

# CLEANSING RITUAL OF THE SUBCONSCIOUS AND KARMA

VERSION 4



# Cleansing of the Subconscious and Karma

## THE RINIUK

Since 1986

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**Archimagistere.World Editions**

# Cleansing of the Subconscious and Karma

## Updated Programme

### Version 4.0.0

(First English version: 23 November 2024)

The three programmes of the full ritual (cleansing of the sub-plantar double, the chakras and various "bodies," and finally the aerial double) are outlined here in a sequential logic for full execution, presented one after the other as they appear in this document, from the following page to the very last.

**It is crucial to view this work as a foundation of daily hygiene, equivalent to taking a shower, brushing your teeth, or sorting waste—nothing less. RINIK is meant to be integrated into the daily rituals of the evolved Human Being, attending to hygiene on all planes of consciousness and not merely the visible ones.**

While the execution of this programme has profound meaning for each individual, it also carries significance for all the Realms of Nature, including Humanity itself, serving as **an inspiring and exemplary model of personal ennoblement.**

**The day ninety percent of the adult human population implements RINIK daily, consciously, the dust will vanish. Humanity will transcend the drudgery of maintaining living spaces and open its awareness to the miracles of Unity.**

## Did you know?

A lack of hygiene fosters diseases, whether **physical or psychological. Everything is interconnected.**

THEREFORE, DEEPLY ACKNOWLEDGE THE IMPORTANCE OF THIS WORK—FIRSTLY FOR YOURSELF, IN LIGHT OF THE KARMA RELIEF IT BRINGS, BUT ALSO, THROUGH ITS RIPPLE EFFECTS, FOR OUR HUMANITY AND NOTHING LESS THAN ITS FUTURE.

The scope of this programme allows you to participate in the universalisation of this collective cleansing, addressing the collective sub-plantar zone of Humanity. It will never replace the personal effort required by those who do not perform it, but it significantly contributes to overall relief—and thus, your own—placing you within a **virtuous**, if not **Orthodol, circle.**

IF YOU HAVE QUESTIONS ABOUT THIS OR REQUIRE CLARIFICATIONS, VISIT THE ARCHALCHEMISTS' FORUM ([CREATE AN ACCOUNT TO LOG IN](#) IF YOU HAVEN'T ALREADY) AND ASK FREELY. NO ONE CAN EVER CLAIM IGNORANCE ON THIS MATTER WHILE HOLDING THIS DOCUMENT IN THEIR HANDS.

**NEVER UNDERESTIMATE THE IMMENSE POWER OF THIS WORK!**

# Preamble

The text that follows is borrowed from the "Archalchemical Formulary," a document reserved for Archalchemists. It contains the full programme requiring the vibratory foundation necessary for advanced psychic work, of which RINIK is the simplified, codified version intended for the public.

## Principle of Structural Opposition in Manifestation

Naturally and healthily, everything—whether physical, energetic, or even conceptual—has an exact opposite that complements it, such as Feminine and Masculine, hot and cold, day and night, and so forth.

In this context, there also exists the principle of reflection, complementary to its source of origin, much like a light source on a reflective surface. This phenomenon occurs at every level and across every tier of Creation (particularly, though not exclusively, due to the roundness of Creation in general and the universe in particular). Consequently, there is a reflection (invisible to any physical observer) of the sun, the galaxy, the universe, the Purusha, and other created structures. These reflections imbue meaning to what exists within the Whole in which they are found, precisely as your reflection appears in a mirror.

Let us clarify what an "opposite" is. An opposite is a complementary element situated directly across from another, much like the North Pole is opposite the South Pole without any conflict. In astrology, opposites in the zodiac refer to celestial bodies aligned with a centre, forming three aligned points that could theoretically lie along a single virtual line. Yet, these forces are not antagonistic. Everything is encompassed within the Whole, and this has a purpose, as we must remind ourselves. Everything has a meaning, stabilising forces and providing human consciousness—faced with similar contexts and at a time of transcending all forms of dualism—with a spectrum of learning, stretching from one end of these opposites to the other.

A reflection originates from its source and represents its image within the Whole, as though the Whole were a kaleidoscope, albeit with only one reflection for each reflected entity.

The principle of complementarity has meaning solely within the framework of stabilising energy to establish or

restore coherence. This is the principle underpinning complementary opposites, which, in all cases, can only be complete when their respective counterparts are united.

The principle of diffraction, upon which reflection is based, exists at all levels of Manifestation, and, naturally, within incarnation as well. Indeed, the soul's incarnation diffracts like a prism, external subtle bodies (the multi-incarnational memory storage above the head and karmic storage beneath the feet) while integrating the internal subtle bodies (etherial, astral, mental, etc.).

### Origin of the Sub-Plantar Double

The arch of the foot naturally serves as a zone for the elimination of toxins due to its proximity to the Earth, creating a natural channel for discharging waste for transmutation through Nature's processes. An incarnation is subject to the phenomenon of energy body diffraction, as described earlier, which naturally generates, beneath the feet, a specific area for the accumulation of vibrational waste from the incarnation. This occurs through the flow from the arch of the foot, necessitating the cleansing of this projection zone, much like Nature manages the physical body's waste.

If this area is never cleansed, the accumulation quickly becomes unmanageable, and the resulting build-up is never spontaneously erased—not even at the time of physical death, nor upon reincarnation. It retains the unique energetic signature of the incarnated soul that produced it. In such cases, the newly reincarnated soul begins its journey burdened by this substantial residue, particularly if no sub-plantar cleansing has been performed across successive incarnations. Over time, this weight intensifies, leading to a point where progression becomes nearly impossible.

It is, therefore, the duty of each individual to cleanse this space, allowing the soul to shed its own toxins. It is an established fact that beyond three billion units of what constitutes a whole, a consciousness emerges from that whole. In this context, and for the reasons discussed, a fully-formed "sub-plantar double" is created—a naturally involitional entity whose purpose is to drag the soul downward by all means necessary in order to survive. It feeds on the negative actions, thoughts, and emotions from which it originated. However, when this area is regularly

cleansed, the emergence of such a consciousness—akin in nature to that of the anti-god, now vanished—does not occur. Instead, the relevant waste is transmuted just like any other that requires transformation.

This cleansing work (in the hygienic sense of the term) aims to significantly lighten you of karmic burdens and deeply embedded programming within your subconscious, which notably influence, through this privileged vector, your own behaviour and, by extension, the behaviour of others towards you, as well as the very circumstances of your life. The goal of the process is to free you from these chains of numbness that bind you, preventing you from enjoying true freedom of action and thought.

The text of this programme has been recontextualised in light of the major evolution of the global situation, with a view to improving general conditions (perhaps despite appearances, at least for the moment), in order to further enhance its effectiveness, and always WITHOUT VIOLENCE, adapted both for non-initiates and for those with little or no knowledge of esoteric matters or the various psychic impacts inherent in human nature.

The effect of following RINIK **DAILY** is more powerful than any other, as to date, no other psychic or vibratory work has simply achieved this result. And even more so with this version than with the previous three combined. The purification of the mind from what clutters it, slowly fermenting, is the key that allows anyone to regain control over their own destiny, and to more easily escape all forms of attack—both physical and subtle, internal and external. In this regard, the three main phases of cleansing that this ritual involves are preceded by an introduction, which will undoubtedly provide you with all the explanations necessary to understand why the daily execution of this "care protocol" (one might say) is of SUCH importance.

The only question left is what value each individual truly places on their inner freedom, and, by extension, their external freedom.

"Many humans are willing to fight tooth and nail to keep their chains." (Bernard Werber)


**We also draw your attention to a very specific detail that we kindly ask you to follow to the letter.** The fact that you have this text in your hands, rather than your neighbour in your place, is by no means a coincidence. While everyone is free to download this ritual from the site, it must first be done. The fact that you have done so is just as

telling as the fact that someone else has not—or was simply never led to know that such a possibility existed. This download is the formal response to a call from your consciousness, identifying you at a profound level. Therefore, as far as YOU are personally concerned, your acquisition of this document is highly indicative of certain personal choices—often unconscious—events, experiences, and, broadly speaking, is symptomatic of your journey.

Thus, if you know or come to know someone who would like to have this document, kindly invite them to download it directly from the Archimagistere.World website, unless, of course, the person in question lacks access to the Internet or, for some reason, does not wish to connect to it. The effort to obtain it yourself, along with the effort to execute it daily, forms the solid foundation of your consciousness's choice to undertake this work to your advantage. It is your honesty with yourself in this regard that will make all the difference.

When performing this ritual, **USE THE ILLUSTRATIONS NEXT TO THE VARIOUS STEPS OF THE PROGRAMME as aids for your visualisation!**

## Provisions Specific to the Method

The sound “OM” (pronounced ôm, not o-em) serves as the driving force behind this practice. It represents the verbalisation and noetisation (mental emission) of a highly specific vibration that is far from trivial. OM, which — as most people now know— is written as , has itself taken on a colossal significance as the fundamental foundation of universal laws, enabling growth and prosperity across all levels of Creation, on all planes, and in all dimensions. While OM has been recognised in the Far Eastern tradition for millennia and has reached the West largely via the influence of the so-called New Age movement, its precise application has been fully updated in this programme. Correctly focused and appropriately linked with other forms of consciousness—manifestations of what can be called the “Primordial Consciousness” (a notion we will explore further below)—these associations have been dedicated to specific actions of vibrational transformation. Together, they form a protocol capable of fully eradicating an individual's residual karmic stock, while also addressing the natural tendency to replenish it through actions, words, intentions, desires, will, thoughts, emotions, and feelings.

OM alone would be hard-pressed to achieve this degree of depth. However, the specific consciousnesses now associated with it are precisely suited to the imperative need for this type of energetic cleansing of the non-physical subtle bodies. This is, once again, simply a matter of hygiene—nothing more, nothing less. Even energy requires cleaning.

The perpetual creation of waste—here, of the psychic variety—is inherent to the expression of consciousness itself. However, it is the storage and maturation of this waste that must be properly managed to prevent its fermentation and eventual “explosion.” Such a release transforms its nature from purely karmic energy into what is termed “phenomenal energy,” directly triggering what is known as a “karmic event,” which is typically highly unpleasant for those who experience it.

The RINIK’s actions serve to block, freeze, and destroy this energy through transmutation before it can give rise to such an event. Functionally, this process—and its disruption—are relatively straightforward.

Please note, however, that this protocol is not intended to exempt you from life’s experiences, nor from the responsibilities arising from your choices. It does not grant permission to act recklessly without facing the consequences of your actions. It is not a “vaccine” against accountability but rather a means of freeing yourself from the karmic dictations that impose a life governed by fatalism. Instead, it offers a life of true freedom of choice—enabling you to consciously decide the responsibilities you will assume. This allows you to express the best or worst of yourself (or anything in between), as well as to draw inspiration from the best within you.

Karma is not merely the “just” repayment for one’s actions. It is an energy largely generated by the expression of your unconscious—something, by definition, you are unaware of. Yet you remain responsible for it because it stems, ultimately, from you. Moreover, this energy is inherently malleable, particularly (though not exclusively) by the consciousness of the sub-plantar double. This is why it is crucial to address both simultaneously: the karma and the karmic sub-plantar double, thereby resolving two problems in one effort.

Additionally, as previously mentioned, it is not only your own sub-plantar double that can manipulate this energy. Those of others with whom you are connected can do so as well, as can their unconscious minds. Imagine the possibilities... This situation opens the door to all manner of excesses. Without attributing all the world’s woes to

this phenomenon, it must be acknowledged that its influence in the past has been far from negligible.

However, the fair retribution typically associated with karma can, once the sub-plantar double has been blocked and karmic fermentation cleansed, then serve as a tool to guide the soul, rather than to trap or needlessly constrain it.

You are therefore presented with the opportunity for a possible, radical, and permanent liberation from this karmic constraint, which distorts your judgment, thoughts, and emotions, and undermines your true freedom. Permanent, indeed—but only on the condition that you maintain this cleansing practice throughout your life. This practice has been streamlined to require less time and procedural complexity.

Imagine, for instance, learning about the harm that could result from never brushing your teeth for the entirety of your life. Now imagine being faced with the necessity of adopting this habit... every single day, and ideally, multiple times a day! Picture your dismay at this dreadful obligation, stretching on until the end of your days!

Some might ask whether, after a while, the teeth wouldn't eventually be clean enough to stop brushing. But as long as you continue to eat—and it is rather difficult to abstain from food altogether—brushing becomes an absolute necessity. Once you grasp its importance, it evolves into a simple habit, one among many.

It is exactly the same with “brushing” your doubles! As long as you think, feel, act, and react—and it is also quite difficult to abstain from doing so—this cleansing, once you grasp its importance, becomes an absolute necessity, then simply another habit among many (albeit, in this case, a good one for a change).

Throughout the known history of Humanity, it has never been so simple (and increasingly so as time goes by) to break free from one's inner shackles, to release oneself from personal constraints and the chains of the past, from the manipulations of others, from past pacts, from the traps set by one's own unconscious mind, from this intimate enemy, diffracted beneath one's feet onto a non-physical plane of reality, incarnation after incarnation, in near-total ignorance of its existence—this enemy which, self-aware for millennia, knows you inside out as if it had made you. It has never been so easy to liberate oneself entirely, to achieve self-realization, and to reach what

a certain tradition calls “spiritual Illumination.” But beware—it is **not** RINIK that will make this possible for you. **It is YOU!** Yourself, through your choices, your stance, your commitment to seeking the best within you—the small, holographic fragment of the Universal Consciousness that defines your very essence. RINIK will do one thing and one thing only for you, no more and no less: it will set you free from anything that seeks to stand in your way. Nothing more.

To awaken to this reality under the light of the **Supreme Consciousness** is as much your destiny, inscribed in your essential nature, as it is the destiny of a flower to bloom under the springtime sun, even if you had forgotten it.

Receive our warmest blessings as you undertake this journey that will transform the world, because it will transform yours—for this world is you, and you are it.

With Love-Force and my wishes for calm, peace, serenity, courage, and unwavering trust in the benevolent perfection of the plan laid out for you by the **Empire-Sérith Blue-Night**<sup>1</sup>.

## I. ILADILYAS-MOUATTIB

*Second Avatar of the Hierodarch of the Kingdom of Terremère-Gaïa*

*First Hieregalus in his Orthodoxol Diamond Age*

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<sup>1</sup> At this point in the discourse, it is necessary to clarify some terms used, such as 'Primordial Consciousness,' 'Supreme Consciousness,' and especially 'Empire-Sérith' (the full name being: 'Empire-Sérith Blue-Night of the Orthodoxol Supremacy').

In our firm will for the reunification of complementary opposites; at the fall of the Enemy, the Empire emerged, uniting the lands of the Enemy and those of the Absolute, both of which have been transcended, now existing as one. The term 'Empire' is expected to evolve, but for now, it serves to detach itself from any religious connotation and to more easily reconcile 'the two camps.' This term is also intended to convey the understanding that, while these two distinct camps (generally the 'Good' and the 'Evil,' or 'God' and the 'Devil,' or even the 'Enemy' and the 'Absolute') no longer exist as such, the concept of 'camp' itself no longer exists, aligning with what originally presided over the origins of all things. The influence of the Enemy's entities, which had disappeared with him, and to which the interrelated under-plantar doubles were connected, has significantly weakened, leaving only the need for daily hygiene to prevent the resurgence of the under-plantar phenomenon due to the neglect of the majority on this matter.

It was never intended for two camps to arise, but once they did, the complete reunification of the WHOLE became the greatest challenge ever faced, and perhaps the longest, riskiest, and most damaging to all involved, yet it was accomplished only a few years ago. This restored WHOLE, the Primordial Consciousness—the very first and the last, from which everything appeared and to which everything will return, re-emerging once more a notch higher—was able to restore the entirety of the Existence in its absolute unity. Here, the Empire of the Absolute was also restored in its integrity, highlighting this 'Empire' while allowing the 'Absolute' to fade, as it had been too much in opposition to the 'Enemy' in a dualistic approach. The winner must not be the Absolute, but Unity, this fundamental Unity expressed by the notion of Empire attached to it, yet less anthropomorphic, less particularized, as there is no hypothetical 'Emperor' at its head, only the Empire itself, as a mechanism, a macrocosmic and microcosmic Intelligence of absolute perfection, while remaining infinitely and eternally perfectible, as a common denominator for all things within Existence.

To explore this question further, refer to the page '[Notion d'Empire](#)' ('*Notion of Empire*'; translatable in English) on the Archimagistry website (Archimagistere.World).

# Contraindications

There are no contraindications for engaging in this practice, which can be undertaken by absolutely anyone without exception. We are even aware of a 10-year-old child (as of 2023) who diligently practiced the version designed specifically for Archalchemists—despite not being one himself—daily for months and thrived as a result.

Nonetheless, some persistent discomforts have occasionally been reported as side effects of implementing this work. At this stage, where one begins to reclaim their destiny and free themselves from the influence of other consciousnesses—most notably that of the sub-plantar double, though it is not the only one—grasping a crucial point is essential. The stronger the double's hold on your behavior, or the more it tries to exert that hold, even stealthily, the more unpleasant its manifestations will become. These reactions aim to discourage you from continuing with the RINIK practice, which the double perceives as a threat to its very existence. Everything depends, therefore, on the extent of your entanglement. That said, such resistance is increasingly unlikely and will become nonexistent within a few years at most. **Nothing withstands the power of RINIK**—not even the most seasoned of sub-plantar doubles, even when they act in coalition with others.

Like any **detoxification process** (though this challenging aspect of a hypothetical scenario is also rapidly disappearing), it may come with its share of discomfort. The question to ask in such instances is what you truly want, and, secondarily, what you are willing to endure to achieve it.

That being said, such cases have always been exceedingly rare. Over more than three decades, we have only encountered two. Still, it would be dishonest to ignore the factual existence of these cases, even though the likelihood of you facing such a situation is extremely slim, given the rarity of the circumstances required to bring it about—circumstances that, moreover, have now completely vanished.

# External Preparation

In practical terms, you require nothing essential to perform this technique (which means it is not costly to implement). In this respect, it epitomizes the Ninth Foundation of the Acts of Power from the Code of Orthodox Nobility: *“In himself alone, the accomplished one finds the sole instrument indispensable to him.”* However, rest assured that in this particular case, no special skill is required either—only a minimal level of focus, and even that may suffice if accompanied by a somewhat awakened awareness of what you are doing. Add to this a genuine quality of perseverance, as this daily practice, once started, must not be interrupted. Reflect carefully before beginning; you must be certain of your commitment! This practice entails binding a raw, telluric force that tends to resist when constrained and, despite being weakened, still exists (otherwise, RINIK would have become obsolete). It will not readily allow you to resume the practice if you give your double enough time to develop a strategy aimed at placing you in conditions that prevent you from continuing as permanently as possible. Does it not hold true that bacteria become more virulent after being exposed to harsh conditions without being eradicated? Everything in nature operates on this fundamental principle of survival, and the sub-plantar double is no exception.

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To carry out this protocol in an appropriate “vibratory climate,” as we might call it, it is imperative to first cleanse the space energetically. Also, ensure the following conditions are met:

- A. **Isolate yourself.** Perform this ritual away from prying eyes and ears to avoid the unconscious but aggressive reactive energies of those around you—a phenomenon that is particularly common and will likely become evident within the first few weeks, seemingly without apparent cause. **This reaction is entirely normal.** People will be unwittingly influenced by their own doubles, who will have a clear perception of what you are subjecting your own double to. This should help you better accept the concrete reality of your double. **Be prepared to be interrupted,** as your negative unconscious—connected to others’ doubles—will, in a sense, send out a call for help and unconsciously alert anyone who might momentarily be inclined to hinder or even stop what you are doing. Thus, unless it is a matter of life and death, finish what you have started with the same concentration you began.

- B. Ensure the atmosphere is as **free of tobacco smoke**<sup>2</sup> as possible.
- C. **Turn off mobile phones, tablets, televisions, and computers.** Resist the temptation to answer the phone if it rings or to check an email or notification. Do not respond to the doorbell if someone knocks.
- D. **Maintain silence** in the room during the ritual. Avoid leaving music playing, no matter how beautiful or inspiring it may be. You are likely unaware of the astral architectures created by the music you play, which may counteract the ritual's effectiveness more than you might imagine. This occurs through radionics-like radiations affecting your subtle energies while giving the illusion of support.
- E. **If possible, always use the same room for the ritual.** Ideally, dedicate this room to high-vibration activities exclusively, avoiding frequent use by others for unrelated activities. While this is by no means mandatory, it is a helpful enhancement, if feasible. That said, act according to your current possibilities. **Striving for perfection** can lead to procrastination, waiting for an ideal moment that will never come. Striving to do too well is as much a trap as being careless. The secret to perfection lies in simplicity done well.

Once these elements are gathered as best as possible (do what you can, in the best way you can; the sincerity of your effort will more than compensate for any imperfection in the circumstances), you can proceed to cleanse the environment—a process that involves purifying the non-physical planes of consciousness surrounding you, particularly in the space where you will practice the RINIK.

Performing this cleansing is extremely simple and, once again, accessible to anyone.

- **Why is it unnecessary to be a 'great magician' to successfully cleanse a space?**
- **Because** the method employed, available to every living being who has reached the level of evolution characteristic of a Human Being, operates with immense strength and reaches far higher into the subtle planes than a personal psychic action ever could—even with equivalent energy output. This is not a psychic power as such, though it does require focus, but rather a ***spiritual power!***

This spiritual power is unleashed through what are called '**mantras**' in the Far East. In the West, a similar

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<sup>2</sup> Be aware that the inhalation of tobacco smoke has the property of recharging and regenerating part of what you are working to dismantle through this practice (specifically, the sub-plantar double). Common sense would naturally suggest that tobacco consumption, if it occurs at all, should be extremely rare. That said, a cleansing, even for a smoker, is better than no cleansing at all.

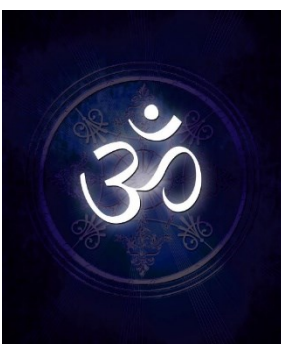
phenomenon—less potent but based on the same principle—has been referred to as '**ejaculatory prayers**' (or *jaculations*), particularly in the Orthodox tradition (see *The Philokalia of the Prayer of the Heart*).

Both techniques involve the repetitive utterance of '**power words**', which act as potent carriers of resonance between the thought projected at the moment of utterance and the intended target. The repetition aligns the thought with the nature of the spoken word, achieving the desired effect. These words have inherent power, which is further magnified by the mental focus generated through repetition. This is why concentration is so critical: the mind serves as both an amplifier and a guide for the thought it directs.

In this instance, as stated earlier, the **OM** (pronounced “ohm,” with a closed “o”) will be used, as it contains within itself the potential energy of all other possible mantras, which are, in truth, derived from it! However, maintaining conscious focus on your actions is crucial. Repeating these mantras with optimal concentration, compared to uttering them absent-mindedly while watching a YouTube short or playing an audio loop endlessly, will yield vastly different results—ranging from maximum potency to total nullity.

We wish to clarify the significance of the OM. As previously mentioned, it is extensively used in all Eastern spiritual traditions, in the New Age movement, and even in initiation rites conducted to this day within the pyramids of Egypt. It is, of course, central to both Buddhism and Hinduism. All of this has contributed to creating an immense **egregore**, which fortunately undergoes constant transmutation, thanks to the nature of the energies feeding it. Nevertheless, this does not diminish its power; rather, it ensures that its impact remains exclusively evolutionary for all. Despite being formally associated with the East, this sacred sound predates recorded history and is absolutely and unequivocally **UNIVERSAL**. It has now transcended its so-called 'Eastern framework' and any related limitations, extending far beyond our world to realms where the concepts of East and West lose all meaning.

The stylized **OM** symbol:



Average execution time at cruising rhythm: 15 minutes (1/96th of your day).

At the very beginning, plan for 25 minutes, to give time for habits to settle in.

## Clearing the Space

It is with the sound "OM" that we will proceed to the clearing (vibrational purification of the subtle planes, that is, the etheric, as well as the lower, middle, AND higher astral planes) of the space where this work will take place.

For this purpose, obtain a stick of incense, which can be found in stores regardless of the brand, as long as it is made from natural Sandalwood. Among the best brands, you will find Auroville incense, and "Le Chemin Vert" (though unfortunately, it has become quite rare and hard to find in stores, though available on the Internet). In any case, any natural sandalwood incense will work perfectly. You may also consider "Nag Champa" incense (the blue ones, as there are others, **but don't overuse them**) which is not sandalwood but has a very good purifying effect on the atmosphere. These incenses, also in stick form, are attributed to Satya Sai Baba (a great impostor and merchant of the occult during his lifetime, if ever there was one), and are known to block external psychic influences. They have also been attributed with addictive properties, though we have never observed this, except for their intoxicating fragrance. As a last resort, lavender or lavandin incense (always natural) will work very well. Therefore, avoid synthetic-scented incenses, and especially, UNDER NO CIRCUMSTANCES, use incense containing patchouli (your practice would be rendered absolutely ineffective).

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Once your incense stick is lit:

- **Visualize a powerful, brilliant, and sparkling white light**, spinning in a circular motion around you, sweeping the walls of the room with force. This visualization can have a somewhat "aggressive" quality, as it is meant to dissolve psychic miasmas, not to gently cradle them in a soft light. Go at it firmly (eyes open or closed, at your convenience – just be careful not to fall). If you are not skilled at visualization, simply pretend to be as sincerely as possible! We can assure you that, on the non-physical planes of existence, it will make **all the difference**, and you will also see that your ability to visualize will improve.
- Accompany this visualization with the **vocal, or better, mental, but firm repetition of the sound "OM"**, at a fairly rapid pace (five "OM"s per second is a good example). Mentally associate this sound with the visualized light. As much as possible, do not dissociate them (same advice as above – if you cannot do it,

DO NOT get caught up in stressing about it! Do your best sincerely, deciding that it is perfect without worrying about the outcome, and if what you are doing is not perfect, the energy of what you are doing will be: that is the goal!).

- Move the incense stick in front of you, without trying to detail precisely the various corners of the room to be cleared. Do as you would if you were holding a "magic wand" or some kind of staff of command. Imagine yourself as Harry Potter if that helps. It's ridiculous, but it works for your mind too, so it won't generate any logical opposition to what you are doing (and thus, the result will be even better). The proper movement starts with the incense stick held vertically in front of you at a high position, then the stick begins to rotate to your right, then downward, then to your left, and finally returns to the high position, all in a large, wide movement (be mindful of furniture and other obstacles in the room; you will certainly bump the tip of your incense stick into something more than once, so be cautious, as the burning tip detaches easily and could damage whatever it touches, or at the very least dirty it with soot). As much as possible, aim to control your gestures! Overall, this rotating movement of the stick resembles the hand of a clock, though it's not important that it be a perfectly circular motion; it can be somewhat imprecise. It will still allow a projection into the space of the vibrational influence of the Sandalwood (or whatever is being consumed in this way), which is subtly conveyed in the astral plane by its combustion, and it will also be linked to the effect of your visualization, as well as the vibrational power of the vocal or mental repetition of the mantra sound "OM".

This space-clearing process does not take very long, just two to three minutes at most, but it is essential to do it before each RINIK practice, therefore EVERY DAY!

Extinguish the incense stick and keep it for the same use on the following days, until it has burned out completely. For the RINIK itself, light another stick, **a brand-new one**, and let it burn until it is finished. If this generates too much smoke in your environment, either open a window to allow it to escape, or extinguish it, but DO NOT reuse it for the RINIK the next day. You can always relight it later to fragrance a space, for example. If it happens to extinguish before you have finished, light another **new stick**, which you will allow to burn **completely** in the same manner as before, even if this time you have completed the ritual well before it has finished burning.

Please note that if your home is large, walking around the house can quickly become a marathon. In this case, know that performing the clearing on a plan (even roughly done freehand) is just as effective simply because of your recognition of the space symbolically represented by this plan (especially if you also write its address somewhere on it). This recognition of the space will automatically create the analogical connection between the plan and the space it designates. In radionics, this is called a "false witness."

Remember one thing: this is of the SIMPLICITY OF A CHILD!

# Inner Preparation for the Ritual

Before starting the ritual itself, which is divided into three phases that you will discover below, light a new incense stick so that it can burn without you needing to worry about it, thus safely. Sit comfortably in a chair or cross-legged, facing a candle that you have lit without any special ceremony, at the same time as the incense stick (preferably a white, gold-yellow, orange, or green-yellow candle – avoid all other colors). Then, attempt to achieve as much mental silence as you can (even if it is very poor, or even non-existent, it paradoxically DOES NOT matter! What matters is that you make the EFFORT, **regardless of the result**). In the greatest possible silence, depending on your environment, focus on the flame of the candle, striving to THINK OF NOTHING. Do not even think about the fact that you are trying to think of nothing... Of course, there is very little chance that you will succeed, but in that case, simply bring your mind back to silence, no more, and especially without getting frustrated with the difficulty of doing so. Do this exercise for 5 minutes if you can. If you feel comfortable with it, and over time, you can extend it for as long as you wish, but be careful not to cut short the time you should dedicate to your absolute priority: THE EXECUTION OF THE PROTOCOL ITSELF.

This exercise aims to help you refocus, disconnecting from the thread of thoughts woven by your mind, from the flow of thoughts you maintain even unconsciously and that are linked to your concerns, but also to your programming, some of which this work will help deactivate.

If you are unable to light incense and/or a candle (for instance, because you are obliged to share your private moments with people who would not understand what you are doing), then it's very simple – just don't light them. While this little ceremony has its importance, it is not essential. But if you are in a position to do so, then do it without fail.

Once you are in harmony with yourself, your mind entirely brought to the present moment and to the place in which you are located in order to carry out the specific work you are there for, you may then begin.

This work will first begin with something essential:  **blessings**, energies of goodwill and peace in all directions. A blessing is the bare minimum required from a human being who wishes to be somewhat evolved, and in a way, it is also a sacred duty.

Read them with AWARENESS, and each time you encounter the character « ॐ », mentally or vocally, pronounce the long sound 'OM': 'OOOOOOOOOMMMMMMMMMMMMM'. The energy of the blessing, in accordance with the intention expressed in the reading of the text, will also be launched with the OM, which will serve as its vehicle on the non-physical planes, until the chosen target is reached.

For the continuation of the work (the opening and the three cleanings), **always read the text entitled "Affirmation"**. This provides the orientation of the work, projecting the OM through the mental axis. At the beginning, during the first few days of your execution of RINIK, read the "Remark" in italics. These will give you the exact explanation of what you are doing and the reasoning behind it, until you know them perfectly. You can then skip reading them, or return to them only occasionally to refresh your memory if you wish.

## Blessings



May the blessing of the Supreme within me spread over the world, over (the city) and its surroundings, over (the region/province), over (the country), over Europe, over North America, Central America, and South America, over Africa, over Asia, over Oceania, over the entire Earth<sup>3</sup>. ॐ

May the blessing be upon the solar system, upon our galaxy, upon our universe, and upon all universes to infinity. ॐ

May the blessing be upon all the elements and elementals of Earth, Water, Fire, Air, and Ether; upon all the Kingdoms of Nature, upon all minerals, plants, animals, and all Humans. Blessing upon all my acquaintances: friends as well as enemies, upon my family and upon myself. ॐ

May the blessing be upon the Diamond Age Consciousness of our world and all concerned worlds, upon the consciousness of Nature at all its evolutionary levels, and upon the Consciousness of Creation as a whole. Blessing upon all traditions, all beliefs, so that everyone may find within themselves and in others a spark of the Light of Truth. ॐ

May the blessing be upon all energies, all planes of consciousness, all sentient beings and all spiritual beings, friends and enemies, visible and invisible, known and unknown, incarnated and non-incarnated, in the past, present, and future, towards the North, South, East, West, North-East, South-West, North-West, South-East, Zenith, and Nadir, in all directions of space, in all dimensions, and on all planes. ॐ

May they forgive and be forgiven. May they be free from enmity. May they be free from malice. May they be freed from suffering. May they be happy, freed from all karma, and all burdens of the past. ॐ

May each one acquire the Light in the mind, and the Love-Force in the heart, and align with the evolutionary laws of Life. ॐ

May peace, calm, serenity, trust, Love-Force, happiness, health, prosperity, abundance, inner wealth, joy, wisdom, bliss, and infinite beatitude be for each one. ॐ

May inner evolution, Illumination, spiritual Liberation, and Re-integration into Primordial Consciousness be for all!

ACCORDING TO THE GREAT PLAN  
AND IN A PERFECT MANNER!



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<sup>3</sup> Of course, you can reverse this order if you are not in Europe; each person starting with the location where they are, and then extending this energy dispersion to the widest of all directions.

# Opening of the RINIK

## **AFFIRMATION:**

May the OM chants during this ritual be infinitely imbued with the Consciousness of OMKARA and within It, the 12 Darshanas, the consciousness of OM itself, beyond all karma, beyond all heavy past, all inner confinement, all traps laid for me both physically and subtly, beyond any limitations that would hinder my full and complete freedom of choice, in the sovereignty of my supreme nature, a fragment of the Whole.

May this be written and accomplished, in the welcoming and full acceptance of my deliverance from all karma, all heaviness, all obstacles, for the best of what is offered to me and my contribution to what is offered to all, to myself and to the universe in which I harmoniously take my place.

(Long OM:) **OOOOOOOOOOOMMMMMMMMMM**

**AFFIRMATION:**

Deprogramming of the physical body, of each particle, each cell, each organ, each function of the body; deprogramming of the energy bodies, the mind, the aura, the chakras, the nadis, and the spheres of the aerial double (if you cannot visualize all of this, then leave it to your Higher Self):

*(Repetition of short OM for about thirty seconds, in sets of 7 or 8, in the example below, groups of 7 repetitions:)*

**OM OM OM OM OM OM OM... OM OM OM OM OM OM OM... OM OM OM OM OM OM OM...**

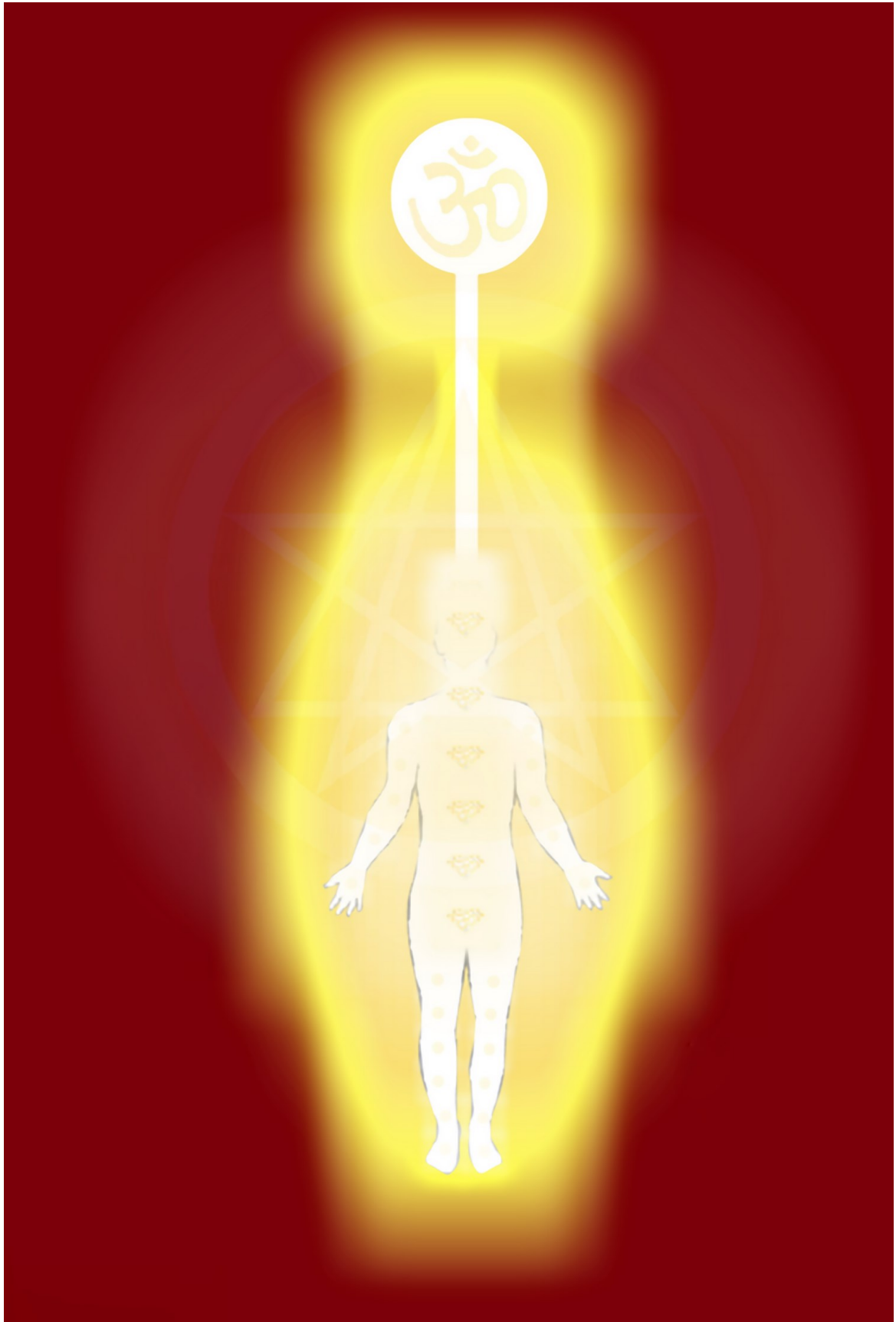
**AFFIRMATION:**

Reprogramming to the light of the physical body, the subtle bodies, the mind, the aura, the chakras, the nadis, and the spheres of the aerial double (same remark):

*(Repetition of short OM for about thirty seconds, in sets of 7 or 8:)*

**OM OM OM OM OM OM OM... OM OM OM OM OM OM OM... OM OM OM OM OM OM OM...**

Visualize or focus on the image below, transposing it to your own person.



# Cleaning of the Sub-plantar Double

**REMARK :** *Visualize beneath you a sphere with a diameter equivalent to your height, containing a perfect copy of yourself in a kind of "psychic trash" to your image, since this copy holds your identity signature, reflecting all the mistakes, fears, and guilt of your distant and recent past. This presence is real in the invisible, where the karmic memories of your past, connected to Earth's history, are actualized. It is necessary to destroy and illuminate the sub-plantar space of this double of yourself so that you are no longer at risk of acting against your own interests. It is also through the sub-plantar double that humans are easily connected to each other, like computers in a network, in unconscious anti-evolutionary actions of the collective human, manipulated from below without their knowledge. The goal is to cut all your deep and lasting connections with your double and with others' doubles, to freeze its ability to generate karmic events that imprison you, to remove its capacity to reactivate ancestral memories and karmic debts already paid many times over, and finally to dissolve this double and its consciousness by drowning their space in purifying energy.*

**AFFIRMATION:**

Cutting all ties with the sub-plantar double, and closing any access of its consciousness to my physical and subtle reality sphere, in all directions of space, in all dimensions, and on all planes:

[Repetition of short OM for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION:**

Absolute eradication of karma, all involutive energy, all negative influences on my will and that of others, still contained in the sub-plantar double; eradication of the sub-plantar double itself and its consciousness, by the vibration of the absolute OM:

[Repetition of short OM for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION:**

Elimination of **residual** karma so that it does not reconstitute in the sub-plantar double:

[Repetition of short OM for about thirty seconds, in sets of 7 or 8]

Visualize or focus on the image below, transposing it to your own person.



# Cleaning of the Chakras and Nadis

**REMARK :** *We wish to draw your attention to the particularly delicate nature of the chakras because, unlike other subtle centers on which you must work, the chakras are intimately part of you since they are internal to you – whereas the under-plantar and aerial doubles are external to you. Furthermore, only the chakras provide the unbreakable link between each of your incarnations, as they represent the material memorization of the continuum that is the evolution of your soul from its original birth until today. In addition, they also link the physical plane of your incarnation with ALL the other subtle planes to which they are both bridges and gates. The chakras cannot therefore be psychically ignited and emptied of their substance as is the goal with the work done on the under-plantar and aerial doubles. It is therefore necessary to proceed gently here, cleaning karmic imprints and involutive memories rooted in each chakra, without reaching the integrity of the memories of your own soul identity. Of course, such an act would practically be impossible to achieve, but it is imperative to note that the chakras are fragile subtle bodies and must therefore be treated with care! It would not occur to you to clean your eyes with sandpaper. Here, it is the same. Use a dusting cloth, not dynamite (it's all in the mindset)! The technique presented here poses no danger as long as you strictly follow the given instructions, without adding or subtracting anything – which seems to be a particularly difficult instruction to follow, so be sure to pay attention and simply comply with what is written, no more, no less, since this is a work whose procedure is not subject to the whims of those carrying it out! Be firmly aware that, at this stage, even if it doesn't seem like it, you are truly playing, so to speak, in "the big league" (rest assured, this is not meant condescendingly). Understand the meaning of these words and take responsibility. We disclaim any karmic responsibility related to potential consequences arising from attempts to experiment outside the clearly defined and secured path outlined in this document, especially in the following sections.*

**AFFIRMATION:**

Projection of the OM sound and intense adamantine white light into the karmic memories of all chakras, the 7 major chakras (from the base of the spine to the top of the head) and all the minor ones, all energy centers, and all subtle networks and channels sustaining the life of the physical, etheric, and astral bodies (if you are unsure of their exact locations, do the same: entrust this to your Higher Self):

[Short OM repetitions for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION:**

Absolute eradication of karma, all involutive energy, all burdensome memories, all negative influence games, imprinted in the chakras, conveyed by the nadis, or embedded or radiated in the aura, etheric body, or astral body:

[Short OM repetitions for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION:**

Repolarization of chakras 6 and 7, Ajna and Sahasrara (the second-to-last between the eyes and the last at the top of the head) by the energy of OM:

[Short OM repetitions for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION :**

Yellow-gold spiral of serenity, redemption, return to the very Essence of Being, erasure of karma and burdensome memories, within the under-plantar double, the physical and non-physical bodies, the mind, the aura, the chakras and nadis, the seven spheres of the aerial double, within every particle of my being, within every fragment of my mind:

**OM AH HUM ALALA OH**

(Pronounced “ôm-a-oum-alala-ô”; repeat for about thirty seconds while visualizing or focusing on the image below, transposing it to your own being)



# Cleaning the Aerial Double

**REMARK :** *The aerial double consists of three to seven active spheres – depending on the soul’s age within the human condition – with a crystalline appearance, each shaded differently based on their layering above one another and the karmic charge contained within them, located above the crown of the head. This double holds heavy memories, though unconscious, through which the soul was easily constrained by the conditions of its karmic past, as well as by various pacts often made unconsciously with the souls it shares the world with. These memories tend to tint each thought at every moment, strengthening the power of the mind impacted by them, causing it to overshadow the soul’s consciousness, which should, in principle, interface with a clear and free mind. The soul is thus deprived of the reality of its own nature as Absolute, even though it constantly bathes in the vibrational climate of its Consciousness. Due to these memories and its attachment to them, the soul was forced to live in a conditioned and pre-programmed manner, forever turned towards the cycle of the past to which it was perpetually pushed to return. The illumination of the spheres is the royal road that allows the soul to be freed from the heaviness of its history, entering into a completely different one, finally turned towards joy and fulfillment. This cleaning does not aim to make the soul amnesiac, but to soothe it regarding the steps of its journey that led it to be present in the incarnation, to begin fulfilling its purpose... from today!*

*Indeed, the soul forgetting its past would be inconceivable, causing it to lose the benefit and lessons of the stages of its own path. On the contrary, without the heaviness of its memories, the soul’s memory becomes nothing more than a collection of teachings that, whether willingly or not, have the value of enabling it to better understand, at each stage of its evolution, the importance of the journey that ultimately leads it to its transmutation into the "Holographic Consciousness of the Whole."*

*However, the memory accessible through incarnation cannot carry so much information, seemingly contradictory due to the multiplicity and diversity of past incarnations. In each new incarnation, the inaccessibility of the memories from previous lifetimes is meant to allow for a freer path, unburdened by the complexity of the past, so that the maximum possible attention and greater consciousness can be given **to the present moment**.*

**The goal is to destroy the aerial double and its karmic memories without touching the fragility of the spheres, which **MUST** remain intact. **The spheres are not the aerial double**, they only contain it. Therefore, the double must be destroyed *within* them, without using any instruments or aggressive visualizations towards the spheres themselves.**

First sphere: it interpenetrates the skull at the subtle level.  
Seventh sphere: the very last one at the top.

**Thus, when cleaning the spheres, any blunt instruments, any tools topped with minerals, or simply any metallic instruments must be PROSCRIBED. Nothing aggressive should be used for this purpose.**



**AFFIRMATION :**

Cutting and destroying all personal and collective links woven with the aerial double; cutting and destroying all the creeping vines of negative tendencies woven with, on, and within the spheres of the aerial double, in all directions of space, in all dimensions, and on all planes:

[Short OM repetitions for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION :**

Absolute eradication of karma, all involutive energy, all negative influences, and heavy memories still contained in the aerial double. Elimination of residual karma and heavy memories in the aerial double so that negative links and memories do not reconstitute themselves unknowingly:

[Short OM repetitions for about thirty seconds, in sets of 7 or 8]

**AFFIRMATION :**

Repolarization of the spheres of the aerial double by the application of the OM sound in each of them:

[Short OM repetitions for about thirty seconds, in sets of 3]



# Conclusion

*(Long OM:)* **OOOOOOOOOOOMMMMMMMMMMM**

*(Long OM:)* **OOOOOOOOOOOMMMMMMMMMMM**

*(Long OM:)* **OOOOOOOOOOOMMMMMMMMMMM**

I take no karmic responsibility for any fault, error, or unintentional negligence that I may have committed during this subtle purification work.

Peace, Joy, Love-Force, Light, Wisdom, Trust, Consciousness, Knowledge, Health, Prosperity, Unity, Bliss, and Infinite Beatitude for all beings in all directions of space to infinity.

Let it be so, in Peace and Serenity, according to the Plan of the ONE and in a perfect manner.

*(Long OM:)* **OOOOOOOOOOOMMMMMMMMMMM**



# Solemn Warning

Under no circumstances, for no reason, and in no manner whatsoever, **should you ever divert the OM from its strictly and explicitly evolutionary purpose.**

**NEVER perform this ritual for anyone other than yourself**, except in an explicit exception detailed by the author of this document or approved by them, nor in any personal manner outside the prescribed framework provided here!

The OM, like all mantras derived from it, is **alive** in the truest sense of the word (with its own form of consciousness) and is inherently IMPERVIOUS. Just as it cannot be used for any purpose other than strictly evolutionary goals, it will, in turn, defend itself from any attempt to divert or corrupt its primordial nature to any degree, whether such attempts arise from ignorance or intentional manipulation. Know that any attempt to divert or deviate the OM for unhealthy purposes, to any degree, would trigger a systematic and autonomous backlash of absolutely considerable power, which could potentially put your life at risk in the most severe cases of attempting to pervert these energies linked to the highest planes of Creation (for example, attempts at black magic).

It will be the best ally of your incarnation and will successfully fight, on your behalf and for your protection, the harmfulness of karmic energies. But in the event of betrayal on your part, the higher consciousness attached to its consciousness will know how to appropriately turn your attempts back against you, to protect you from yourself, as well as to protect those around you, both friends and enemies, because in no way can you claim to fully understand the foundation of things to decide when and how harmony between things and/or individuals should or should not be "restored."

Simply follow **the strict application of the method** as prescribed **here**, no more, no less, and **all promises associated with it will inevitably be fulfilled.**

*Through this work on your past that burdens you, may you regain your inner freedom, your emotional freedom, your freedom of action, speech, and thought, and free yourself from your involutive ties. May you open your field of consciousness to the higher realities and take up the path of your consciousness evolution with a light and joyful step, until you merge into the Supreme within you that you already are in essence, and which awaits you with the patience of eternity in this dawn of the Age of Diamond.*

*May you be protected, inspired, enlightened, and guided on your path, acquire all the Light of the world in the Spirit and Love-Force in the heart, and bear witness before all beings to your inner transmutation into the best possible version of yourself in the present moment, for your greatest happiness and your contribution to the world's happiness as well.*

*With my sincere blessings of peace, serenity, and harmony,  
OM OM OM*

**L. ILADILYAS-MOUATTIB**  
**Hierodarch**