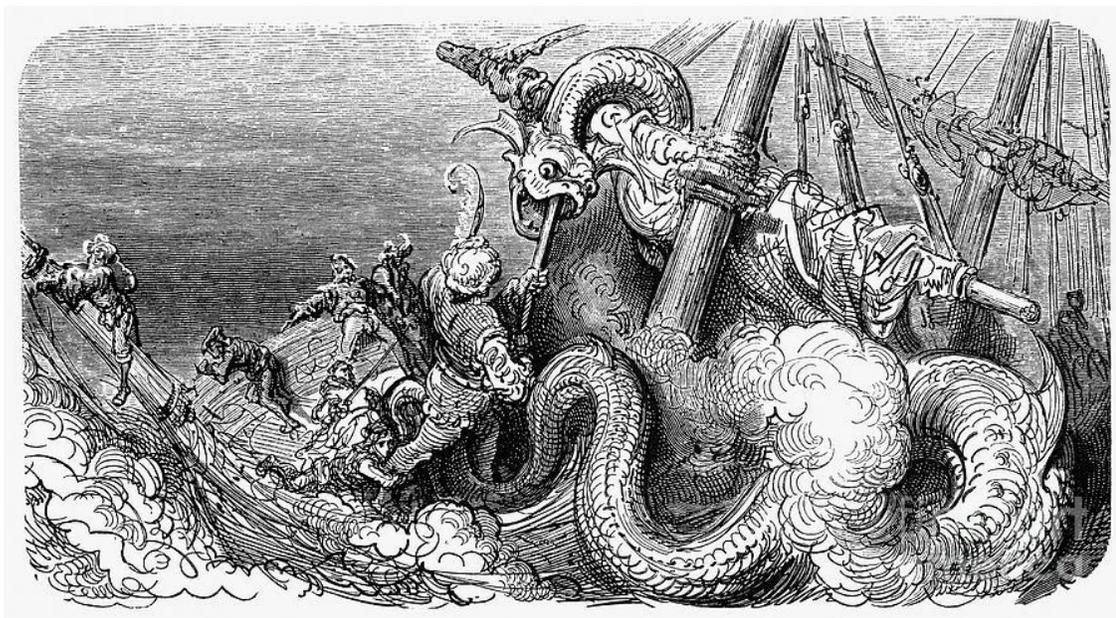


Alchemy Journal

Pantagruelion

by

Iwowl



May 7, 1994: *Alchemical Preparation of Pantagruel*

Placed 5.5oz. of dried crushed Pantagruel leaves into a white cotton sack. Then compressed it until it fit into the collection vessel in the soxhlet extractor. Poured 1.5 liters of charcoal filtered 80 proof vodka on the herb saturating it, then added one liter more to the bottom of the extractor. Set the unit to work at lowest boiling temperature. The collection vessel filled with distillate and was dumped into the bottom ten times in 36 hours. At that time the distillate saturating the herb was becoming insipid indicating the essence had been separated from the Pantagruel. The menstrum at the bottom was black.

May 11, 1994:

Removed the matter from the cotton sack after squeezing out the last of the distillate into the menstrum. Flamed off the alcohol (did not incinerate), then calcined at 550°F for three days. The *earth* was a light grey-tan-red powder.

Began separating the *Spirit* from the menstrum in the soxhlet extractor. Collected 1.5 liters of remarkable *Spirit of Pantagruel* in 24 hours. This *spirit* holds the *essence* and the *volatile sulfur* of Pantagruel.

May 12, 1994:

Collected 4/5 liter of the water of Pantagrue from the menstrum, which had become a watery black tar (still retaining some of its waters). This watery black tar contains the *fixed sulfur*.

May 14, 1994:

Poured the fixed sulfur onto the earth, then poured the spirit over the matter until the volume was doubled. The chaos was stirred (shaken) several times to get a good mix. This *clyssus* was set to incubate at 100^o-115^oF. The matter settled into three layers: the earth was dark grey; the sulfur was thick and black; the spirit was watery and black. The glass bottle was coated on the inside with sticky debris that resulted from shaking the chaos.

May 16, 1994:

The spirit has cleaned the inside of the glass vessel. The fixed sulfur is penetrating the earth. Only two layers apparent.

Began calcining Pantagrue twigs. Incinerated them to a proper light grey and set to calcine at 550^oF.

May 17, 1994:

Poured 12oz. of spirit (from separation on May 11) onto the calcined twigs. This earth was light grey with slight lavender undertones. Stirred the chaos (shook the bottle) until the contents were a cloudy silver-grey. The *essence* was set to mature (absorb the soluble salts in the earth).

Prior sampling of a one ounce preliminary *essence* made by adding a small amount of the first calcined earth to the spirit (loosley following the method of Manfred Junius) proved it to be more potent than the spirit of Pantagrue alone. So twigs of Pantagrue were calcined to make more *essence* from the surplus spirit. All of the rest of the first earth calcined went into the *clyssus* ferment to incubate the *Stone*.

May 18, 1994:

The ferment of the *Stone* incubating is black almost to the bottom. A thin brownish-orange layer separates the upper from the lower ferment.

Yesterday's *essence* is translucent argent in color once the earth settled to the bottom. Stirred the chaos in it again and left it to settle for another day.

May 19, 1994:

Decanted and filtered Pantagrue *essence* (May 17) into 11oz. bottle. Poured the remaining Pantagrue *spirit* (May 11) onto the earth, except for 2oz. that would not fit into the bottle. Stirred the chaos.

The May 17, *essence* absorbed more salt than the initial sampler. It is still argent color and quite potent though slightly bitter, reminiscent of fine gin only gin is dead compared to this *essence*.

May 20, 1994:

Water bath of *stone* incubating rose 100°F to 125°F though hot plate control setting had not been changed. Exothermic reaction taking place?

May 21, 1994:

Water bath of *stone* incubating returned to normal temperature range, 100°F to 115°F. The fixed *sulfur* has conjoined the *earth*. The conjunction is light black with slight greenish undertones now that the black fixed *sulfur* has merged with the grey-tan reddish-undertoned *earth*; there is no boundary between them. The upper *spirit* waters containing the volatile *sulfur* are black with no volatility present at 125°F. (Some water was driven into the upper chamber forming droplets on the vessel wall and did not return.) A thin layer, dark grey-tan with slightly reddish undertones, separates the upper and lower elements of the *stone* incubating.

May 31, 1994:

On May 26 removed the stone from incubation. No further development; too much water. Distilled off a bad smelling clear liquid. Decanted off more dark odorous liquid. Took the greenish-black tarry earth and calcined it at 400°F, loosely following the procedure of Frater Albertus (1960). A little white smoke came off then the aroma of the earth became more fragrant like a medicinal concentration of Pantagrue.

After 24hrs of calcining the earth was a tan-brown and odorless powder. Added original spirit May 11, from the 2oz bottle to the brown earth until it absorbed no more then refluxed at 150°F for 3hrs. This saved the crude *clyssus* which is the consistency of oily wet sand black in color and drying to a dull lavender grey. Very strong medicinal aroma. Put it aside to age. A pinch of the *clyssus* dissolved on the tongue produced sedative effects reminiscent of crude pillular Pantagrue.

May 19, *essence* was decanted into two 12oz bottles on May 24. *Essence* of Pantagrue gets better by the day. When diluted with water from 5 to 1 up to a 10 to 1 ratio it tastes fruity and sweet in the uniqueness of ripe Pantagrue. The warmth of the *essence* is penetrating and the delicious taste lingers. Taken with two or three parts water the *essence* will purge spastic coughing and the irritating itch, symptoms associated with common cold and flu viruses. At 5 or 10 to 1 dilution the *essence* will neutralize nausea within 5 minutes and provide relief

from symptoms of physical fatigue associated with common viral attacks. The effects last from 1 to 3 hrs depending on the severity of the symptoms.

Completed first rectification of new *spirit*, six more to go until purity is attained.

6-9-94:

Calcined for 30hrs. at 500-600°F the *clyssus* set aside to age (5-31-94). The earth is odorless, burnt umber (brown with reddish undertones) in color and the consistency of powder.

Completed 4th rectification of the new spirit. After each distillation a cloudy (clear to slightly yellow) oily water remained in the retort. It was discarded.

6-10-94:

Refluxed 7oz. sifted leaves of Pantagruel in 3.5 liters of 80 proof vodka for 9hrs. Night creature tilted soxhlet condensing bowl attempting to get a drink of ice water and dumped about 1.5 liters of the ice water into the containment vessel. Plus, an undetermined amount of *spirit* may have escaped during the one hour period in which the incident occurred. Have devised a method to secure the condenser bowl to prevent a reoccurrence of the incident.

Extracted the water soluble salts from the calcined *clyssus* using distilled water in the iso-soxhletor for 9hrs.

6-25-94:

After evaporation the water soluble salts of the *clyssus* are rusty red in color; at 15x magnification fragments range from dark reddish and amorphous, to smooth glass-like red-gold broken platelets. This reddish salt and the caput mortuum that remained after extraction are the end products of the aborted *clyssus*. Failure to separate the low flying oil from the *fixed sulfur* in the watery black tar ruined the ferment of the *clyssus*. The *fixed sulfur* should have been calcined and water extracted; the calcined *salt* should have been water extracted also.

Filtered 1.5gal of tincture (from 6-10) through a fine cloth sack collecting the leaves of Pantagruel inside; soxhleted the mass in the sack with 1.75liters of vodka until the *spirit* dripping was insipid. Distilled about one gallon of excellent *spirit* of Pantagruel from the combined vodka tinctures.

The matter from the tincture squeezings was calcined at 550°F for 36hrs.; this *earth* was powdered grey with lavender undertones. Poured the *earth* onto the *spirit* and stirred the chaos once a day for six days. Refluxed the resulting yellow colored *essence* for 12hrs; circadian rotation will continue.

The black tar that remained after the *spirit* and water had been distilled from the tincture was placed in a vacuum still at 25in. mercury in a 150°C oil bath. The low-flying *volatile sulfur* would not distill before components of the *fixed*

sulfur (and impurities from the vodka) began decomposing (calcining). Before it will lift the low-flying oil must be extracted from the black tar with purified vegetable *spirit*.

The presence of additives in vodka discovered while rectifying make it a less desirable resource for the vegetable *spirit*. All further magestries will use *spirit* of (California bulk) wine.

6-28-94:

Completed 4 rotations of the essence.

6-29-94:

Completed 5 rotations. The *essence* was filtered prior to the first rotation. The *earth* that remained was a moist glistening dark grey paste with agreeable medicinal aroma. This *earth* paste when applied topically to a venomous stinging insect bite immediately squelched the hot swelling with a soothing penetration of cool relief.

7-12-94:

Shared *essence* with some sick people to test its medicinal efficacy. Black woman with painful sickle cell disease reported relief of general pain within five minutes of first dose; in addition she said the *essence* gave her energy where morphine only dulled the pain and incapacitated her. Gaining vitality to get up and live was very important to her. Hours later an eye witness reported this sickle cell victim suffered pain in her right leg which forced her to lie down. She took a shot of the *essence* and immediately a muscular twitching flushed from her face in a ripple that ended up in her right leg which vibrated vigorously for a few moments. She then relaxed. The painful grimace left her face and she slept peacefully.

Woman suffering from years of chronic depression reported relief and invigoration within five minutes of taking the *essence*.

A man 54 years old suffering from fatty degenerative disease causing atherosclerosis had undergone 3 angioplasty operations in the last five years. He felt uplifted and a general relief of physiological discomfort immediately after taking a dose of the *essence*. He later complained of a twisting in his stomach. He had failed to follow my advice and drink water after the sip of *essence*. He drank some water and the symptoms disappeared. This man does not take good care of his body.

Woman with glaucoma reported invigoration within five minutes after one dose. The next evening she attempted to indulge the *essence* as if it were an alcoholic drink. She could not finish one ounce, which is a large single dose. She simply forgot about it before it was half consumed. She never exhibited any

symptoms of intoxication. All three sought me out again for more *essence*. None reported any side effects whatsoever.

After the fifth rotation of this *essence* seven 12oz. bottles and one 8oz. bottle were filled. Five 12oz. bottles were given over for these trials.

This circulated *essence* is translucent gold in color. After one week of age it is gaining potency. Two teaspoons of this pleasing golden *essence* projected into six teaspoons of water, when sipped, causes a mild and soothing warmth that instantly descends to the stomach neutralizing any nausea.

A spiritual vibration begins to oscillate above the head then rotates downward through the pathway of the inner circulatory — the rotation channel of spiritual (internal) alchemy. This vibration initiated by the *essence* oscillates at a higher frequency than what is produced by separating the *spirit* from the air and rotating it in the practice of the inner circulation which is the entry level to spiritual alchemy.

This high vibratory energy from the *essence* can be rotated in the same way. It also seeks out imbalance anywhere in one's spirit-body matrix of its own accord. Balance is achieved in about ten minutes for me, but I've been practicing the inner circulation of spiritual alchemy for over ten years. And I am in relatively good health. The way the *essence* actively seeks out imbalance and vigorously rectifies it confirms the claim of the ancient adepts that when the majesty is properly produced it manifests *quintessence* (life force) that invigorates (enlivens) whoever partakes of it.

8-4-94:

California Bulk wine is too expensive and too low in alcohol (9%); charcoal filtered vodka is the most inexpensive source of plant spirit.

Extracted 8oz Pantagruel leaves with 7 liters 80 proof charcoal filtered vodka. Collected 4.5 liters of fine *spirit*. Calcined ashes for 100hrs until the *earth* was grey with lavender undertones.

8-9-94:

Evaporated the water from the menstrum of Pantagruel using low heat. Collected the black tar that remained and put it in triple coffee filters then percolated it with 90-95% ethanol through the soxhlet separator. After 36 hours the ethanol extract was black and the filters in the vessel above it contained an off smelling brownish mass; calcined this mass at 550°F for 48hrs. until the powdered *earth* was reddish tan in color.

Extracted the black alcohol with petroleum ether. A translucent emerald green ether layer congealed above the opaque black ethanol solution. Siphoned off the emerald ether then distilled in the soxhletor collecting the ether for reuse.

8-11-94:

Flashed off the ethanol and residual ether from the black solution that remained after the green ether was extracted. The black residue arose in the calcining dish forming a surface crust resembling black bread. A foul stench was released from inside when the black crust was pierced. After 24hrs at 550°F the smooth black crust had fallen flat and was pitted. It resembled volcanic lava in appearance; it was glistening black as if moist, but was dry. A foul stench was released when the mass was ground with a pestle.

Collected the first of the green-gold *fixed sulfur*: the psychoactive oil containing the therapeutic cannabinoid oils most studied by science. This oil could be further purified by charcoal filtration and vacuum distillation which produces a red oil, but the green-gold oil has many desirable attributes to the senses indicating therapeutic value.

8-13-94:

Dissolved the *fixed sulfur* into the *spirit-volatile sulfur* essence by adding essence in batches to the oil that remained after the ether was removed. The essence and oil were heated to facilitate dissolution of the oil. Each heated batch of essence was poured into a jar containing about half of the essence (untreated). Fixed sulfur floated in droplets on the essence; some settled to the bottom in spheres. The whole essence was filtered after three hours at room temperature as it would not absorb more *fixed sulfur*. The undissolved oil was caught in the coffee filter. Some adhered to the bottom of the jar; it was collected and stored for use later in making a medicine stone.

The essence containing the *volatile* and *fixed sulfurs* is much more potent than the *volatile sulfur* essence. The taste is still agreeable yet less "fruity" than the *spirit* with *volatile sulfur* (*spirit* of pantagrue). The *fixed sulfur* is dark in color until it is spread somewhat thin, then it is green-gold.

Finished calcining the foul black residue that remained after the green ether was extracted from the menstrum (8-11-94). After calcining at 550°F for 48 hours this *earth* was red-brown in color with the slight aroma reminiscent of cured pipe tobacco. Added the grey, then the tan, then the red *earths* to the essence containing the two *sulfurs*. Stirred the chaos then set this firmament aside to conjoin.

This majesty is called the *elixir* to distinguish from the alchemical *essences* previously prepared. The main distinction is the *elixir* has the therapeutic oil of *fixed sulfur* plus the *earths* prepared from the black tar that remained after the *spirit* was distilled over. The *elixir* has all the separated and purified *elements* of pantagrue recombined alchemically, whereas in the *essence* the separation and purification of the *elements* of the black tar has been omitted.

8-14-94:

Overnight contemplation of the firmament indicated the residual *fixed sulfur* should be added to make this majesty whole — all the parts of Pantagruel that were separated in the beginning of the work are now conjoined to complete the spagyric praxis: “Solve et coagula, et habebis magisterium!” (Dissolve and bind, and you will have the majesty!); added the rest of the *fixed sulfur* to the firmament after first stirring the chaos.

8-16-94:

Three nights ago a young fox was brought in to us after it had been hit by a car. The fox had no apparent injury to its body. It was semi comatose and in shock. We suspected a head injury though no obvious area of impact was evident. We placed a few drops of water in its mouth, but there was no response. The next morning we noticed a swelling to the right side of his head just below and behind his ear. He was breathing regularly, but was still comatose. We again placed a few drops of water in his mouth, still no response.

By that afternoon the fox was more stiff and contorted with his neck twisted and his head resting on his back. Next he began to have seizures and convulsions. The fox jerked about wildly as muscles convulsed in spasms and nervous system misfired in chaotic seizures. We thought it was the final contorted death throws. The fox survived the first seizure and the next one was even more severe. Unable to bear the sight of this creature’s pitiful suffering any longer I prepared a dose of the *essence* (6-29-94).

We orally administered 1.5cc of 5 parts water to 1 part *essence* in a syringe without a needle on it. The *essence* was slowly injected into the corner of the fox’s mouth. He was between seizures and lay there limp, exhausted and breathing irregularly. It made no notice of the liquid which slowly dribbled out the other side of its mouth.

The fox remained free of seizures for the next thirty minutes so we attempted to get more *essence* into him using the same method. This time when the syringe was inserted into the corner of his mouth and the *essence* dribbled in the fox began to move his tongue and swallow for the first time. He actively took in the entire 3cc of *essence* though still unconscious.

This (swallowing) was the first positive sign the fox demonstrated since it came into our care. He relaxed for the first time and began to breathe deeply and rhythmically. We attempted to give him water in the same manner but he refused. About an hour later the fox actively swallowed low fat cow’s milk mixed with 50% water from a syringe administered in the same manner previously described. After drinking about 15cc from the syringe the fox lapped the diluted milk up from a cup held under his head.

Four hours later he began to stiffen and we gave him another dose of *essence* which he actively swallowed. Once again he relaxed. Later though laying on his side the fox defecated for the first time since under our care. Then within an hour we gave the fox milk mixed with water and cooked egg chopped up into it. It was not interested in the cup of nourishment until after it drank about

15cc via the syringe. The fox's head still had to be held up because he was unable to hold it stable. By this time the fox had regained some abilities and was looking around actively sniffing the air.

The fox took a dose of *essence* during the night and one more in the morning. He continued to take nourishment from the syringe and the cup. The fox attempted to get to his feet several times but was too dizzy and fell back down. Around noon the fox staggered to its feed looking quite dizzy and backed into a private corner then urinated and defecated.

He has refused any further doses of *essence* but continues to eat and rapidly improves. Nourishment must be administered to the sleeping fox using the syringe at first, which seems to stimulate his appetite enough to wake up. Once awake, he will lap liquid nourishment from the cup.

The following morning the fox was alert and immediately lapped diluted milk. Subsequent feedings of water, egg yolk and milk were also lapped up without need for a syringe.

Continuing to stirr the chaos of the firmament of the *elixir* once daily.

8-19-94:

Filtered the *elixir* from the firmament after having stirred it twice daily for the last three days. The *elixir* is deep gold in color. It has much more body than the *essence* of pantagruel which is light golden yellow in color. The taste of the *elixir* is complex like the finest cabernet while the *essence* is fruitier in taste. Began rotating the *elixir* in the soxhlet refluxer in order to exhalt its therapeutic quintessential virtue. Collected the medicine *earth* that remained after the *elixir* was filtered then put it in a sealed jar until needed for topical treatments.

8-23-94:

Refluxed the *elixir* continuously for 50hrs., then poured it into a one gallon jar and let stand overnight so the *earth* dust that passed through the filter before refluxing could settle to the bottom. Siphoned off the *elixir* the next morning. Bottled one gallon of clarified *elixir*. The *elixir* is reddish gold in color. The fruitness of the *volatile sulfur* is perfectly blended with the complexity of the *fixed sulfur*. The taste is exquisite, full bodied, and its excellence continues to mature. The therapeutic virtue of the *elixir* has more body and soul than the *essence* because it is complete having the *fixed sulfur* and the red *earths* conjoined and exhalted with the *essence*. None the less the *essence* alone is a potent spagyric majesty.

8-25-94:

The fox we treated with *essence* (8-16-94) completely regained his motor coordination by the seventh day under our care. He wouldn't come back into the house after his morning walk and trotted off into the woods. We saw him again

the next morning. He growled at us to keep our distance away from him but he was not menacing in any way. I believe he just didn't want to be handled anymore. We gave him milk and cooked egg. He would not eat or drink until we left. He consumed the food and we have not seen him since. He looked happy, healthy and alert when we last saw him.

8-27-94:

Four day old baby chicken got separated from its mother during the night and nearly died of hypothermia. Baby chicks this young quickly die when exposed to cool night temperatures below 50°F. They usually do not respond to warming. This one was limp and down to its last vital spark when we gave it a few drops of dilute *elixir*. The chick swallowed the drops even though it was unconscious. Its breathing rate increased; its head and legs twitched occasionally. It took a few more drops of *elixir* a couple more times. Within an hour the chick regained consciousness, balance and enough vital energy to stand up. It was returned to its mother in the chicken coop.

9-5-94:

The *elixir* continued to clarify for another three days after the first siphoning (8-23-94). Siphoned again. The *elixir* is transparent red-gold in color. When diluted with an equal portion of water the *elixir* is a shimmering 24 karat gold color.

Gave two doses at that ratio to an author-friend suffering from decreasing mental function due to atherosclerosis. About two hours after finishing the second libation the author demonstrated better recall of names. The author's habit was to say "what's his name?" during conversations when he could not recall the name of persons whom he knew well. The "what's his name?" rate decreased radically, and his ability to concentrate increased. The latter was manifest when the author spoke in detail on a wide number of complex religious and political topics whereas previously the author tended to return to more personal and fundamental topics such as itinerary and basic economics. The manifest improvement lasted for several hours then we parted company. The next day the author performed creative editing on a complex historico-religious manuscript for about four hours — something the author had not been able to do for almost two years.

Took five doses over a one hour period exploring operational and navigational effects of the *elixir*. The *elemental fire* is dangerously *hot* and *dry* at that dose. My solar plexus burned with *philosophical* heat. I drank much water throughout the day. A glass of water instantly quenched the *fire* but it returned within an hour. The cycle ceased by the end of the day. Navigation faculties are greatly amplified at that dose. Perception is psychedelic but pristine unlike psychedelic drugs which are too chaotic for advanced navigation praxis. With the *elixir* the

operator gains the *flux* tuning necessary to chart a course in the pleorma. The visionary luminous flux —the gnosis — can be amplified or attenuated at will.

9-10-94:

Took about one ounce of *elixir* in two ounces of water on 9-8-94. Drank it leisurely in about thirty minutes, then drank nine ounces of water. The usual immediate effects ensued —dynamic rectification. Began rotating the inner circulation; the pulse and focus was unusually strong. The *quintessence* expanded my chi on the first revolution; a warm feeling infused the chi field — the field pervades the body and is concentrated in the cerebro-spinal system.

By the third rotation the field was whirling beyond my body on the inhalation. With eyes closed the field had the body (feeling) of luminous light gray warmth with the perceived density of smoke. With eyes open the field could not be seen but could be felt. An occasional colorful ray fragment popped into the visual field during this operation.

It was easier than ever to keep the field focused. The usual perceptive displacement caused by objective observation did not collapse the field as it ordinarily does; instead field focus was merely diminished and easily restored.

On the exhalation the chi field changed colors to red and yellow dragon paisleys rising like warm steam traveling up my torso to my head. The tendrils of the field that had extended past my body were sucked back into the dragon paisley surge traveling upward.

When this volatile warmth ascended to my head four fields opened surrounding my brain. I felt them pulsating and rotating each about its own axis. The lowest field was at the base of my skull with axis perpendicular to the spine. Another field axis ran parallel to each hemisphere of my brain; these two fields were above the first field. The axis of the highest field ran parallel to my forehead. I was able to expand the fields singularly or together.

Manipulation of these fields was accompanied by sensations at locations in the brain and cranial musculature near the axis for the field. The energy of the inner circulating quintessence and chi was very responsive my navigational input. I directed it where it wanted to go. The four fields extended out and down; an area noticeably void was created at the top of my skull. I could feel the void potential.

Inhalation and exhalation continued to rotate the surging quintessence. The upward streaming dragon continued fueling the expanding fields. The potential at the void above the top of my head reached critical. A shaft with a spear-shaped head rose from the void. Then the luminous gray whirling smoke of the inhalation rose through the shaft and while spinning stretched out into a black and white ray extending out into the universe. The ray was wide and a tunnel was in the center. I did not wish to navigate the tunnel; discovery of the four brain fields and the generation of the void was enough for one navigation session with the *elixir*.

9-11-94:

The preceding experience took place within an hour after the first sip of the *elixir* double. Though I chose not to travel the ray, Gnosis flooded my consciousness after the ray from the void (generated between the four brain fields) projected into the center of the universe. I could see the origin of the Universe and the Youniverse and the flow of Entropy through the One.

Besides the four brain fields that generated the void-ray, I felt a pulse focus at the center of my forehead during the vision-gnosis. It mattered not whether my eyes were open or closed the visionary input continued. With eyes open I could see my physical surroundings and an occasional scintillation plus the visionary gnosis illuminating my mind. The visionary effects lasted less than an hour; the gnosis continues.

At that time the output of the four fields had diminished. As a result of being able to feel the four fields I am now able to feel parts of my brain that were touched by the fields. The brain fields are now an active part of my chi field. The effects planed-out within the next hour while I was writing the revelation as a myth.

1-3-95:

Finished a new Elixir first week of December, 1994. This new Elixir is purple in color and more active than the previous ones. In November the process was started as before with the golden Elixir except the spent leaves and twigs of pantagrue were calcined then returned to the tincture and refluxed for eight hours.

This alchemical tincture was an improvement over the standard apothecary tincture—a purely alcoholic extract. Yet the alchemical tincture was still too crude and roguish in taste and effect, not having the Quintessence vitalized because the gross matter in the tincture dampened salt body resonance.

The Spirit/*volatile* Sulfur was distilled off the tincture. Distilling was stopped when the water/*volatile* Sulfur fraction became insipid. The thick menstrum that remained was extracted with petroleum ether. The *fixed* sulfur (red oil) was separated from petroleum ether and refluxed with the Spirit/*volatile* Sulfur solution for eight hours (It should have been longer as not all of it was absorbed, but much more was than in the golden Elixir batch.).

The black tar that remained after the petroleum ether separation was calcined hotter than before to approximately 700 °F (higher than the thermometer could read) until light gray with slight lavender undertones. This earth was refluxed with the Spirit/*volatile-fixed* Sulfur for eight hours then filtered.

The Elixir settled for ten days then was decanted (siphoned off Elixir). After second decanting the Elixir is reddish-purple in color and changes color

somewhat as the ambient light changes. Diluted 1:1 with water the Elixir is lavender in color.

3-18-95:

Made another batch of elixir about seven weeks ago. The fixed sulfur was extracted from the menstrum by refluxing 24 hrs. with petroleum ether; considerably more oil was dissolved in the pet ether which was very dark green. Compared to previous operations about five times more crude red oil remained in the pot after the pet ether was evaporated off.

The spirit/volatile sulfur was refluxed with the fixed sulfur in the pot for 24 hrs. This mother liquor was greenish opalescent having absorbed all the green-gold oil. It was refluxed with the calcined salts for 8 hrs. The black syrup of the menstrum had been calcined with gradual temperature increases until it was whitish grey (about 48 hrs.); the vegetable matter had been calcined in the same manner until it was light grey (about 48 hrs.). The new elixir was thick whitish with hints of green and grey. After three weeks material precipitated out and the elixir was decanted. The mature elixir is clear light gold in color with a hint of emerald. It is the most therapeutically potent and flavorful yet.

11-27-95:

Started new batch at standard ratio yesterday. Made half-batch about two months ago. The calcined Salts were extracted with hot distilled water; the water was evaporated away from the *salt of the earth* leaving chalk-white short crystals and some golden colored crystal deposits that grew similar to tiny stalagmites. The calcined *salt of the menstrum* was extracted the same way; the crystals exposed were long thin needles and were lustrous white. The *elixir* produced was lavender in color and very therapeutic. This new standard batch will be made the same way using the extracted purified *salts*.

12-11-95:

The finished *elixir* is golden with slight greenish undertones. The lavender *elixir* contained a larger proportion of purified calcined *salts*; Some of the *sulfur* had been removed mechanically to make incense prior to making *elixir*.

For the new batch the *earth salts* were calcined a second time after being extracted with distilled water. The calcining was stopped when the salts turned a powdery tannish gray. The *salts* were again extracted with distilled water. The water was evaporated off exposing the salt crystals which were white and plated out in root-like patterns in the evaporating dish.

This new *elixir* is the most flavorful yet produced and is highly therapeutic like the other batches. One person (EM) suffering from an impacted tooth achieved complete relief from the painful symptoms with one standard dose of this *elixir*.

2-1-96:

The golden elixir was given to a man (RN) with symptoms of pneumonia. He took one standard dose per day and was cured in less than a week. This person was also spiritually advanced in Eastern meditation techniques. He reported excellent facilitation to the meditative and contemplative states from the *elixir*. He is the first person besides my wife and myself to describe the increase flow of VLF *quintessence* as a spiritual energy; all others have described a manifestation of physiological and psychological balancing under the energy of the *elixir*.

One woman (LS) diagnosed with manic depression and taking marinol reported the elixir gave her better balancing relief from depression plus the energy and focus to continue working.

I was suffering acute pain from herpes zoster occulatum, a dormant variant of the chicken pox virus activated during a bout with a viscous flu. The virus attacked the third and fifth cranial nerves on the left side of my face focused behind my left eye and forehead above it.

I received two acupuncture treatments for it five days apart. I took two standard doses of elixir daily for the pain with mixed effectiveness. After the last acupuncture session I was in terrible pain from the symptoms. I took three double doses and one standard dose of elixir within an hour when I got home.

The intense pain behind my eye and forehead diminished to the level of background noise after two doubles. Within an hour after taking the total doses I felt like I was floating. At that level of dosing the alcohol begins to assert more influence, yet the effect was definitely not alcohol intoxication: the *sulfur* and *salt* prevented the harsh edge of alcohol drunkenness from forming.

The psychic effects were very similar to a therapeutically balanced mix of wine and LSD. At one point my wife was rubbing my neck and she gently rubbed above and below both my ears simultaneously and I felt like a cloud beginning to drift away; it was disorienting almost dizzying but not unpleasant nor uncontrollable. Absolutely no hangover was experienced.

The next day the usual pain that started out in the morning as jabbing needles that increased to nine inch nails by early afternoon was greatly diminished. Now, a week later I'm able to read and write again. The acupuncture treatment was essential to my recovery also; the first two to three days after the first treatment the painful symptoms were greatly reduce. The same surely happened after the second treatment. Plus the acupuncturist is a sensitive healer that also works with Chinese herbs and gave me two preparations to take for three days after the first visit.

4-26-96:

Circulating the light while drinking elixir has stimulated the brain fields. I can pulse them but cannot unfold them like before. More energy is needed but increasing the dosage is not the answer. The *mercury* of Hermes has the

surprising effect of densing the hemispherical fields. Today while circulating the light with elixir the fields became fluid like steam with *body*.

Hermetic inspiration lit the interior, and this process was revealed. Upon exhalation the brain fields channeled the vector of the light body to my left hand. I could feel it pulsing from my left hemispheric Kore through a flowing path arcing into the air and down into my left palm. Warmth and the feel of a pulsing cloud-field rested in my palm. On the next rotation I moved the spout to my right hand palm. The warmth and field rested in my right hand. I did this exercise several times.

4-29-96:

Yesterday afternoon while resting on the bed Hermes revealed to me the sex ritual of transcendence coincident to the preparation of a cohabitation elixir analog. This Magnum Opus requires the participation of a male and female alchemist; only Hedons have the proper temperament sexually to succeed. This Great Work would seem obscene to most conservs and all christians. *Asclepius 21-29* in the Nag Hammadi Library explains why.

7-18-96:

Began Dry Path experiments. Using a portable electric roasting oven for the athanor. Inside dimentions are 11.5x17.5x5 inches; the lid is aluminum with a 4.5x7.5 inch glass viewport in the top. Placed an oven thermometer inside to calibrate thermostat control settings. When heat stabilized at 400⁰F eight ounces of dried Pantagrueel was spread on the bottom of the oven and the thermometer was placed on top of the herb.

Vaproization began immediately. The aroma was exquisite as the Volatile and Fixed Sulfurs arose smelling like sacred Kief. The lid was put in place and dry distillation continued for approximately one hour until the plant matter began to smell like toast. The athanor was cooled down then the interior was examined.

The underside of the lid hosted a multitude of small reddish-gold oil droplets. The entire undersurface was ultra thinly coated with the oil which appeared clear. The vegetable matter was examined to reveal that over roasting had occurred at certain contact points on the oven bottom. The oil is pleasingly aromatic but not as clear or fragrant as the oil obtained from Pantagrueel flowers (*salamanders*) roasted in the glass tube vaporizer.

Began new batch of elixir using the standard Wet Path process except 11-12 ounces of Pantagrueel were used instead of the usual 8 ounces.

7-21-96:

Two nights ago writer JH and artist MM were visiting. Our discussions as usual lead to ancient religions. I got out several books from the library to further

our discussions as they developed. THE EGYPTIAN BOOK OF THE DEAD, THE BOOK FOR GOING FORTH BY DAY is always a favorite eye catcher. The one with large format full color images; "the first authentic presentation of the complete Papyrus of Ani," restored to its original state using computer imaging technology.

Plate 32 caught MM's attention. The plate has horizontal rows that contain symbols that repeat themselves with some minor variation; the plate is not an eye-catcher for colorful art work as many of the others are. MM is a master of what he calls "hyperspace viewing." He has done many paintings that demonstrate this principle which is similar to stereoptic viewing. He paints two portraits of the same scene side-by-side. Deliberate minor differences between the two cause the two to become one three dimensional image when the viewer focuses the eyes to the point of convergence in front of the picture.

MM noticed the same effect on the lines on plate 32. At certain hyperspace viewing distances from the page different images became three dimensional forming new images; some corresponded with symbols imbedded in lines of text on the plate next to it. MM said the ancient Egyptian scroll generated a multitude of 3D images at many different distances from the page. And repeated columns of hieroglyphic text on the page next to it projected a 3D column of text different from the two that made it at the same distances from the plate surface as images on plate 32.

MM saw hyperspace viewing images in repeated border illustrations in the plates. It is difficult to achieve the concise cross-eyed state that brings the image into full 3D focus for more than a few seconds. MM can do it at ease for much greater lengths of time. It appears the Papyrus of Ani was prepared by masters of hyperspace viewing and utilized the phenomenon to reveal hidden teachings contained within the manuscript possibly demonstrating esoteric philosophical revelations.

7-26-96:

Dry distilled the pantagruel again (7-18-96). This time it was placed in a pyrex pan on a grill to keep the pan off the bottom of the athanor (electric roasting oven) to prevent toasting of the vegetable matter. The Sulfurs rose at approximately 400⁰F though the thermometer on top of the mass read 350⁰F. It is difficult to achieve distillation temperature uniformly throughout the mass as the heat is generated at the bottom of the roasting oven. After the operation the mass was nearing toast on the bottom half. Four ounces of Pantagruel instead of eight might work better. Still, two dry distillations of leaf did not produce much red lion and most of it was unrecoverable, stuck in the micropores of the aluminum lid. Smooth glass would work better. The red lion recovered was quite potent. Will continue to develop the dry path method.

9-28-96:

Though I have not been able to open the four fields of the mind/brain with the same intensity as 9-10-94, I have succeeded in extending the left and right fields of 4-26-96 by doing the inner circulation with a dose of elixir. I don't do extension exercises with religious regularity but I had noticed how the left and right hemispheric fields each have an affinity with my left and right arms respectively. It's easy to move the field-presence from the hemispheres down the shoulders and to the hands. Today I discovered the fields can move like a second pair of arms. Are these second arms the upper arms of Shiva often depicted in Hindu artwork?