether we have transcended the condition that led us to create them. So we should not worry about what others judge or think of us; we should only fear the judgement of our own inner being. We can only feel fear of ourselves, because we cannot deceive ourselves. Hence the need for **daily introspection** on what we have said or done and what we could have said and done.

Before going to bed, sleeping and separating ourselves from the body, it is important to cleanse the space, do a brief introspection or, at least, detect the mistakes made during that day. Without protection, our body will call them, in the form of dreams, and intensify their nature of desire.

When we are strongly rooted in our own Presence and in our body, it will no longer matter if we are surrounded by an Elemental, an Obsession or a Possession, because they will not affect us in the slightest. Let us not feel dizzy, afraid or rejected, **let us simply discover our limits.**

If, over time, we wish to become **workers of the Light**, we must first be clear about our own structure, the practice of invocation and collaboration with the angelic forces, because when we align ourselves correctly, we are one with the Archangels and in that state of Knowing, we are guided.

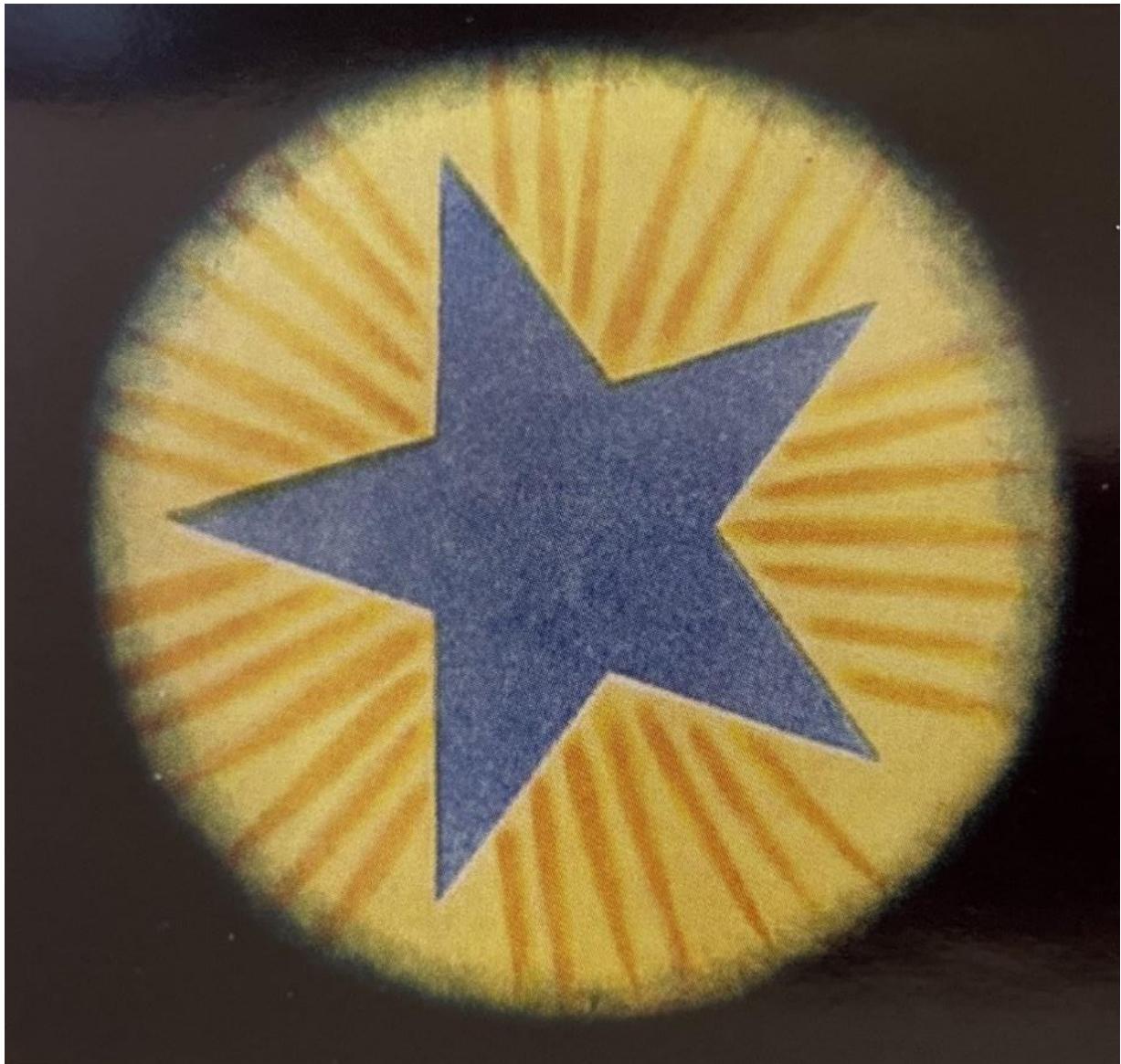


Illustration of an elemental of the Logos manifested in man



CONSCIOUS CONSTRUCTION OF ELEMENTALS

We must reach a point where we create conscious elementals that are under our full control. These thought-desire elementals are more concrete, more effective and longer lasting, which is why we are more responsible for them. The person with benevolent thoughts must be sure that what they build receives blessings from the higher spheres.

No prayer has gone unanswered and no curse has gone unpunished. As has been said before, it is a Law that any elemental we project will eventually return to us. In the case of evil elementals, whether constructed unconsciously or consciously, punishment is inherent in them. When they return, they become stronger and their life is prolonged.

The person against whom we project an evil elemental will only be affected to the extent that they also vibrate at the same frequency as us. Otherwise, the elemental will strike their aura and bounce back towards us with a force seven times greater than the original. We must learn not to create any more of these elementals.

Jesus called these elementals that bounce back at us "deaf and dumb spirits" because they leave the human being and, finding no rest, return to the individual, bringing more of the same with them.

Similarly, when we project a benign elemental and the person is not yet ready to receive it, it will collide with their aura and return to us. But in such a case, the elemental will leave its mark on their aura. That power will be there to benefit that person at any time when they are ready to vibrate analogously.

Therefore, we must always be aware that good is never lost, that if we love a person who we believe does not deserve it, we must not give up or despair. Let us continue to send them elementals of love and kindness, because sooner or later they will have an effect on them, either in this incarnation or in successive ones.

We must bear in mind that those we consider our enemies are actually people who suffer from ignorance. But for us, the word 'enemy' does not exist.

We know that when we love those who love us, it is understandable and very human. But when we love those who hate us, it is a divine condition. It elevates us spiritually.

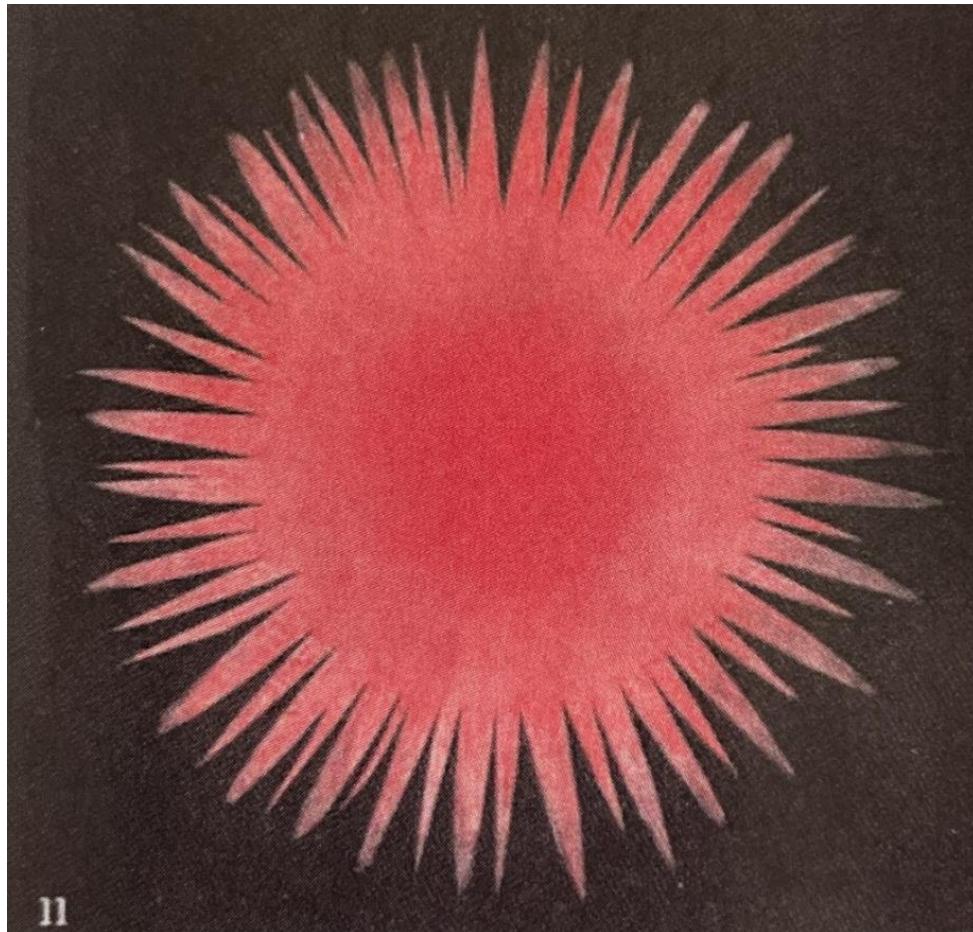


Illustration of an elemental of intense love

Recommended reading for further study:

"Thought. Its Images and Vibrations" by Annie Besant and C.W. Leadbeater

A colour illustrated book with representations of thoughts.

** All illustrations of elementals used in this manual are taken from this book.

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