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The Four Elemental Realms on the Astral Plane— Gnomes, Sylphs, Salamanders, and Mermaids and the Fifth Element of Akasha

Note: This essay is part of a book called, *The Perfection of Wisdom*.



The Realm of Gnomes

Introduction—previously, I have described the minds of gnomes, sylphs, salamanders, mermaids, and the fifth element. Those descriptions pertain to the mental plane and how such beings think. The mental plane relates to plans, procedures, and methods for pursuing one's goals, how you organize your resources, and the framework in which you operate.

The astral plane, by contrast, relates to perception, feelings, personality, and what these beings actually do with themselves. The mental plane is about the quality and range of their brain waves. The astral plane is the feeling of being around them and what it would feel like to be one of them.

The Realm of the Gnomes

Psychometry occurs, for example, when you touch something and sense its history. If you hold a watch you may feel what each person was like that ever wore it. Gnomes look at anything physical and with their gift of psychometry pursue its beginnings, changes, and transformations until it became what it is now.

Gnomes also observe construction and building activities of human beings such as our houses and cities, the use of wood, stone, bricks, and iron, stadiums, temples, wells and mines. They examine the structures in regard to function, endurance, and integrity of design.

Gnomes also wander around under and on top of the ground and notice anything unusual that stands out. They may remain for indefinite periods of time in a specific location because it feels right to be there. They want to soak in and internalize the vibration.

I am now down in the ground not just with my mind but with my astral senses as well. Ah, there is a gnome now. He has a pick axe and he is pounding to extract silver from a vein that runs through the rocks.

I am on the astral plane but all the same maybe minerals have astral vibrations that you can work with and fashion in a way similar to physical matter. I am just telling you what I am seeing.

Being in an elemental realm is like sharing the dream of a being that does not use any of the cultural reference points that belong to human civilization. They do not use any of the lexical items or words from our dictionaries to think. They do not use any of the doctrines or rituals from our religions to define or to pursue their goals. Nature has been around a long time before human beings showed up on the scene.

Elemental beings have their own kinds of evolution. Their consciousness develops and expands. And for them human beings at best are engaged in pursuits that are dangerous, destructive, and full of highly questionable goals.

But for me being here as an observer it is the way the gnome perceives silver that is interesting. For the gnome, the mineral of silver is feminine. It is receptive and responsive. It stores dreams so that any feeling you place within it remains fully alive ready to download and be relived anytime.

Through the eyes and feelings of this gnome, silver is lunar, soothing, and serene. It shines with its own inner light that is timeless being. For the gnome you can touch silver and time stops. There are no thoughts, only an absolute contentment so rich and encompassing, so multifaceted, so captivating and attracting it is as if nothing else exists.

For the gnome silver is like an elixir—it is nurturing and rejuvenating. And memories are here—there is good cheer that materializes as if right here and now your best friends are sitting around offering toasts and singing songs that echo down gnome halls underground. Silver contains magical secrets and vibrations. It takes the greatest of gnome magicians ages and eons to decipher them.

Interesting. When I was writing previously on the mind of sylphs I received an email from a woman who said, “I am a sylph. I am the wind.”

And as I was writing the little piece above on gnomes I received an email from an individual who I described in this way:

I am a very merry and mellow fellow. I am here to interface between nature and humanity. I would like to see our relationship grow.

I would like to see flowers and blossoms unfold. I would like more stories of tree dryads and gnomes, wood fairies and elves speaking on their own. I would like to hear more songs of roots and leaves, fruits and seeds and how the earth nurtures all things.

I am a very merry and mellow fellow. I would like to see our relationship grow. And I have many seeds of joy and happiness to sow.

A gnome may wander around underground and find buried pirate treasures. There was once a map but the map is lost or shredded. Silver and eight, diamonds and emeralds locked in a box far from men's hungry fingers. It may be fate but love or hate will have to wait before this treasure they take.

The gnome holds a lamp that illuminates his path beneath the ground. He looks around. He listens. Far away he hears a cry--Free me. Free me. A voice like a trumpet as big as a tuba calls out. He goes over and finds the bones of a Mastodon caught in sinking mud a hundred thousand years ago that would not let go. For a gnome, though creatures no longer eat or drink, their bones still speak. A gnome sees not fossils but living things that swim in the sea, birds that fly in the air, and creatures that once lived here.

Some gnomes have favorite stones. Some rocks need not knock. They step right inside your mind and share with you their dreams of times long gone by. Some gnomes like semi-precious stones and jewels. What can you do with a quartz crystal? The Atlanteans knew. They had gnome perception and gnome wisdom. Some Atlanteans studied with gnome magicians.

When you were a child did you ever spy out of the corner of your eye a gnome hiding behind a stone as you walked by? Have you noticed? A gnome who occupies a human body and lives among us is usually shy and often suspicious. The reason why? They like to keep their secrets from prying eyes.

You have no doubt heard it said, If you think like a gnome, perceive like a gnome, act like a gnome, feel like a gnome, and have the inner silence of a gnome, then you are gnome. Welcome home!

How does a gnome think? I have already said—he looks at anything physical and tracks its changes from beginning to end. How does a gnome perceive? He gazes upon something without any thoughts arising. He observes without any mental activity. There is a direct mind to matter connection. You will often find in a gnome the delta brain waves of deep, dreamless sleep because being attuned to the vibration of physical matter is the gnome mode of perception.

How does a gnome act? He finds something that captures his attention and busies himself working on it to reshape it and make it more valuable such as by raising its vibration. How does a gnome feel? He feels a quiet ecstasy inside because he is always doing what he loves most—what he dreams of accomplishing is right here before him as he works on it with his hands and mind.

What is the silence of a gnome? It is as silent as a stone. But since there are many kinds of stones gnome silence has many qualities and varieties. You find the silence that for you fits the best.

And if you do these things well will they turn you into a gnome? If you love the earth, trees, and mountains and making things of value that endure, then you have gnome mentality. But to really be a gnome so they call you one of their own? Well, sitting in a Zen monastery and stopping all thoughts so your mind is completely silent will not even pass the sniff test.

To be a gnome so the earth is your home you have to dream the dreams of the land. The dust beneath your feet—was it once the mud in a stream or the rocks eroding from a mountain now long gone, or sand from dunes of Africa iron and phosphorus rich blown by high winds across the Atlantic to the Amazon forest, then silt on the stream bed carried down to the delta by the sea? The dirt, the topsoil, the trees are filled with dreams.

To be a gnome is not only to talk to trees. You can slip inside them like a person who goes to a special location for a vacation. To be a gnome is to take a walk in a forest and remember the sounds and sights and play that memory back ten thousand years later. But gnomes are not librarians with rows and rows of memories gathering dust on shelves cataloged A to Z. No. A gnome is always in the now. And the now is--

what work can I get done that is both fun and that contributes in a small way, in a gnome way, to the beauty of the world?

The Realm of the Sylphs—The Air Spirits

Introduction

They did not teach me about sylphs in high school physics nor in Sunday school class alas. Magicians often fail to learn their names since magic is considered to be a more serious game. Bardon says sylphs do not at all like men. But I am not completely stupid.

Take a breath and feel air like wind toss and turn as it winds through the caverns and ravines and the mountain peaks within your lungs. Feel all the winds of the earth gathering into your breath as you breathe in.

Is there any real reason to learn about sylphs? Not really. Unless, unless you an artist, a musician, a poet, a performing artist who works with the spoken word or a negotiator who must find the right word, perhaps someone interested in enlightenment, a weatherman, a storm chaser, an ecologist, a climatologist whose concern is the onset of the next ice age, a sky diver, a glider pilot, a hang glider, a farmer, a sailor or ship captain, and you might be worried about rain and droughts, preventing hurricanes from hitting major cities or the tornadoes that run about, and there is pranayama, and breathing in yoga, and then again you might be Elijah who has returned—he was a master weather controller, far better than the Dalai Lamas. Or perhaps you are one of those who seeks to attain astral or physical immortality in which case the sylphs realm is part of your trade.

The Realm of Sylphs

You could say that if you think like a sylph, perceive like a sylph, act like a sylph, feel like a sylph, and have the harmony of a sylph then you are a sylph.

What is it to think like a sylph? Imagine the blue sky is your mind. To perceive like a sylph? Wind, air, and atmosphere are an extension of your body. You are so sensitive you can sense the faintest touch of wind as it moves among the leaves of a tree or arm and arm you stroll with the scent of a flower over a hill yonder. Sylphs are very perceptive beings.

How does a sylph act? They often move rapidly about in the air ready to go anywhere. It is their sense of freedom—if you have it why not use it? But what do sylphs actually do? In a minute I'll take a look at one or two.

How does a sylph feel? In your body you feel relaxed almost beyond human understanding. Imagine floating weightless and the entire atmosphere is your habitat. But as for feelings themselves? There are many kinds of sylphs. Some need a twisting tornado to let go and feel the full exhilaration flow. Some need the hurricane to guide like the captain on the bridge of a ship. He stand watch, charts a course, and faithfully delivers a cargo of wind, rain, storm surge, whatever is required to balance hot and cold, wet and dry, low and high.

Some sylphs simply wander about in the sky where they sense anything disturbing—dead air there or too much rain in that valley yonder. And then they drop down and set things in motion so that the disturbance vanishes into thin air. Sylphs have as many feelings as there are winds and weather conditions.

What is it to have a sylph's sense of harmony? What is that inner quality? Why did Beethoven compose the Ninth Symphony or Schiller the Ode to Joy? Why did Shakespeare write The Tempest or Isadora Duncan dance? Overcoming and transcending limitations; taking conflict like taking the darkness of the night and changing the

perspective by adding Dawn's first light; or seizing the injustice, the unfairness, or something out of balance and restoring it to its original purpose—so every need is met and every desire reaches a new height where it breaks free in release finally attaining oneness with beauty.

And so if you think, perceive, act, feel, and have the harmony of a sylph and their sense of freedom too, have you now made the sky your home?

If for a gnome you dream the dreams of the land, what is the deepest dreams the sylphs know? I described it once in a poem:

My mind is the sky, pure, clear, and open.
Its air flows through my chest.
Its winds are my breath.

Now then, let us try wandering about in the air as a sylph. There is a sylph now. He races by me. I follow behind. He goes a ways and then stops and sniffs the air. Did I ever mention—do not smoke cigarettes a month or two before you contact sylphs or mermaids. It is like kissing a woman and having bad breath.

The sylph I am watching catches the scent of eucalyptus from far below in a forest. It could be this sylph has a flair for aroma therapy. The right scent suppresses certain symptoms and awakens greater harmony. The scent of eucalyptus for this sylph is like two lovers who discover what is hidden in each other's hearts. Can you feel what this sylph feels? There is an inner connection to another in which you are so attuned that you do not even have to claim the other's body to express your joy.

How about another sylph? There is one hovering over the rim of a deep canyon. He is right there where the wind rises from far below and rolls over the edge and then sails across a plateau. What is he doing?

The wind for this sylph is filled with passion. It craves a hunt where satiation derives from stalking and then invading low pressure zones. The wind twists, splits, and divides. This wind is to a desert valley what a flashflood is to a stream. It crashes against hillsides and pounds against whatever blocks its movement awakening dust devils to stumble about as it passes by.

The sylph is fascinated as he watches. The wind is so orderly as it rises from the canyon here and then so wild and unpredictable as it journeys there. It is a lot more than a woman letting down her hair. This sylph enjoys the show. The dissonance in the air flow strikes an emotional chord inside the soul of the sylph that he wants to get to know.

The Sylph Parahim

Orif, my patron, says to me, When it comes to this air spirit named Parahim you must move very carefully. Imagine the blue sky way up high. Nothing exists but the enlightened mind. The only sensation is weightlessness. And there is a great stillness and an even greater longing to achieve harmony.

Now match your aura with hers so that when she looks at you she sees herself in another form. The clouds, the winds, and the storm are your outer form, like a cloak you wear, but you are the life underneath and animating these natural things. You are the unfolding of all the desires of the winds.

She is so sensitive she feels the fingers of ice spreading across the surface of a pond, the breath of frost forming on a window at dawn, the icicle dripping, the leaf falling, the trail of eddies from the bird's wing, and the rippling in the air when the birds sing. For her, air is a harp and a violin.

Ah, you have reached the point where her thoughts are yours—you see through her eyes and hear with her ears. You feel with her body. If lovers knew how to do this just seeing each other would create bliss.

In the sky above the clouds there are kingdoms of the soul where men may go to banish every sorrow. Here there is no fear. To breathe this air is to feel freedom everywhere. And the law here is harmony. Every conflict is resolved because the mind is so open, vast, and clear it encompasses the entire world below.

The air is a harp and a violin. If you listen carefully you can hear them playing in the wind and the song is the heart of Parahim singing.

Parahim says, There was once a woman who played a harp. And when she played it was my fingers, my voice, and my art.

The wind that glides through the forest, hides among the elms, sits on the shoulders of the Oaks, jumps down and twirls leaves on the ground, then races off to the sea where white caps dance free, the spray flying in the air like the hair of a woman in a breeze.

There was once a woman who play a harp and those who heard that voice sing, for a few moments or hours, put off their mortality and stepped into the future and walked among their deepest dreams.

See also The Sylph. For more on elemental beings see my book, Mermaids, Sylphs, Gnomes, and Salamanders.

The Realm of the Salamanders

Note 1: This continues my exploration of the four elemental realms on the astral plane.

Note 2: Some may want to become familiar first with the other realms before working with salamanders. If you have the power of the salamanders, you can accomplish your purposes. If you have the balance and freedom of the sylphs, your accomplishments are harmonious.

If you have the love and innocence of the mermaids, what you do is healing and nurturing. If you have the inner silence and appreciation of work as do the gnomes, you produce work of enduring value. And if you have the oversight and divine purposes of the fifth element, your work endures through all ages of the world.

The Realm of the Salamanders

There are different ways to enter the realm of the salamanders. First you get a feeling for fire. You could gaze upon and contemplate a candle or a log fire in a fireplace. Someone like Franz Bardon has you do some preliminary exercises and then you imagine you are inside of a sphere of fire as large as the universe.

I work through a few images of fire in nature and then I imagine fire everywhere around me. Then I place my awareness in the realm of the salamanders on the astral plane. Immediately I sense the force of fire in its primal state.

There are different ways we might describe these sensations. We could say that this fire has a single-minded determination to grow stronger. We might say the universe is unfolding itself through this power. Or we could describe a gut reaction and say, The fire in this realm is a consuming rage, an insatiable desire and ravenous hunger to expand and to take command. If you take away the desire, hunger, and rage what is left is a vast reservoir of very hot fire almost always seeking to expand if not in power, strength, and size then in the strength of the light it emits.

We might say that the energy in the realm of salamanders is like an explosion waiting to happen. The gigantic chamber of magma just needs the right crevice to break free to the surface. The C4 just needs a blasting cap. A stick of dynamite a wick. A bomb the right fuse. The U 235 the right design and electrical trigger. A missile in a silo the right code and two keys and it is ready to go. Salamander energy is all about intensity, being ever ready, and seizing an opportunity.

If you take a look at the images within the collective unconscious that manifest in religions and mythology, we have gods like Vulcan, Thor with his hammer, Zeus hurling lightning from his hands, and Agni, the fire god, in India. All the same, perhaps religions have portrayed these gods as a little too tame. There is nothing tame or that a ritual can bind when you enter the realm of salamanders. It is more like Vulcan, Zeus, and Agni come here to the realm of salamanders to recharge themselves when their fire grows dim or burns out.

If you look carefully, we might see salamander energy in human beings. Some people have this rage to expand and to overcome obstacles the way a flashflood in a stream surges down a canyon and runs over a beaver dam. Some people have the rage of a gasoline fire. Put a match to it, put them in the right situation, and they flair up and even explode but then the fuel is used up. Their energy and force of emotion are gone.

But the real stuff, the magma in huge chambers beneath the ground, is well contained. And the molten core of the earth is huge. It is not going to burn out anytime soon.

Similarly, we see that the power of the salamander when it is in human beings is carefully contained and often hidden. It is held in check by great discipline, cloaked in tradition, or directed and controlled by an institution. General Patton accomplish as much as any general in military history. Alfred Nobel invents dynamite. Oppenheimer gives to mankind a new kind of fire that will either destroy or transform the

world. But if you look inside the eyes of these men, behind the research in chemistry, the mathematics of nuclear physics and the engineering of a weapon, and the classic military strategy, you will see the consuming rage flickering though otherwise well hidden.

A consuming rage seeking to expand and to take command—can you sense this same rage is in a candle flame and also in a star? For salamanders there is a continuum between one and the other with a few minor quantum leaps thrown in. The salamander who once could not even make a spark leap becomes the lord of all lightning on earth. He looks back and says, The intention and knowledge that I am power was the same there in the beginning and now at the end.

The prophet Elijah was a salamander man. He could create fire out of thin air. When Arjuna asks Krishna to reveal his true self, Krishna opens his mouth and tons of fire pours out. And John in his Book of Revelation speaks of two who will appear that destroy their enemies by emitting fire from their mouths.

The salamander man emits lighting from his hands, speaks with a tongue of flames, and a voice of thunder. We do not meet such men in modern times that possess these elemental powers. But we do meet the equivalent in artificial form--in politicians whose charisma electrifies a people and then leads them down a road to destruction. We see it in institutions governed by CEOs, boards of directors, and major investors whose inner rage for power is always ready to consume the beauty of the earth and exchange it for toxic wastes. We see it in our technology that fills the air everywhere we go with radio waves and electronic transmissions.

The realm of salamanders—through its direct connection to the elemental power unfolding the universe--helps us put things back in perspective. We are asked by the universe to be wise. We are not asked to be shy about seeing that justice and harmony fill the earth.

In the realm of mermaids, love is everywhere. In the realm of salamanders, will and power are everywhere. Lava tube—blasting furnace; mountain exploding with pyroclastic flow—nuclear weapon setting the night aglow. Where is the wisdom that understands the power in nature and the power controlled by men exist not to destroy but to preserve the life of the land?

Can you look inside yourself and find a salamander man--fire extending as far as the imagination? Can you look inside and find a nuclear man—like the sun, from the core of your being light radiates to the ends of the universe?

Let us look around and see if a salamander can be found? There is a salamander hovering within a cinder cone. I go over. He says to me, My awareness is in these gasses exploding into the air, lava splattering, a vermilion and orange ribbon of lava flowing to the sea, lava tubes forming, smoldering back rocks cooling and solidifying—I am within all of these things. They are who I am. This is my identity.

To be in the body of a sylph is to feel you are a part of the atmosphere and to feel relaxed almost beyond human understanding. To be in the body of a salamander is to feel the power at the center of the earth is alive within you and flowing through you without end.

What is the power at the center of the earth? Let us drop down and take a look. Nothing can replace first-hand experience. The earth core speaks to me. It says, I wrestle. I flex my muscles. I press and stretch. The weight of the earth is upon me yet I have the strength to shift tectonic plates and raise mountains up. Super volcanoes explode. To the entire atmosphere they lay hold. Sometimes for thousands of years the lava flows.

This planet is alive because it does not sleep inside. Its heart is not cold. I am immense. Continents I bring together and divide.

A second salamander appears before me and speaks as if continuing where the voice of the earth left off. He says, I am the awareness of the core of the earth. It is what I am. What is my purpose other than to be a force of nature? Do I dream? Do I have plans that involve man?

Every act of will, every exercise of power on earth I comprehend. I understand human intentions. I perceive the roots of every desire. I appraise and evaluate plans of action. How could I not know these things? We are power. We generate the magnetosphere. We protect and nurture the earth.

Do I dream? Like you one day I shall shine so pure and bright I shall be a being of light that flies between the stars. Matter shall no longer contain me. The forces of nature shall no longer bind me. I shall shine with the light of the sun. And I shall create new worlds and guide civilizations to attain perfection as an expression of the joy I have found within. This is what is hidden within fire—the power to fulfill any purpose and to manifest what the heart dreams.

The Realm of the Mermaids

6/11/2013

I spend a few moments imagining myself surrounded by cool, blue green water. I imagine the Pacific Ocean and the Atlantic Ocean. I spend a few minutes feeling that energy. Then I shift my awareness onto the astral plane and into the realm of mermaids.

The feeling here is incredibly innocent. There is no harm, no injury. There is no selfishness, no greed, no insecurity. There has never been anything mean.

The energy everywhere is pure and healing. They give all of themselves without holding back. Love is the only intent. It is the reason they exist. They embody it.

And as this realm is a sea of love and as this love is everywhere, those who are here have this energy flowing through them constantly, endlessly. For this reason each individual in her own way is one with the sea and one with each other. The experiences of separation, loneliness, and isolation they cannot conceive.

And so if I relax here and fill myself with this vibration my perception is that linear time no longer exists. There is no movement forward or backward. Memories of the past are as real as experiences in the present. And the future fulfillment of any dream or need is already accomplished.

If you visit here you will notice there are no ideas or concepts, no doctrines or theologies, no philosophies, theories, or ontologies. Not even any causes. Love is the cause and effect. It is the prime directive and overriding purpose of everything that exists.

Love is only weak or in need of wisdom or will when the individual perceives from the point of view of an ego. Mermaids have no egos. There are no fixed or firm boundaries between self and others. The sense of being one with the whole is never absent from their consciousness.

Here is a mermaid now. I have met with her a number of times before. I know her human incarnation.

According to the rules of this realm, the etiquette of love, in meeting and greeting another you join with each other so you are one. All my memories without judgment or blame are now hers. And so that the sharing is equal and unbroken my awareness naturally extends into who she is—she is the awareness of the entire North Atlantic Sea: the waves, the winds, the tides, the currents, the fish, the edge of the Arctic, and the contour of the sea floor. I feel this vast body of water within me.

I am now her merman and she is my perfect lover during the space of this meditation—

“And the sea shall grant each man new hope as sleep brings dreams of home.”

Let us also say today: the sea seeks to find a way to fulfill every dream--as water changes shape, love meets every need.

Note: Here are a few of my previous comments on the Realm of the Mermaids

This night I shall take a break—
The mermaid realm
I am in it now
In an instant the outer world dissolves
Innocence beyond understanding—
They give without ending
Love that is one
Without ego contending
Here breath, the very air
Are intoxicating
Sensuality united with divinity
Touch joins with infinity
Like the seas of the earth
Feeling reaches round the world
There is dancing and singing
Pain and sorrow dispelling
The mermaid queens?
No mortal can match such beauty
They are the sea taking on the form
Of human beings
Here when a mermaid approaches you
She relives your memories
She sees what is to be
She takes you within a dream
And shows you
Whatever it is your most crave
The thirst and the thirst now quenched
In the same taste

It could well be
That the gods and goddesses in human mythology
Never discovered this place
Because if they had
They would have spoken
Of love that saturates the planet
Finds fulfillment in every moment
And possesses an absolute contentment
That feels one with the universe.

You will notice of course three things
When a mermaid or mermaid woman
Sits beside you
On a beach—
Your two auras flow together
As one stream
The waters are cool, soothing, releasing,
And unbearably sweet
And the masculine is here also—
She draws your energy into herself
As if the Northern Lights have come down
Filling her body
With a quiet, electrical luminescence,
Though your energy inside of her is gentle,
It burns with a wild and furious purity
And there is this mystery—
You, the woman, and the sea
Are within each other equally
There are no boundaries marking
Where one begins and the other ends
And the spell of oneness is so complete
The sea uses the two of you
To celebrate its innermost serenity and peace
In this trancelike beauty
Your mind becomes the sky

And your souls a love
Encircling the earth.

I place my awareness into the realm of mermaids. It's a vibration you can feel. Mermaids can be seen. And you can listen to their songs and words.

The sensations are watery but lighter than water. The energy is vast and continuously flowing. Love is everywhere. It is unbelievable innocent—that is, it is completely open and receptive, new, self-renewing, and self-purifying: it never loses its willingness to give all of itself in every moment. That is what I call innocence.

And it is healing and tender. It is sweet, kind, and then the sensuality kicks in—the bliss begins running through your nerves, saturating them. Here there are no inhibitions—what is deepest inside of you naturally and without effort flows through what is deepest within another. The exchange of energy is total and continuous.

To summarize, the watery energy in the realm of mermaids is intoxicating. Love is ecstasy—totally uninhibited, innocent, and yet wise in erotic arts. The developed mermaids sense every nuance of attraction and understand ways to amplify magnetism; there is singing and dancing. And there is no holding back in the giving—no reservation or hesitation; to become one with you is the acceptable mermaid form of greeting.

You sense a vast field of energy like a sea of water that surrounds you. It is tangible and flowing like water itself.

And this energy field has the quality of love--it is nurturing, receptive, renewing, healing, releasing tension, and making things whole. It shelters, inspires, and gives life.

You sense that you are united to this energy field of love. It flows into and through you to others or whatever is around you. If you focus on another person near or far, you can flow this healing and loving energy through that person also.

Put simply, mermaid love is a way of perceiving. A mermaid woman senses she is part of a sea of love and that this love is endlessly flowing through her to others around her.

This is not something added to her aura. This immersion in love and offering it to others is her very essence. This sense of giving is so strong that a mermaid cannot stop giving love. To stop loving would be like a human being stopping breathing--if you stop breathing, you would in a short time no longer be alive.

If you can somehow connect to this sea of love so that it is always flowing through you to others, then you are attuned to mermaids. When you are with one of them, there is an automatic, subliminal and real emotional force joining the two of you together. What is within one person is also within the other. If you can feel as mermaids feel, then you are one of them.

I ask a Mermaid, How do I become what you are?

She replies, Gaze at the sea. Notice the sensations—the flowing, yielding, the giving and receiving, the surge, the pulse, the rhythm, the continuous releasing, the letting go, and the infinite adaptability.

Then notice the feelings—purifying, cleansing, making new and bringing to life, the nurturing love, the joy in becoming one, and the infinite receptivity.

When you make these sensations and feelings a part of yourself, you enter the realm of the mermaids and become as we are—one with the waters of the earth.

As one mermaid woman said:

When I'm in the ocean, this world and all that I am in it goes away and then I am myself again. It is effortless and a relief. For the time that I am in the ocean I am home and I am my true self. There is nothing hidden and nothing to worry about. I am surrounded by strength, love, pureness, and I am at the core of my original being. There are peace and

serenity in my heart--I find myself not wanting to regain my human self again; I just want to live in that moment forever.

Four Steps toward the Realm of Mermaids

(from the book, Mermaids, Sylphs, Gnomes, and Salamanders)

There is a difference between a human being and a mermaid even when they have the same degree of empathy. The difference is that the mermaid has no ego. She has no attachment to a specific identity. Instead, she is united from within to water in nature and this water—lakes, rivers, and oceans—sustains and renews her. Consequently, she never uses her empathy in a selfish way. She uses it only to serve the purposes of love.

How might we develop such a connection to nature or learn how to feel as mermaids feel? The process can be broken down into steps. Put briefly, learn to perceive without thinking. Put aside your ego or identity when you meditate on nature. Develop a sense of wonder—an awareness that there is something new and unknown occurring within every moment. And finally be aware of when you are perceiving and feeling the way an actual mermaid might perceive and feel.

Step One: Perception without Thoughts Interfering

The first step occurs when we experience a delight of pure sensuality so enchanting that the ego is overcome and we completely let go into feelings and sensations. This occurs, for example, when rafting down a river such as the Little Colorado. There are no signs of civilization. Time is measured in the rock formations of cliffs stretching back through geological ages. The river has flowed for millions of years, and you are part of that flow. Your social identity is still real, but it is on hold, like a shirt or a coat you hang up in the closet when you come home.

Here, drifting, floating, flowing, you can just let go. It is a set of sensations—and the entire environment is arranged to amplify your feelings.

Or who has not as a kid jumped into a puddle or when older gone for a walk knowing you would become soaking wet in the rain? Here again the sensations take over. In a sense, the rain makes you part of the cloud that reaches down to the earth. Thoughts are secondary to the experience. The sensations and feelings vary, but hidden within them is the awareness that the body and nature are not separate.

How about floating in a lake at night? Can water amplify feelings? If you feel fear, you can imagine drowning. If you feel relaxed, the entire lake spreads out around you relaxed and at peace. If you try for serenity, your body, the lake, and the night sky of stars begin to blend, flowing in and through each other like a dream that has no end.

You can reflect upon your own experiences with water. But this is the first step toward the gate into the realm of mermaids. You will know that you are at this point when you can relax, close your eyes, and imagine some scene from nature. And then you feel that the energies of nature are flowing through your body, extending and amplifying your sensual delight and the feeling of being alive.

Step Two: Nature Becomes a Part of You

The second step in moving toward the gate of the mermaid realm is to embody in some way the experiences of the first step. Sensual delight and feelings of release may come and go. But these things can increase until they become a permanent presence inside of us.

They are found in works of art—in Beethoven’s Moonlight Sonata or the Ninth Symphony with its Ode to Joy; in Van Gogh’s *Starry Night*; and in refrains such as “all is calm, all is bright” from “Silent Night.”

They are in a negotiator who places him- or herself amid a dispute because he or she loves resolving conflicts, and loves the act of creating peace. It can be found in a relationship where there is “a secret sharing heart to heart” or it is in sitting in an asana and feeling a peace like a pool of still water in a cave beneath a mountain. The inner feeling within

oneself reaches a level of strength in which it is no longer dependent on the events of the external world to nurture and to sustain it.

I sometimes meet individuals who have a sense of well-being that has reached this level. Their inner feeling of peace shapes their lives. Past, present, and future flow together and are joined. The events of the outer world do not interfere with the feeling of being whole and complete that already exists inside of them. Their identities are not shaped by their relationships, by their careers, or by the social roles they assume. They use their role in society as a way to express themselves, always sensing that what they feel inside is forever independent and free of these outer activities.

You will know when you have reached this second step toward the mermaid gate in this way. If you sit still and relax, you will be able to sense in a way that is effortless and spontaneous that you are joined to nature from inside yourself. In some practices, the individual imagines walking through woods or down a path until he or she comes to a clearing, a grove of trees, or a stone circle. But in this step you are the grove or the stone circle, a lake, a waterfall, a sea, the moon, the stars above, the rain falling, and so on. The vibration of nature in some way is in you and a part of you. It is there in a permanent way.

Step Three: Your Sense of Wonder Does Not Diminish

In the third step, you see the light from the realm of mermaids shining through the gate leading to that realm. You are witness to the existence of another spiritual world. When you see and experience this, you are standing free of human history and civilization.

This is called transcendence. You are outside of time. The human world is still present, but you view it from a completely different perspective.

Great writers sometimes have a feel for this. They focus on the most difficult situations in life in which individuals are at their wits' end. They study and concentrate on every little detail. They want to understand why people hold on with such strength to their self-images.

The individual's self-understanding is like a reflection in a mirror. It appears briefly shaped and illuminated by circumstances as arbitrary and malleable as a dream. But people do not realize this. They cling to these images as if without them nothing else would exist. They do not realize that they can cast them off and become something completely different—with different feelings, thoughts, and actions.

So the writer takes his or her observations and make them into a play, a drama, a movie, or a poem. He or she tells a story and says, "Look, see what I see—human beings make choices based on these influences. But they forget that they are the ones choosing which influences to accept and which to reject."

In the third step, when you look out your window at bright snow lit by the full moon, you may see "radiant beams from God's holy face." Or you may see shining in the light an inner peace with the universe. When the entire world is wrong, you can still feel an inner peace and joy welling up from inside of you in spite of the destruction caused by human beings. Something from the other side, the next world, is alive inside of you.

You will know, then, when you reach this third step because there are moments when you feel outside of time, looking at the human world with the light of another realm. And you also feel a sense of wonder touching you. It conveys to you this message: you are meant to take the person you are and create something new from a dream or vision you find in your heart.

The light from the realm of mermaids conveys this message: the universe exists to fulfill the purposes of love. When you feel this energy, you feel the part of yourself that was missing is now restored.

Step Four: The Gate to the Realm of Mermaids

How do you know when you have made it to the gate? Mermaids appear right next to you. You share in common with them the way they feel and perceive. They accept you because you have their vibration. You can communicate mind to mind with thoughts. But this connection is more a matter of embodying a watery vibration. Let us do a test.

Take a few minutes and slowly move with your awareness through different images of water in nature. Become a mountain stream, a waterfall, and a pool. Become a lake, a river, and the sea. Become an iceberg frozen in an arctic bay or a small bay in an island in the tropics. Drop your mind down into an ocean trench. Become the sea.

Notice the different vibrations produced in your body as you identify with each of these ways in which water appears in nature. If you meet or imagine a mermaid next to you, match her vibration. Let her energy flow in and define what you feel inside of you. Learn from the other. Extend your senses and feelings through the way the other perceives and feels.

Long ago when I first met women with a profound sense of well-being inside of them, it took me decades to learn to produce those feelings inside of myself. But now I go to the source of such feelings as they derive from the energies underlying nature and as they exist within the astral plane. We are meant to learn from each other. We are meant to flow in and through and give birth to each other from the gifts we give and from the love we share.

To share in common the way mermaids and mermen perceive is to feel that a sea of love is flowing through your body. You can sense that everyone is a part of this sea—the same love is within each of us striving to fulfill our dreams. To feel what they feel is to be able to give all of yourself because the source that replenishes you is never exhausted.

But you can observe that a mermaid woman has a nearly infinite variety of emotional expressions in her face and body language. This is uncanny, but again it is very easy to miss. She blends with you in a way that makes her seem completely familiar. It is incredibly easy to take these women for granted—they connect to you without effort, which leads you to think that they are normal and ordinary.

On the other hand, that real mermaids might exist in the bodies of women is an astonishing and fascinating idea. I go to great lengths to explore the present- and past-life biographies of such women. My fairy tales give the backstories—the explanations--of how or why mermaids have entered the bodies of women.

These fairy tales I consider to be genuine mythology—the stories address the questions, Why are we here? What are our options? What is it to live life to the fullest? The stories present the spiritual landscape that show where and how the human and the mermaid realms meet. At the same time, I would like to emphasize that the idea of mermaids dwelling among us is of absolutely no significance if we do not learn how to embody their love and empathy in ourselves. Whether you believe in them or not, the skills they possess can be taught and learned. From the mermaid point of view, if we fail to learn these skills, the human race will soon be extinct.

(for more on backstories of mermaids or how some of them have taken on human form, see my manuscript Mermaid Women at williamrmistele.com)

Astral Immortality with the Water Element

(from Undines: Lessons from the Realm of the Water Spirits)

For the element of water, the individual's astral body remains forever new, young, innocent, vivacious, purifying, self-renewing, and life giving. When this individual relaxes, the aura has the vibration of nature such as a waterfall, a mountain pool, a stream, a lake, a wave breaking on a beach, an arctic bay, or an entire sea.

According to the mermaid queen Istiphul, the Chaldean astrologers got it wrong. Women in particular are not earth, air, fire, or water. They are primarily water. Within a woman's soul is the one ocean that gave birth to life on earth; the stream that nurtures and brings life to whatever is by its side and that can dream others' dreams effortlessly without loss to herself; the waterfall that knows how to let go and embrace the air without fear; the lake that reflects from its face the beauty of the universe; and the wave that always is in sync, always rhythmic, always a part of so much more than this world that we see.

For one woman, it is like the stillness of the sun blazing in clear ice—the present moment shines brighter and is more full of beauty than anything else the mind can think of or contemplate. For another, she is totally in the moment and receptive. She is beyond the capacity to even think a mean thought ever; and she radiates watery vitality more than any master or guru on earth. In this sense, these individuals are more alive than other human beings.

In this particular definition of astral immortality—of having developed one's astral body so it is a direct embodiment of some aspect of nature—one's energy is continuously being exchanged, recharged, and united through the element of water in nature.

As one woman says, “nature is embedded in my very core.” To be in their presence is to feel like you are out in nature. The very touch of their aura on you tends to vitalize you and make you feel twice as alive as you are without being around them.

The main trait of mermaid women, women who actually have or embody the souls of mermaids in a woman's body, is that they feel the reason they exist is to love. This is not an intellectual idea or a belief. It is something they actually perceive in each moment of time—that they are within a sea of love and that this love flows through them to those around them.

The simplest way to tell when you are with a mermaid woman is that when you are with her she focuses on you as if nothing else exists—as if she is a stream and you are gravity—every move she makes is shaped by your presence. They are literally that giving. But you may have to look for this. They can easily disguise themselves. One way they do this is to appear so familiar to you that you mistake them as someone meant to be your lifelong friend. Or they just seem like a young woman who is a little too vivacious and friendly. But in fact they are like water flowing into different environments. They respond in a unique way to each person they are with.

The Fifth Element—Akasha—on the Astral Plane

The four realms—let us briefly review. Imagine sitting inside of a rock or stone. Feel that silence inside of you and that physical being is all that exists. Or, enter the realm of gnomes. Here inner silence is a quiet ecstasy. Working to transform and to reshape matter is the essence of your being. You feel perfectly at home. Whatever you have chosen to work at captures your full attention and your whole heart and soul are in it. The attitude of gnomes is not to believe in something. Rather, through your work you bring heaven down to earth. This is the Great Work.

Pause now. Take a brief moment to reflect on being nothing at all. You are in a timeless and spaceless state of awareness without energy, form, or substance present. This does not mean that you do not feel life within you. Rather the opposite. You can create any feeling you wish—any motivation, any inspiration, any pleasure or bliss--almost without effort.

Now for another realm—the realm of the sylphs. Imagine you are floating weightless free of all gravity in the vast, blue sky. Or, enter the realm of the sylphs. Here freedom and beauty are all that exist. You love harmony because harmony is what you produce when you balance whatever opposites confront you. You will know when you are here. Your body feels so relaxed that this relaxation is almost beyond human understanding. I enjoy being here so much it takes an effort of will to pull myself away.

And again pause. In a void now without form, image, sound, color, taste, smell, or sensation of any kind.

And now for the absolutely exuberant and passionate realm of the salamanders. Fire is everywhere. It is consuming, raging, hungry, and devouring. This realm is very simple to understand and to grasp. Fire wants only these things—to expand, to take command, to grow stronger, and to produce light. In the beginning it lacks discrimination and ethics.

It needs fuel to burn and will take whatever things are at hand—you, others, or anything regardless of how valuable it is. In the end, it can take a tin can, any kind of garbage or waste and produce the light of the sun—it shines that bright. Ultimately, fire becomes light without need of external fuel. The void itself is for fire an infinite source of life. To get to this point is a long journey indeed. But without the journey through every kind of desire and need you fail to attain perfect enlightenment. The enlightened mind is self-existent, luminous and filled with freedom.

Again pause. Spend a few moments within and one with the void. Be nothing at all. Be silent. Be still. Be free of all realms of form.

And now imagine being surrounded by cool, blue green water. Or enter the realm of mermaids. Here love is the only thing that exists. Love saturates every cell in your body with healing, nurturing, soft, tender, and renewing energy. By feeling one with a sea of love you feel one with every other being within it. The oceans and waters of the earth flow through you. You are filled with happiness, serenity, peace, and bliss. I know a number of people who can recharge themselves when they are tired or exhausted just by jumping into the ocean. But these people are blessed. The ocean for them is part of the realm of mermaids.

And there we have it—four elemental realms on the astral plane. Within and through them we attain astral immortality—the ability to renew ourselves from within without end--and we experience nearly every feeling of what it is to be fully alive.

What part, then, does the fifth element—akasha—have to play on the astral plane? The fifth element of akasha on the astral plane has the sheer power to create any feeling, quality, or aspect of soul that enhances, blesses, and fulfills life—the entire spectrum of what it is to feel fully alive.

Usually the four elements grow and develop a balance between themselves through a natural process. In the beginning, the elements are

weak within one's astral body. And they are neutral or have a mixture of positive and negative qualities within them. As an individual acquires experiences and observes life, he or she realizes the advantages of making the elements both strong and positive.

For example, consider the fire element. An individual may at times have negative or excessive amounts of feelings like anger, rage, jealousy, irritability, suspicion, resentment, or a need to dominate and control others. Or the individual is weak in the fire element so that he is passive, passive-aggressive, paralyzed, withdrawn, and feels like a victim.

But in time through exposure to many situations and people the individual changes the fire element in his astral body so it becomes positive and strong. Then he is courageous, daring, resolved, enthusiastic, filled with electrifying conviction and faith, charismatic, self-reliant, and self-confident. He has become a leader that others can emulate. He energizes, inspires, and motivates those around him. But this shift from weak and negative to its opposite may take many years to accomplish and there may not be many situations or positive people around that he can learn from in order to improve himself.

The fifth element enables you to learn to transform from negative and weak to positive and strong without need of external experience. Or it simply makes the process of learning much faster. The fifth element creates a cause that produces the effect of what you want.

The presence of the fifth element also acts as conscience. It inspires and gives intuitive insight into how to develop and balance the other four elements. You are motivated to seek situations that enable you to learn.

For example, after observing the four elemental realms first hand I realize that the empathy and love of the mermaid realm are not known to the human race. Its love is contrary to the entire direction of human

civilization. Our world is fiery, electrical, extroverted, and obsessed with engaging in high risk ventures. The mermaid realm, by contrast, is magnetic, empathic, nurturing, and healing. It conserves, fulfills, and is in harmony with life rather than feeding on the beauty of the natural world to heighten its powers.

How does the fifth element operate in this situation of imbalance? It would normally take the human race another thousand or ten thousand years to acquire the love of the mermaids through historical experience. One of the great ironies of history is that the entire realm of mermaids has been forbidden to the human race. No one has been authorized to reveal its existence. The human race would have entered it with the same vicious cruelty and devouring hatred that Cortez unleashed upon the Aztecs.

However, with tantra or advanced contemplation, an individual can observe something in front of him like a mermaid and reproduce that vibration within himself. The fifth element embodies the powers of the other four elements in itself.

With the fire element, when you gaze upon something you seize and take hold of its essence. You put forth the concentration necessary to fully contact and connect to what you are observing. As you gaze on something with the air element, you perceive all aspects of its nature and all of its applications and interactions and effects on others.

With the water element, you experience within yourself the full life within the other—everything it feels, all of its sensitivity and receptivity and emotional life—they are alive within you as well. And with the earth element, you repeat and persist in your practice until what you are working at becomes an enduring reality within you.

To give an example, on the mental plane or within the vibration of mind we can read Shakespeare's play Hamlet. With our mind we can measure the conflict, track the highs and lows of the protagonist's

fortune, watch the arc of the plot unfold, notice the contributing role of the supporting cast, enjoy the suspense and drama, the presence or lack of correspondence between the outer events and the inner life of the protagonist.

But if we perceive with the astral plane, our depth of understanding is far greater. We would have played the role of Hamlet. We would have experienced the subtext of the dialogues, the emotional force in the interactions, and the sheer conflict of having to act amid ambiguity or with abilities we do not believe we possess. Acting as Hamlet is a totally different experience than reading the play or watching the actors on a stage while sitting among audience.

Without the astral elements strong and balanced within oneself, the ideals and the plans of action of the mental level simply do not manifest. This is because there is a lack of inspiration, motivation, charisma, and elemental force of personality present.

The Captain of a nuclear submarine may pick up the mic and announce, “We are leaving at O800 tomorrow morning.” But the crew will simply look at each other and wonder what they are supposed to do. What are needed are the XO, officers, and Chief of the Boat. They supervise and insure everyone is ready. They check and double check everyone’s preparation. Through observation they can tell that everyone is able to do their assigned job.

They provide the motivation and energy so the mission can be fulfilled. Otherwise those orders handed down by the Pacific Command to the Captain are in jeopardy.

And this is our world—we have XO and Chief of the Boat. We have a prophet 2,700 years ago saying, “They shall beat their swords into plow shears and their spears into pruning hooks; nation shall not lift up sword against nation; neither shall they learn war anymore.”

That is an ideal and an idea. Good. But does it get acted on? You think Divine Providence is going to go out there and do it for you without any effort on the part of human beings? Let the Captain of the submarine go check electrical circuits and make sure all the safety measures are in place. Let the Captain check the reactor and make sure that food is in the galley for three months voyaging without surfacing. Let the Great White Brotherhood do it. Let the Ascended Masters do it. Let the light workers and the spirit guides on the inner planes clean up our mess down here in the physical world. LOL. It is not going to happen.

We are the XO and the Chief of the Boat. You want the beauty, the inspiration, motivation, and feeling of being fully alive of the astral plane, then you need to incorporate these four elemental realms into your own soul. Then you will have the force of personality necessary to manifest dreams and ideals on earth.

One simple way of studying the fifth element on the astral plane is to keep a little book of your own favorite sayings of inspiration. These are words that when you read them they automatically create in you strong feelings. The words echo and reverberate through you bringing to life things deep within.

For example, from Pumpkin Seed Point by Frank Waters-- "Adrift on a sea of motionless time, I come to see there are worlds enough for becoming myself." I can easily fall into a semi-trance whenever I read those words. I relive what Frank Waters felt when he wrote those words; and I sense a vision belonging to the sphere of the moon in which the awareness of time encompasses in one moment all past and future civilizations on earth.

And, for me nature is the foothills of eternity. In the same way, beauty is a gate leading to divine being--

"Beauty is a most wonderful thing. To taste it is to fly with divine wings. When its light fills your eyes, you see sights hidden from the

wise. When it touches your skin, you are freed of all sin. And if it ever should anoint you, its cool, soothing tenderness flowing through you, then all that you have ever lost is again found and impossible hopes and dreams will soon come around.”

Venus with its vibration of love has been placed in this solar system with an aura filled with divine teachers in order that we might learn to acquire omnipresent awareness. Beauty is a sacred path and a steppingstone to that end.

Once more, the nature of the void or akasha on the astral plane? It is nothingness and yet it is everywhere and within everything. It is that receptive, that formless, and that penetrating.

