



UNLEASH YOUR
INNER PHOENIX

All rights reserved. No part of this PDF file may be reproduced, in any form, by any means electronic or mechanical, including but not limited to photocopying, recording, or any information storage or retrieval system currently in use or yet to be devised.

Copyright 2020 The Ancient & Mystical Hermetic Order of the Phoenix (AMHOP)

AMHOP logo and branding designed by Daniel Laing Design

ABOUT AMHOP

The Ancient and Mystical Hermetic Order of the Phoenix (AMHOP) is the outer vehicle of a centuries-old initiatory order in the Hermetic tradition. The principal goal of AMHOP in its current form is to make the ancient wisdom teachings accessible to a modern audience and to help bring



about the next phase of human evolution by teaching our members to fulfil the innate potential within themselves. The principal work of the Western Esoteric Tradition is expansion of consciousness. To achieve this goal we train our members in areas such as meditation, philosophy, psychology, hypnosis, the vibratory power of sound and colour, Tarot, Qabalah, mythology, comparative religion and ritual work. The primary goal is regeneration of the individual by his/her own efforts. This is ‘condensed evolution’.

Regeneration involves change and transformation, enabling members to evolve towards their ultimate Higher Self through a process which psychologist Carl Jung termed Individuation. It is a process symbolised by the image of the phoenix in which the destruction of an old way of life is necessary to pave the way for a complete spiritual rebirth.

AMHOP differs from other esoteric Orders in terms of how we have adapted the teaching to suit a modern audience. As we enter the Aquarian Age, many young people are beginning to “wake up” and embrace spiritual concepts. They sense intuitively that there is a wider reality beyond what the senses can perceive. However, traditional methods of teaching esoteric truths are frequently couched in archaic terminology which can be intimidating and off-putting for the younger generation or the novice. This often has the effect of driving people to

the Internet in search of alternative answers, whereupon they find themselves lost in a rabbit warren of misinformation, half-truths, deluded conspiracy theories and New Age cults.

At AMHOP, our mission is to provide an alternative avenue for sincere seekers by conveying ancient wisdom in a manner more suited to the modern era. Where other Orders will use obscure terminology drawn from alchemy and yoga, we will draw



modern parallels from popular culture. Hence, you will frequently hear us reference our work as a “Jedi Training School” or “Hogwarts”, designed to teach the science of magic to an emerging generation of supermen and wonder women. Where other orders have conveyed profound spiritual truths through accounts of the adventures of ancient gods and goddesses, we will draw also upon the superheroes of the Marvel and DC Universes or the adventures of Harry Potter and Doctor Who, all of which are merely modern interpretations of the same ancient archetypes.

Our teachings are as old as time, as is the invisible hierarchy guiding the work of this Order, but those teachings must adapt to fit a rapidly changing world and to keep up with advances in technology. Our underlying message is that superpowers are inherent to everybody and therefore attainable to anyone who is prepared to put in the work required to unleash them. Our correspondence courses have been carefully structured to lead members towards the attainment of this goal in graded steps. Like anything in life, you will get out of it what you put in. The extent of your own personal development will be in direct proportion to the time and effort you invest.

THE PHOENIX



The emblem of our Order is the phoenix – a universal symbol of rebirth and regeneration. Legends of the phoenix-type bird abounded throughout many civilisations of the ancient world, where it was said to symbolise renewal, resurrection and life in the heavenly paradise. Its influence can be found worldwide. Relatively few people are aware that the supposed "eagle" featured on the Great Seal of the United States was in fact originally intended to be a phoenix, sending out a subliminal message of the "New World" (America) arising out of the ashes of the Old (the British Empire).

In recent years this ancient symbol has undergone something of a renaissance in popular culture, thanks in no small measure to the inclusion of Professor Dumbledore's pet phoenix Fawkes in J.K. Rowling's blockbuster Harry Potter franchise. In mythology, a phoenix dies by bursting into flames before being reborn, arising triumphantly from the ashes of its predecessor. Traumatic life

events often represent a similar breaking down of old dysfunctional patterns of living and thinking in order to make way for new patterns more in tune with the improved lifestyle you will go on to enjoy.

At the time that it happens, the breaking down of the old can be hugely traumatic, devastating and destructive. Like the phoenix bursting dramatically into flames at the end of its life-cycle, it can seem like literally the end of the world. And in a sense it *is*. It's the end of an old world, old ways of thinking and acting, old outdated methods of living and working and old relationships which no longer serve you. It could be that you've lost your job, that a marriage or long-standing friendship has ended or that circumstances are forcing you to make a geographical move about which you're uncertain. Such changes are natural sources of anxiety and apprehension. Letting go of the past can be extremely difficult and frequently involves a significant emotional wrench. But sometimes you simply have to let go of the past in order to clear the way for an entirely new life which may well prove to be much better than the old one.

The concept of birth-death-resurrection has been hardwired into creation and into the collective unconscious of humanity since ancient times and can be seen reflected not just in the symbolism of the phoenix but also in the archetypal phenomenon of the 'dying-and-rising-god' or messiah who traditionally sacrifices himself for humanity only to be reborn anew. The most famous example of this is obviously Jesus Christ who was tortured to death on the cross by the Romans and rose from the dead on the third day. However, the same principle spans all cultures and faiths and can be seen reflected also in the stories of the Egyptian Osiris, the Greek Dionysus and the Roman Bacchus among others as well as in the symbolic rituals of Freemasonry which enact the death of the allegorical character Hiram Abiff. The Christian celebration of Easter was in fact preceded by the pagan festival Ostara which marked the symbolic death of winter and the "resurrection of the light" with the arrival of spring. Sound familiar?

The process described by these stories refers not only to literal death and resurrection but can also be viewed on a metaphorical level as symbolising the transmutation one goes through in the course of self-improvement work and

spiritual growth. The eminent Swiss psychologist Carl Jung viewed the dying-and-rising god as an archetypal figure symbolising the process of transformation which a person undergoes in evolving towards their greater personality or "Higher Self". The key to this transformation is that new growth can only come about through the death of the old. It is therefore necessary for old and outworn forms to first be broken down in order to make way for the new. We have to be prepared to let go of attachments - the unhelpful habits and behaviour patterns which keep us shackled to the past. Buddha famously said that "the root of suffering is attachment". Or to quote from another great sage - none other than Jedi Master Yoda from Star Wars: "Attachment leads to jealousy. The shadow of greed, that is. Train yourself to let go of everything you fear to lose".

There is an inherent danger in human nature that we tend to cling to the old for the sake of comfort and security - whether that be an old shirt, a job, a habit or a relationship - but sometimes we have to recognise that change is necessary for growth. Have you ever wondered why spring cleaning feels so satisfying? Purging ourselves of unneeded old possessions provides us with a buzz because we're severing attachment to things which no longer serve us, in much the same way as the human body sheds dead cells.

Take a look in your wardrobe. Is it full of old clothes that you haven't worn in years and never will again? It's human nature to try to cling on to these things because of the memories associated with them but in truth this is simply keeping you chained to the past and unable to move forward with your life. Living in the past is not helpful, so do yourself a favour and have a proper clear-out. Try it now. It's surprisingly liberating. If you're not getting the results that you want, then take a good look at your life to see if there's some piece of redundant baggage which hasn't been jettisoned. We must have the courage to let go of the past, to allow the old to "die" in order to clear the space for potentially exciting new chapters in our lives. We cannot build a new house on a plot of land where a ruin stands without first destroying the ruin.

The ultimate goal of all self-improvement work is to become the best version of yourself that you can possibly be. This doesn't mean putting on a false facade and trying to be something you're not. Quite the reverse. It means becoming the

true and ultimate you - the shining jewel at the very core of your being. It's about unleashing the phoenix within. The world-famous hypnotist Paul McKenna puts it rather well in one of his self-improvement books when he states that we all essentially have three selves. There's the person we're born as - a glittering, untarnished diamond with infinite potential. Then there's the person we become as a result of stressful life experiences and the social and cultural conditioning we're subjected to by our parents, teachers, peers, employers and colleagues. This somewhat bruised and battered version can be likened to a lump of coal due to the original diamond having become covered by years of accumulated muck and grime. Then, in an attempt to hide all our flaws and insecurities from the outside world, we go and paint over the muck with brightly-coloured nail varnish, choosing to project a fake image full of false bravado rather than admitting to being monumentally messed-up inside.

But the answer to our problems lies not in painting over the cracks. The solution is instead to scrape off the layers of muck to reveal the original pure diamond underneath with all of its shining potential still intact. It's a process of unpeeling the onion, layer by layer, until the original diamond at the core of our being is revealed. The diamond is still there, just as it always has been since the day you were born, but it's become obscured by all the rubbish life has thrown at it. The diamond is the true self, the "Chosen One" or Christ within, temporarily entombed but waiting to be reborn. Unearthing it is an evolutionary process which the Hindus call yoga, western esotericism refers to as alchemy and which Jung termed Individuation.

In Jungian Psychology, the first phase of the Individuation process is the shedding of the false self which Jung termed "the persona". The persona is the social mask we wear to fit into society. Its formation begins early in life as the pull of conformity causes us to identify most strongly with elements of our personality which are in harmony with the social values of our day, while rejecting those that clash with social norms. Think "peer group pressure" and you're on the right lines. The problem, however, is that many people reach a point where they believe they *are* the social mask they wear and in so doing they cut themselves off from the deeper realms of the psyche. Anyone wanting to take the conscious path of individuation must therefore accept that their social mask represents only a tiny fraction of their total personality. Peeling back that

union can be a difficult and traumatic process but, as we've seen, the destruction and breaking down of old outworn forms is a vital part of the process if we are to uncover the inner phoenix burning brightly underneath.

The process can be compared to the salamander which, like snakes and reptiles, constantly renews itself by shedding its skin. Funnily enough, the salamander is another common symbol of regeneration and in mythology is widely associated with fire and with our old friend the phoenix. Our ancestors believed that salamanders were actually born in fire – a belief thought to stem from the fact that they would take shelter within rotting logs, from which they would later emerge when the logs were tossed on a fire. No less a figure than Leonardo Da Vinci added considerable fuel to the salamander's mythological reputation when he wrote that they possessed no digestive system and lived purely off the flames of the fire. Once again we see the power of the regeneration metaphor.



In our AMHOP logo, created by graphic designer Daniel Laing, note the distinctive shape of the letter O in the word Phoenix which has been skilfully designed to resemble an ouroboros – the snake that swallows its own tail. This ancient Hermetic symbol dates back to Ancient Egypt and is commonly associated with regeneration, reincarnation and immortality as well as with the cycles of time and nature that we've been discussing. In the ouroboros, the

snake's tail is a phallic symbol, while the mouth represents a womb. The serpent is simultaneously destroying and recreating itself... just like a phoenix. Ancient Greek versions of the ouroboros depicted the top half of the serpent as black and the bottom half as white, with the two halves coming together to make a perfect whole similar to the yin-yang symbol of Taoism. In alchemy the ouroboros is considered a symbol of the perfect union between opposites - the microcosm and the macrocosm, male and female - like the six-pointed star or Seal of Solomon.

MYTHOLOGY



At AMHOP we make strong use of storytelling, mythology, metaphor and archetypes to help members bring about profound personal transformation. Our ancestors encoded fundamental truths within myths, legends and fables in a way that was designed to stir the inner knowing within man's subconscious.

There is no finer example of this than the Greek myths, which conveyed powerful philosophical lessons veiled within fables. To the Ancient Greeks, myth-making was a science and an invaluable teaching tool. The same can be said to be true of the parables told by Jesus, the Hindu legends within *The Mahabharata*, Aesop's Fables, the fairytales penned by the Brothers Grimm and the legends of King Arthur and the search for the Holy Grail.

At AMHOP, in keeping with our mission to adapt the ancient wisdom teachings to a modern audience, we also draw examples from popular culture, such as the superheroes of the Marvel and DC Universes or the adventures of Harry Potter and Doctor Who, all of which are merely modern interpretations of the same ancient archetypes. Mythology stirs the pot of our subconscious, enabling intuitive insights to bubble to the surface of our conscious awareness.

CURRICULUM

AMHOP teaches primarily by way of a comprehensive correspondence course. This permits members to study in their spare time. All of the exercises suggested in the correspondence lessons are done in private and should then be applied to daily life. The correspondence course is available to all Associate and Initiate members of the



Order. Members will be sent a link by email each month to a downloadable zip-file of content, based upon which they will be asked to submit an assignment demonstrating that they have understood the material, practised the exercises and applied them to their own lives. Each month's bundle contains approximately £100 worth of content, offered to members at the exclusive rate of £10 per month as part of our AMHOP mission to make the ancient wisdom teachings accessible to the widest possible audience. That's a massive 90% discount on the market value of the material.

Each course builds on the work of the previous one. By the end of the studies, the component parts will have come together to form a coherent whole. Members can study at their own pace. Monthly submission of assignments is desirable but not essential. Further details will be provided upon joining. Some courses come with the option to upgrade to a higher level of study with bonus content made available on that particular theme. This enables you to specialise in any specific areas which resonate more strongly with you as an individual. This is equivalent to taking your studies to a "Masters Degree" level.

Courses include but are not limited to the following:

REGENERATION

A study of the symbolism of the Phoenix and the death-and-resurrection archetype within world mythology and religion, drawing upon both ancient and modern examples of the archetype and demonstrating how the symbolism can be applied to everyday life and be used as a metaphor for personal renewal and regeneration.

MIND POWER

A study of how the human mind works and how the conscious and subconscious minds interface with each other and influence our perception of reality. A study of optical illusions as an illustration of how the senses can deceive. Exercises for training the mind and bringing the thoughts under control.

SCIENCE OF BREATH CONTROL

A study of the importance of proper breathing in stress management and spiritual evolution, including details of Indian breathing techniques known as pranayama and the Chinese practices of Qigong. A study of the scientific link between rate-of-breathing and health and longevity. Includes exercises for balancing the levels of oxygen and carbon dioxide in the body and breathing techniques for balancing the hemispheres of the brain.

MEDITATION

A study of the scientifically-proven health benefits of meditation and an examination of the various different types of meditation available, including Mindfulness, Kriya Yoga, Transcendental Meditation and techniques involving the use of sound and colour. Includes simple meditation exercises and access to guided meditation downloads.

MINDFULNESS

A study of the Buddhist practice of Mindfulness, or present-moment awareness, and how it helps to train the mind and cut down on unhelpful rumination. Includes results of scientific studies into the universal health benefits of the practice and how it can be applied to everyday life, including Mindful Walking, Mindful Eating and the use of Mindfulness in Schools. Includes Mindfulness Exercises to incorporate into your daily routine.

HYPNOSIS

A study of the history and therapeutic benefits of Hypnosis, sifting fact from myth, and outlining its many practical applications including pain relief, healing, phobia cures, motivation and performance enhancement. Includes the study of some of the most famous hypnotists throughout history as well as modern household names such as Paul McKenna and Derren Brown, and insights into how they work their “magic”.

NLP

A study of the history, techniques and practical applications of Neuro-Linguistic Programming (NLP), including the modelling of excellence, building rapport, submodalities, matching and mirroring of body language and the use of NLP to change faulty and dysfunctional patterns of thinking. Includes New Code games for balancing the hemispheres of the brain and inducing the high-performance brainwave state.

ANCIENT WISDOM OF THE EAST

A study of the Eastern practices of yoga, martial arts and Oriental healing and their use in harnessing internal energy to bring about a state of holistic wellbeing. Includes the study of meridian lines and energy points within the human body, plus simple and safe exercises to practice at home.

THE FORCE IS WITH YOU

Building on the content of the previous course, this study deals in more detail with the internal energy which the Chinese call Chi or Qi, the Indian yogis refer to as prana, and which is known in the west as Vril or Orgone. A study of how this subtle energy can be harnessed for health and spiritual development and of its potential uses as an alternative clean energy source, including the latest scientific discoveries and opinions. Includes energy-stimulation exercises.

CYMATICS – POWER OF SOUND

A study of the vibratory healing power of sound, from its historical uses in Ancient Egyptian sleep temples to modern therapeutic applications, including the use of singing bowls, gongs, drums and chanting to induce trance states for healing purposes. Includes sound healing exercises.

THE POWER OF COLOUR

A study of the power of colour to affect mood and bring about therapeutic healing, including the vibratory correlation of colour with sound. Includes practical colour exercises.

THE LAW OF ATTRACTION

A study of the vibratory power of thoughts, words and emotions and how these can be manipulated to alter your physical reality and attract harmonious conditions into your life. Includes examples of people throughout history who have achieved success through the use of this principle and exercises for incorporating the Law of Attraction into your own life.

THE SCIENCE OF MYTH-MAKING

A study of the historic use of myths, legends and fables to convey fundamental spiritual truths and moral lessons, drawing on historical examples such as Aesop's Fables and the Greek Myths, and also modern expressions of the same archetypes, such as Superheroes, Harry Potter and Doctor Who. Includes a study of the work of psychologist Carl Jung.

SUPERHERO – LIVE YOUR OWN MYTH

Building on the work of the previous course, this course encourages the member to “live their own myth” by embracing their inner superhero and undergoing the process of transformation which Carl Jung termed “Individuation”.

SCIENCE OF BODY LANGUAGE

A study of the science of body language and the link between body language and mood. How to change your own mental state by altering your physiology. How to adapt your physiology according to the company you’re in to make the best impression. How to match the body language of others to build rapport. How to read other people’s body language to elicit unconscious information and detect deception.

SCIENCE OF MAGIC

A study of Magic – the science of things unseen – including its history and practical applications. Includes the science behind miracles and how great Masters, such as Jesus, were able to manipulate the ether to perform seemingly impossible feats. How ceremonial magicians perform similar wonders today by manipulating ether to communicate with parallel dimensions.

POWER OF RITUAL

Building on the work of the Magic course, The Power of Ritual looks at the symbolic significance of ceremonial work and how energies can be amplified by performing magical and meditative work in groups.

TAROT

A study of the history of Tarot cards and of their use as a psychological counselling tool, tapping into the archetypes contained within the collective unconscious. How to choose your deck from the wide range available and how to work with the cards to stir the subconscious. Includes practical exercises and sample card spreads.

QABALAH

A study of The Qabalistic Tree of Life and how it serves as a roadmap for spiritual evolution. A detailed explanation of the roles and functions of each of the ten Sephiroth and how they related to both the macrocosm of the Universe and the microcosm of man.

SACRED GEOMETRY

A study of how our ancestors built sacred monuments in precise geometric alignment with the constellations and how this practice conforms to the Hermetic principle of “As Above, So Below”. What our ancestors knew and how they produced such extraordinary architectural wonders.

UNIVERSAL LAWS

A study of Universal Laws and how they apply on all levels of creation and how the macrocosm of the Universe can be seen reflected in the microcosm of man. Includes the study of the laws of cause and effect, polarity, rhythm and the esoteric significance of gender and how this knowledge can be applied to our own lives.

ESOTERIC POWER OF DATES

A study of the world’s major festivals and significant dates in the calendar and their symbolic significance, from the Christian celebrations of Christmas and Easter to the Pagan sabbats of Beltane and Samhuin and the superstitions surrounding Friday 13th.

PSYCHIC DEVELOPMENT

A study of psychic powers, including feats such as clairvoyance, telepathy, telekinesis, psychokinesis, extra-sensory perception and precognitive dreams and how these can be explained by expanded states of consciousness. Includes safe exercises to practice to increase your own field of psychic perception.

PARANORMAL PHENOMENA

A study of paranormal phenomena including out-of-body experiences, near-death experiences, precognitive dreams, recurring dreams, visions and hallucinations, levitation, possession, UFO sightings and sightings of unusual creatures and how these can be explained within the field of psychology and expanded states of consciousness.

PROJECT ICARUS



Project Icarus is the parapsychological research division of AMHOP, dedicated to the investigation of unusual phenomena, including but not limited to the following: clairvoyance, telepathy, telekinesis, psychokinesis, extra-sensory perception, out-of-body experiences, near-death experiences, precognitive dreams, recurring dreams, psychic mediumship, visions and hallucinations, levitation, possession, paranormal activity, UFO sightings and sightings of unusual creatures. Project Icarus

is interested to hear of any legitimate examples of such cases. These accounts will be considered, investigated and collated and will help to contribute towards our ongoing research in these areas which aims to explore and explain unusual phenomena within the context of expanded states of consciousness.

If you have a story to tell, please email Project Icarus at projecticarusinquiries@gmail.com You can also visit the project's Facebook page by clicking on this link: <https://www.facebook.com/PhoenixProjectIcarus>

PHOENIX COACHING & THERAPY



Phoenix Coaching & Therapy is the therapeutic and life-coaching arm of AMHOP, designed to provide a wide range of support services for those suffering from mental health issues as well as providing cutting edge training in the fields of self-improvement and personal development. Membership of AMHOP entitles you to a 50% discount on all services and products offered by *Phoenix Coaching & Therapy*. The Phoenix system of coaching was developed by Andrew Cowie after his 20-year career in newspaper journalism was brought to an abrupt end by severe stress-related illness. It was in the course of his own recovery that he was introduced to the benefits of meditation, mindfulness, hypnotherapy, sound therapy and Neuro-Linguistic Programming (NLP) and was so profoundly moved by the life-changing effects of these practices that he went on to retrain as a psychotherapist. He founded *Phoenix Coaching & Therapy* to ensure others could benefit from his own personal experiences. He is passionate about mental health issues and spreading awareness of the debilitating effects of conditions such as stress and depression.

Andrew is a fully certified Life Coach, Advanced Master Hypnotherapist, Body Language specialist and Advanced Master NLP Practitioner who has trained under some of the leading names in the personal development field. These

include Tony Robbins, Generative Trance creator Dr Stephen Gilligan; Thom Shillaw, pioneer of the Shillawian therapy model; Bob Burns, creator of The Swan Protocol; and Andy Austin, creator of Metaphors of Movement and Integral Eye Movement Therapy, as well as the Centre of Excellence in Manchester.

The Phoenix programme is fully adaptable to meet the needs of every specific individual, whether they're suffering from anxiety issues, mood disorders, addiction or phobias or looking to boost their performance in the worlds of business, sport, performing arts or in their personal lives. Whatever the problem or goal, Phoenix can tailor a bespoke solution and provide the tools for the job.

AMHOP MEMBERSHIP



There are three categories of membership and these are outlined below:

BRONZE MEMBERSHIP – Bronze Membership is free of charge. You will be a registered member of our Order and will receive all mailings and information regarding forthcoming public events, webinars and esoteric study groups, most of which you will be eligible to attend. However, you will *not* be eligible to receive our correspondence course or to participate in the ritual elements of our work which are exclusive to the higher levels of membership. Bronze Membership is suitable for anyone with an interest in the subject matter who wishes to “dip their toe in the water” without the commitment of full membership. However, you will not receive instruction in the life-changing techniques which form the main body of AMHOP’s work. You can upgrade your membership at any time to receive the additional benefits.

SILVER MEMBERSHIP – Silver Membership carries all the benefits of Bronze Membership but with the additional advantage of full access to our correspondence courses, study materials and dedicated tutor support. Silver members also receive discounted entry to all AMHOP’s public events and discounts on all products and services offered by our sister organisation *Phoenix*

Coaching & Therapy. Silver Membership carries an annual fee of £120. AMHOP is a non-profit organisation but requires a basic membership fee to cover the costs and time of producing our digital materials and staging public events. Discounted membership is available to students and those on benefits or of limited means. We recognise that recent world events have caused financial hardship for many and are determined that our services should be available to all who need them. Please email us for details of discounts available. Silver Members are *not* eligible to participate in the advanced ritual work of the Order.

GOLD MEMBERSHIP – Gold Membership, also known as Initiate Membership, is by invitation only and is available to those who have reached a certain level in our correspondence courses. Silver Membership is therefore a pre-requisite of consideration for Gold Membership. Initiate Members are eligible to participate in the advanced ritual work of the Order in which the most advanced and secretive techniques are revealed. Initiate Membership is divided into Grades, symbolising the evolution of the candidate.

[Click to join AMHOP](#)

Contact AMHOP

Website: www.amhop.co.uk

Email: info@amhop.co.uk

Facebook: [@amhoponline](https://www.facebook.com/amhoponline)

Twitter: [@amhop7](https://twitter.com/amhop7)

Contact Project Icarus

Email: projecticarusinquiries@gmail.com

Facebook: [@PhoenixProjectIcarus](https://www.facebook.com/PhoenixProjectIcarus)

Contact Phoenix Coaching & Therapy

Website: www.phoenixcoaching.co.uk

Email: info@phoenixcoaching.co.uk

Facebook: [@phoenixonline](https://www.facebook.com/phoenixonline)

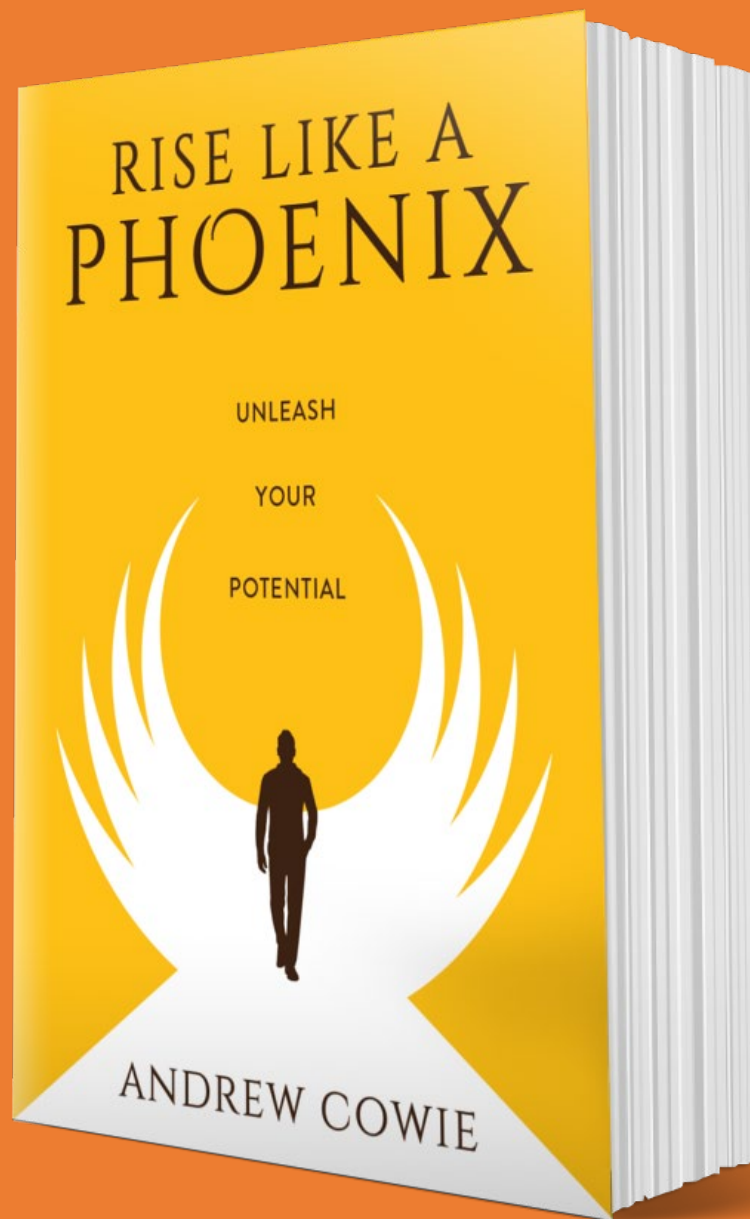
Twitter: [@PhoenixCoachin1](https://twitter.com/PhoenixCoachin1)

WANT TO LEARN MORE ABOUT OUR WORK?

CHECK OUT THE NEW BOOK

RISE LIKE A PHOENIX

The complete regeneration manual



BUY HERE: [CLICK TO BUY RISE LIKE A PHOENIX](#)