

Weekday

Exercises

*that help you to reconnect
with your cosmical origine*

Exercises for each day of the week of :

- Organ workings as soul realms
- Chakra virtue gestures
- Star constellations as ideal gestures

after the rulership of the planet in concern

by **Nicholas M. de Jong**

 **Dune
Book**

Introduction to the weekday exercises

During the night you leave your physical body, and with your soul and spirit you travel all through the planet- and starry spheres, of which we have a faint memory in our dreams when we wake up. This also happens in between two lives on Earth, when we leave behind our planetary system and travel to our own star, and return again for our next life on the Earth. When approaching the Earth, we put on each time a denser 'coat', a body. And we bring along the planetary workings and anchor these in our organ processes. The soul functions on the base of these life processes, and they influence our moods and feelings.

When coming from our star, somewhere in the cosmos, we want to descent again to the Earth, we visit different colonies of active spirits, the Angels, who elaborate each a part of the Divine plan for creation. We know that we can help with the realisation of this plan, and we take along the work of these spirit colonies to the Earth; here we see those spirit colonies from the outside as the stars, grouped in constellations. And within us their ideas live on as our ideals; so these originate from the constellations.

The daily life most often demands quite different things from us than that we could be occupied directly with those ideals. We often forget the messages that we can take along from our dreams in the night. Hence it is important to start a day with exercises that can offer you a help to keep awake the contact with the workings of the planets and stars, through out of their workings in us, we can join them, be it either in music, in movement, or in the more awakening of consciousness of these. This you can take along in the day with you.

And to this aim the exercises of the weekdays have been developed. You can do these as a whole or in pieces, after your own needs.

Working method

Each day of the week is being ruled by a specific planet, which is mostly being indicated by its name (and in our regions often the Germanic gods gave their name to the day). We as well brought along these planet forces in our organ processes, so that the workings of each weekday can be experienced specifically through one of the organs. And besides this as soul senses, which are located on the seven or eight main chakras. In the following way:

Monday	- Moon	-life processes, brains, stomach;
Tuesday	- Mars (Tyr)	-gallbladder process and throat chakra
Wednesday	- Mercury (Wodan)	- lung process, thymus- and navel chakra
Thursday	- Jupiter (Thor)	-liver process and forehead chakra
Friday	- Venus (Freya)	-kidney process and Solar Plexus chakra
Saturday	- Saturn	-spleen process and crown chakra
Sunday	- Sun	-heart process and heart chakra

Each planet mediates the forces of one or two of the Zodiacal signs, and they are connected themselves with specific constellations north or south of the Zodiac (of which there are about 72).

Thus all through the specific day of the week you can get in contact with the different zodiacal and other constellations. And this has been elaborated in the weekday exercises.

-Each planet 'dances' in its own, peculiar way to the Earth in its orbit through the Zodiac. From these have been taken measure types. They also colour in a specific way the workings of the stars behind them. This we know as the different church scales. From each planet there will be played on the lyre in an improvised way the sonic space on the base of the measure type, so that you can easier get a connection to it. You can move in this, dance as you feel for. Clasping the hands can as well be. The working of the organ in concern is proclaimed on the base of this music, and you can make gestures in an improvised way if you like. By repetition you can further deepen your consciousness about the organ process in concern.

-Considering that the weekday planet at stake also brings about one or two chakras in us, the music of it is being played in rhythm and sounds on the lyre. Each chakra has a specific amount of leaves that one needs to open to be able to become aware of its subtle soul-spiritual qualities and use these. These you can develop by working out your ideals, often against the blockages and resistances that you can experience within and around you. Their development is called the

unfurling of a virtue. These virtues to be developed will be spoken out loud, and you can try to move or gesture these in an improvised way. -In the last part of each day exercise, the gestures out of the constellations will be spoken out and showed; one North polar, one or two Zodiacal constellations, and again other ones if that is relevant. Herewith you will hear the constellation in concern in sounds and rhythms out of their place in the sky. When you gesture in these and also admit the sounds unto you, you can more easily learn to make contact with the constellations as being your own ideals brought along. See for a further explanation my books 'A Philosophy of Love' and 'Science Otherwise'.

I wish you good luck with the exercises!

Nicolaas the Jong.

Planet	Moon	Mercury	Venus	Sun	Mars	Jupiter	Saturn
Organ	brain	lungs	kidneys	heart	gall	liver	spleen
-measure	12/16	3/4	5/4	4/4	7/4	11/4	29/4
-scale	lokrian	dorian	lydian	aeolian	ionian	phrygian	myxolydian
Chakra	tail-bone	navel, thymus	solar plexus	heart	throat	fore-head	crown
-ritme	— v	v — v v — v	— v v	vv —	— v v —	v —	— v —

NB. If you look for a deepening, or more background information, look at our websites www.jaspisschool.eu and www.runework.eu (click the English flag). You will find her as well educations that help you further in your inner development. In the back there is a DVD with video presentation of the exercises. On it the gestures are being shown, and you can hear the planet/organ music in rhythms and lyre sounds.

There are also music CD's on which the songs have been written in the scales and rhythms in concern. These may give you a deepening in the soul experience of the organ workings: the 'Widar Songs' and 'Songs of the Inner Temple'.

Monday – four petal tailbone chakra + gestures of the star constellations of the Ship Argo and Cancer

Imagine yourself and go with your hands to the tailbone region to activate here the consciousness about the life flows:

With your tailbone chakra you receive the life from the Earth as a precious gift from our Earth Mother, that is active in the four elements:

(a receiving gesture from the tailbone downwards)

-the fire of the spirit, that you can transform into love by directing the warmth currents in your acting;

(gesture of the fiery force that strives up from the tailbone to the heart)

-the air with its light

that thus makes perceive your mood in colours and therewith embeds your soul in your body;

(feeling gestures out of the tailbone upwards in different directions)

-the water that in the waves and in the rhythms of the life in their propelling thus arouses the sounds, which make the substances dance together into a new harmony and brings the life with its formative gestures in our body ;

(out of the tailbone rhythmically striving up waving, the gestures sometimes clenched)

-and the life in the shapes of the element earth that flows until inside your bones and gives your stature with the life significance to our physical existence until in all our traits and contours, which makes that we can work out our karma.

(the hands make a body sweep from the tailbone over the body: down to the feet at the backside and up over the front side of the body, changing over the head, and from here over the arms)

If you learn to know these life forces
and erect them along your spine,
then there awakes the pink snake of the life
that nourishes all our organs and chakras.

*(with the arms and the abdomen you hang down,
and from here you erect your spine vertebrae slowly.
Feel the effect of this)*

Imagine yourself and feel when standing:

You also awaken the white snake of desire
and the black one of greed that searches for power.
You can tame these by keeping the balance between the two
with humility and detachment:
thus the snakes grow upward
like around the staff of Hermes
with a growing control of your impulses

*(from the sex region the hands strive upward and
weave intertwining in balance of the two snakes up)*

expanding your consciousness to the crown chakra
which unfurls like a feather crown

*(gesture of an expanding crown, from the forehead
down to the neck)*

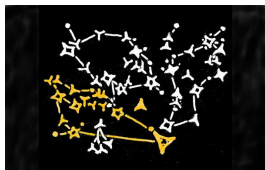
and you connect to all the beings and their realms
of which has been built our world.

Feel the path of the snakes out of your tailbone
all through your being
like an opening chalice on a stem.

Find the quintessence between the four life forces
as the warmth you made conscious
and turned into love:

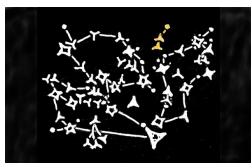
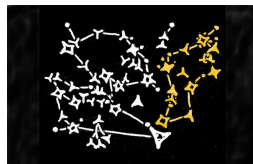
*(feel with the right hand the thymus chakra, on the
chest bone in the middle)*

The five constellation gestures of the Ship Argo :



Ship Argo – Keel : *From left of the head you carry the insights towards the navel, then both hands carry on forward from here (nerve-sense / lung tree)*

Ship Argo – Stern : *You hold the navel before and behind the belly, then heave up the life forces tenderly upwards until before the hypophysis (Grail nutrition from the digestion)*



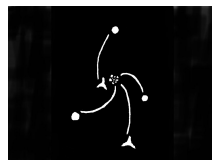
Ship Argo – Compass : *The right hand encloses the small brains, the left one conducts directive in the life worlds before in the centre*

Ship Argo – Sails : *Develop entirely from the heart and the navel (blood tree)*



Ship Argo - Flying Fish : *From the navel impulses and thrives quell forth undirected, and you behold these and bring them to the front (lymphatic tree)*

Gesture of the constellation of Cancer: *Bilateral enclosing the chest, then with the sound 'F' you make the virtual gesture of giving free out of selflessness.*



Tuesday – sixteen petal throat chakra + constellations of Cepheus, Aries and Scorpio

With your gall bladder you make space by bringing out impulses.
(a gesture of making space)

Saying from the gall bladder:

(powerful gestures from below are being propelled in an aimed direction with clenched fists, that refine upward)

Does every feeling put you in motion,
thus making the impulse to an act
that creates new spaces,
like embedding paths
for the impulses that move within you ?
Let enthusiasm have you experienced
the acting force in new pathways.

With your throat chakra you give shape in yourself and your life
to thoughts, images and ideals
in words, creations and in deed.

*(the hands differentiate and reshape organically
the newly formed space)*

You open this chakra
with the gestures of Buddha's eight-folded path:
(make these virtue gestures)

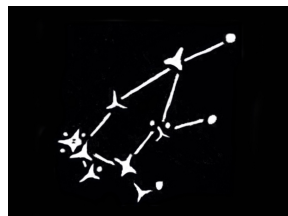
-form yourself the right thought
about the meaning of a notion, image or situation
and you 'll learn to see its significance

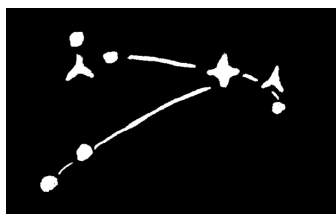
-take a right decision
by weighing the intended direction
with the situation
(and learn thus to act inspired)

- speak only with meaning
(and learn thus to create with your word force)
- act in alignment with the surroundings
(and beget a spatial insight in the workings of the Ego)
- do right to both body and spirit in your acting
through the balance between your ideals and what life demands
(and learn to rule over matter with your spirit)
- test your faculties with your ideals
(and see the germs of each willing impulse
that leads to clear willing)
- strive for completeness by learning a lot
(and learn to develop your own moral techniques)
- form and test your life principles,
-that run all through you as shaped life paths-
with your present situation
(and lay with ethics the good in each act)

Constellation of Cepheus in gestures:

*receive the spirit in a chalice from above,
bring it as a triangle in the heart in the
crystalline physical body (cube-like), and
form your life path from what you brought
from the past (behind you) and what you
have built up this life (before the belly), searching to the front.*





Gestures of the constellation of

Aries: *From the belly parallel up striving hands that disperse besides the head a little to the back and then point forward. The sound 'W'. This is being retained again before the belly (the virtue gesture of retaining the will)*

Constellation of Scorpio: *the hands suck like a vortex, spiralling inward until before the perineum. Here you form a square (the image for its germ cells) Sound 'S'. You bring this slowly up until before the eyes, and look through it (the virtue gesture patience)*



Wednesday – six petal navel chakra, four petal thymus chakra + constellation Lyre

From your lungs *(the hands around the lungs)*
you determine your place in the space
and as well to others. *(explore the space around you)*

Saying from out of the lungs:

(you make with the left hand a protective but receptive screen, to the right an encountering gesture to the outside)

Are you aroused in your feelings in enthusiasm
by new facts and meetings
that point you the way
in finding associations ?
These connections
 form the web of the inner landscape,
transcend through the arisen feeling
the thought constructions
to larger spaces around.

With your navel chakra
you learn to follow and direct
the currents of the life,
together with the beings that weave within;
If you face your habits of thought, feeling and acting,
and learn to change, if needed.
Thus you form new life paths in the world.

-follow out of your navel the sparkling life currents
of the think patterns all through your being
and perceive where stick hardenings:
 (follow these paths gently exploring out of the navel)
these are the moralisms from your youth and environment.

You can learn to make these more flexible
and thus perceive again the flow
with the beings of nature, that are woven within.

-follow the attitudes that your soul assumes
with similar situations
on the base of the mood in which these are grounded.

(act in and observe different attitudes)

Experience in your feeling the wounds that you carry
and free yourself from their pain by beholding these
and let them get loose.

Feelings thus become little boats in your life flows,
with which you can direct the life.

-see where your acts block over and over
in similar patterns
the cause that things sometimes do not succeed.

(follow meditating the motion of a usual act)

Just follow another trace in your being
on the base of another organ:

(make the gestures mentioned below)

- *your gallbladder gives you impulse force,
sometimes with violence
- *your liver synthesizes your life with your ideals
into a whole.
- *your kidneys attune you to another person
- *your lungs make you do in connection
- *your heart makes you act
out of warm sympathy and Ego-feeling
- *your spleen makes you work
out of your deepest willing impulses,
thus conducting your fate.

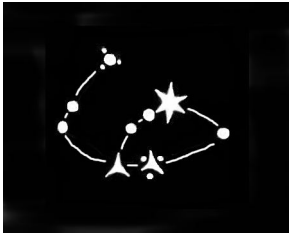
Thus you learn that your acting
follows intuitively the right trace
in elaborating your dharma in such a way,

(from thymus chakra before the chest you make a gesture inward)

that you can work out your karma

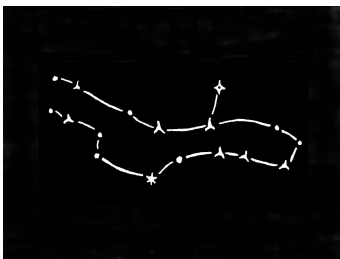
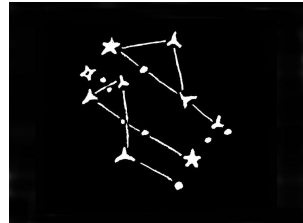
in the encounter with another and the world

(a meeting gesture to the outside out of the thymus)



Gestures of constellation the Lyre: *out of your higher Ego, which you feel with your right hand above the back of the head, you play out your karma on the intestines within the life worlds. This playing on your intestines, belly and upper legs you do with your left hand as if you played and perceived the lyre strings of your guts. Feel the life strings.*

Gestures of the Twins: *Parallel striving up H-gesture with both arms, that mirror each other. Before the thymus this narrows into the gesture of the virtue endurance.*



Gestures of the Virgo: *The arms and hands coach processes from the belly upward, somewhat S-shaped like river meanders. It ends in an expanding chalice of insight before the head. Sound 'B'.*

Then bring the palms of the hands to the front in reverence, as if putting the other person on a pedestal (the virtue gesture courtesy).

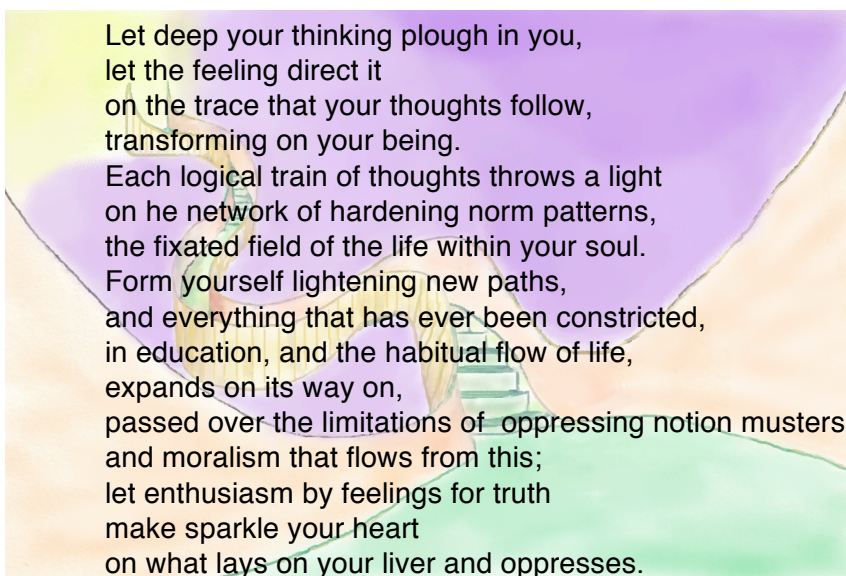
Thursday – two petal forehead chakra + constellations of Little Bear, the Archer and the Fishes

Your liver helps you to join your ideas and ideals
with what life offers you,
in search for the future
that is in accordance with your own image of it.

*(synthetisizing gestures of forth quelling ideas with the
life flow, searching a way ahead)*

Saying from out of the liver:

*(the left arm from underneath makes a formative willing
gesture, that is enveloped from the outside by the right
one and directed to the front and upward)*



Let deep your thinking plough in you,
let the feeling direct it
on the trace that your thoughts follow,
transforming on your being.
Each logical train of thoughts throws a light
on the network of hardening norm patterns,
the fixated field of the life within your soul.
Form yourself lightening new paths,
and everything that has ever been constricted,
in education, and the habitual flow of life,
expands on its way on,
passed over the limitations of oppressing notion musters
and moralism that flows from this;
let enthusiasm by feelings for truth
make sparkle your heart
on what lays on your liver and oppresses.

Your forehead chakra,
the third eye of old,
transforms thoughts and notions into clear images
when suddenly you see through a coherence.

*(the up striving of impulses as thoughts, into a chalice.
Then point down from here, perceiving the germs of
thoughts as growing willing germs.
Observe what happens inwardly)*

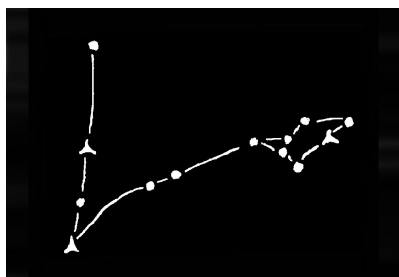
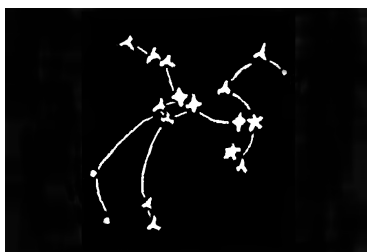


Constellation of Little Bear: *You erect your back slowly. Then with the left hand over the little brains you conduct out of these with the right hand the life processes all through the parasympathic nerves to the solar plexus. The right hand plays with these before the belly, and models the life currents.*

Constellation of the Archer:

Catch everywhere around you germs of spirit light, and glance shortly at these. Via the heart and mouth you give these away again with the '>G<' gesture + sound.

The hand palms around the mouth, they descend before the heart, and open up here like a chalice of insight, to which you look in silence (the virtue gesture of control over the tongue)



Constellation of the Fishes:

The hands spiral inwards until before the belly. From here they flow out downward as dissolving. Sound 'NG'.

Reap together forces before the belly, bring these up to the heart and offer these to the front in a

forceful gesture, the palms to the front (virtue gesture of magnanimity).

Friday – ten petal solar plexus chakra + constellations of the Swan, Taurus and Libra

Out of your kidneys you create the space
to let the other person speak in you
out of the feeling.

*(from the kidneys you make a sensitive, listening chalice
up and slanted to the front)*

Saying from the kidneys:

*(feeling gestures to the outside (right arm) and to the
inside (left arm), stemming from the heart)*

Are you looking for unity with the other person
all through the feelings ?
Form yourself a listening chalice around the web
that fate spins and binds between people.
Like an enveloping temple of colours and shapes
in which your feelings may lead you
to the base at the source.

With your solar plexus chakra
in reverence and devotion you can direct to your work
and make the best of it.
Thus you 'll learn to observe more refined soul qualities
and also the beings that hide behind these
and carry it.

(make virtue gestures with what follows)

-through the gesture of devotion
open the soul qualities
of whatever you connect to

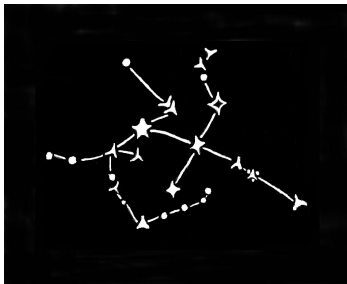
-through the gesture of reverence
you come to the being of the things
whereupon you direct your attention

-by venerating someone
that carries knowledge within,
you open yourself for the higher ethics
that hide in your life
as lighting paths

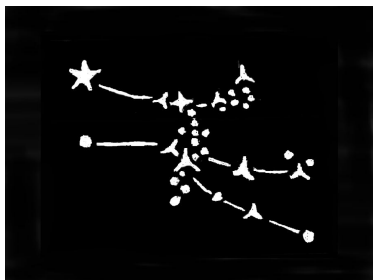
-by venerating higher knowledge
you open up inwardly the doorways
to hidden faculties
that already slumbers in you
and waits until it will be re-awoken and rediscovered

-when you direct yourself towards the good
in another person and the world,
you refine your soul
and sympathy-gesture becomes love.
Thus you grow into the higher soul realms
and will learn from her beings.

Gestures of the constellation of the Swan:



The Ego in the heart *(both hands envelop this tenderly)*
becomes conscious of itself in the vertical
 (the hands point up and down)
has the freedom with the choice between right and left
 (the arms spread horizontally)
and from the past *(the right arm points to the back)*
and what comes from the future *(the left arm points to the front)*
the Ego weaves its way *(the hands point upwards before*
 the chest, you strive thus forward; the 4th
 dimension, motion in space through time)

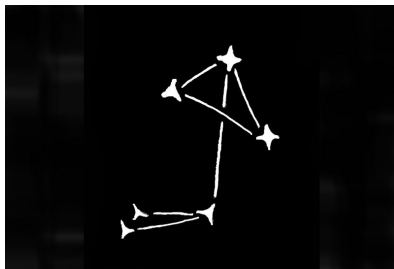


equilibrium)

Gestures of Taurus: *From the belly the hands come together before the throat, clinch and thus condense. Then turn over upwards and to the outside, the palms like a chalice. Then the left hand pointed up carries the right underarm like a chalice (virtue gesture of inner*

Gestures of Libra: *The feet step sturdy apart, the hands bring from the side the balancing to the top of the head and join her, forming here the meek point of balance. Sound 'Z'.*

From this point of balance above the head, with resignation you let slide off all the weight and find a new balance down (virtue gesture of resignation).



Saturday – the spleen, thousand (eight) petal crown chakra + the constellations of the Dragon, Capricorn and Aquarius

The spleen weaves ideal-phantom forces
in your blood production within the mark of the bones,
through which you can recognize and also form your fate
out of the responsibility for yourself,
your fellow-men and the Earth.
Search listening its ways.

*(the Saturn-rhythm walk of one slower step backwards
and listen to above and behind, two slightly faster steps
forward in every time a different direction)*

Saying from the spleen:

*(deep willing gestures from underneath that come to the
light before the chest, opening hands, that you observe)*

In the depths of your soul,
at the roots of your feelings,
quell forth willing impulses from the dawn,
that are grounded in the ideals, coming from the stars
which flow through your bloodstream
out of the warmth crystals all through and around you.

Find yourself the source of these impulses
as inner gestures
and come to a clear knowing
by tracing back the chastening ways of the snakes
until the bone.

*Follow in meditation the currents and motions in you, and explore
what these call forth and do in you:*

Find the way of the life flow up along your spine
all through your chakras until your crown:
You open yourself here

for the higher worlds of the life, the soul and the spirit
and all the beings that live and work here in their world-weaving;
the Angels of the heavens and the Earth,
their helpers the Spirits of Nature of all ranks,
Godfather, His Son, and Mother Earth,
our Holy Spirit Isis Sofia.

Here you also find the beings that oppose our development,
and thus just give nutrition to still greater inner growth
all through the resistances that they offer us.
Thus you grow naturally into the higher worlds
and learn to live along and cooperate
in the redemption and transformation of ourselves and the Earth
with the forces of the Son of Man that slumber within us.

-Feel quelling forth the fire in you, and stream through your heart,
where you can bundle and direct it.

You can also feel where it transforms in bitterness and hatred
where you have ever become hurt in your offering.

Feel the splitting workings of these with your heart.

And now make a golden band around your chest
with which you can envelop this hate splitting
with love and right insight.

Thus all through your heart you become whole again
in the acceptance of your wounds.

-Feel the light force from the Earth
that gives space to your soul in colouring gestures,
the moods out of your organs.

Feel how your self consciousness in these soul forces
can grow out to self-directed pride,
that makes you feel more important than another person.

And feel the humility with which you can re-find your own place
without rejecting or look down on another person.

Living together becomes joining in acting
out of the insight that we can share.

-Feel the life forces that quell in you
like the water from a source.
Feel how this joy of life
can turn over in greed from the lust of life.
Feel how you can turn it over to the life transformation
of the substances in clear alchemy
when you direct inwardly the flowing onto your own development.
Thus you turn around mechanics from indolence
to moral techniques out of the life source.

-Feel flowing the life force until in your skull, chest and bones,
that gives a ground to the trust of your existence,
therewith you can walk your karma.
Transform with this into love the wisdom,
upon which life on Earth has been grounded,
and develop thus the quintessence, the fifth element.
You thus form spaces of love,
the new Earth that ever arises from the ground
like a star that will start to shine from love.
Become a shamballa-warrior upon het world's battlefield
together with Christ, the archetypal 'I AM'.

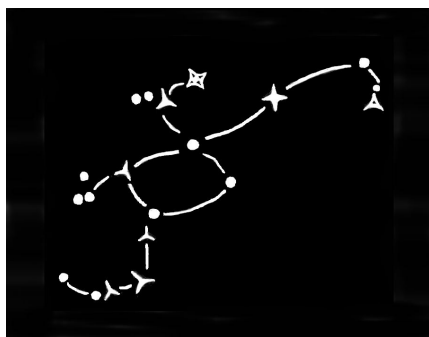
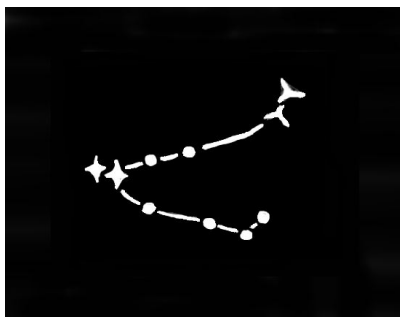


Gestures of the constellation of the

Dragon: *you hang down
with the back and arms,
and erect yourself as if you
pulled yourself up from
above. Standing, you offer
from the heart all you have
been gathering to the Sun
in a spreading gesture.*

Gestures of Capricorn: Sink through your knees, warp the hands around them, and then slowly rise up, while your hands spiral out from the knees. Word sound 'L'.

The right hand clenches before the heart, the left one makes a forceful gesture to the front and down, the palms turned to the outside, somewhat closed (virtue gesture of courage).



Gestures of Aquarius: Make with the arms and hands from underneath a double lemniscat (8) before the belly, chest and head upwards, and make it here an opening chalice. Word sound 'M'.

Make a similar double lemniscat, the hand palms listening to the front out of the

heart (virtue gesture silence of the senses).

Sunday – heart, twelve petal heart chakra + constellations of Orion and Leo

With your heart you feel the warmth or the coldness in the encounter with another person and the world.

(exploring, sensitive gestures)

Sayings from out of the heart:

(both hands observe exploring in the surroundings and in the inner world before the belly, take it with to the inside and weigh the warmth of what comes in)

Can you experience in your gestures to others your feelings at the heart ?

Can you sink into the life flows of their way of doing

that through compassion out of your feeling leads to liberation for one another ?

Streams of feelings at the life experienced from your centre, which leads to expansion ?

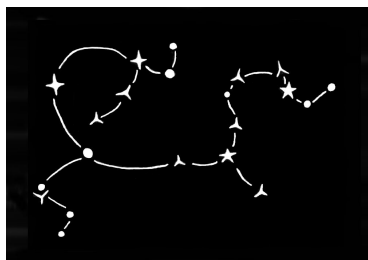
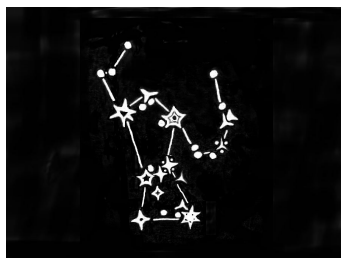
With your heart chakra you feel whether something is alright, you test your thoughts with your will to act in your conscience, you search with your feeling for truth all through the warmth or the coldness to recognize the good, and as well strive for it. This makes your heart beat harder or slower. And thus with your biography you form your own life trace.

Make as virtue gestures:

-Control the logical train of thoughts out of your feeling for truth in perceptions of warmth and coldness

- direct logically the course of your acts
(and thus achieve karma-insight in cause and effect)
- make a gesture of endurance in a once decided goal
(and learn to act inspired out of reflection)
- make tolerance as an inner gesture
to other beings and facts
(and listen to the inner sounds)
- be open-minded to what comes to you
(and learn to act compassionate out of the other person)
- be equanimous in joys and sorrows
(and fill up forces, thus balancing these)

Gestures of the constellation of Orion: *Your hands and arms form complementary in pairs the Son of Man between the navel- and solar plexus chakras, out of the four elements air-water, and fire-earth. Then they rock gently the inner child before the belly.*



Gesture of the constellation of Leo: *Touch and feel with both hands in the surroundings. Join hands before the heart, weigh here the perceptions, transform and give them away.*

Relevant publications:

Astrosophy and the Grail

An anthology of the Grail work in the Jasper School, with explanations about the musical elements

Karmic Astrosophy

With an extended explanation about the musical elements to be able to experience a horoscope in images, sounds and rhythms

Science Otherwise

In it an extended explanation about the star constellations as ideals and their relevant effects in human and cultural development

CD's: - Widar Songs

 - Songs of the Inner Temple

DVD's: - Gestures of the Constellation as Ideal Forces

See also at www.jaspisschool.eu and click the English flag.

For the books: see www.runework.eu and click the English flag, see under **Rune-Books**

For the CD's: see under **Music and CD's**

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