

LESSER BANISHING RITUAL OF THE PENTAGRAM

The Lesser Banishing Ritual of the Pentagram

Face EAST holding a dagger in the right hand or using your extended index finger.

Perform the Qabalistic Cross:

(THE QABALISTIC CROSS)

1. Imagine yourself growing taller and taller until the earth is but a pebble beneath your feet. Imagine that you are at the center of the universe with darkness surrounding you.
2. Visualize a ball of white light above your head, far off in the distance. Extend the dagger to touch the light and bring it down to your forehead as you inhale and intone the Divine name ATEH
3. Touch Your forehead with the tip of the dagger or finger and as you exhale vibrate the word ATEH and imagine the ball of white light grow to the size of a coconut or melon (approx 7") above and slightly in your skull.
4. Touch the genitals and intone MALKUTH while imagining a shaft of white light descending to your feet. Exhale and vibrate the Divine name MALKUTH while you imagine a sphere below your feet fill with white light and energy.
5. Touch the right shoulder and intone the Divine name VE-GEBURAH while imagining white light extend from your heart to form a 7 inch sphere of brilliant white light just next to your right shoulder. Exhale and vibrate the Divine name VE-GEBURAH
6. Visualize a shaft of light extend from the right shoulder across your heart to form another sphere at your left shoulder. Touch the right shoulder and intone the Divine name VE-GEDULAH while imagining white light extend from your heart to form a 7 inch sphere of brilliant white light just next to your left

shoulder. Exhale and vibrate the Divine name "VE-GEDULAH"

7. Hold or clasp your hands together at your Heart and intone and then vibrate the Divine name "LE-OLAHM AMEN" while imagining light from the 4 ends of the cross merging and uniting in ecstasy at your heart, forming a cross of light or energy.

(BANISHING THE FOUR QUARTERS)

8. In the air facing EAST, draw a Banishing Earth Pentagram. Make the sign of the Enterer as you extend your arms and dagger (or index fingers) through the center of the pentagram and vibrate the divine name Y H V H. Drop your arms and make the Sign of Silence.

9. Stab the center of the pentagram with the dagger and make a quarter circle as you turn toward the SOUTH. Draw another Banishing Earth Pentagram as you did in the east. Make the sign of the Enterer and Vibrate the Divine name ADONAI. Drop your arms and make the Sign of Silence. .

10. Stab the center of the pentagram with the dagger and make a quarter circle as you turn toward the WEST. Draw another Banishing Earth Pentagram as you did in the east. Make the sign of the Enterer and Vibrate the Divine name AHIH. Drop your arms and make the Sign of Silence.

11. Then, turn towards the NORTH, while tracing the circle. Draw another Banishing Earth Pentagram as you did in the east. Make the sign of the Enterer and Vibrate the Divine name AGLA. Drop your arms and make the Sign of Silence.

12. Return to the EAST, completing the circle of Light and bringing the dagger back to the starting point in the EAST.

(INVOKING THE ARCHANGELS)

13. Extend your arms out to the sides in the form of a cross, and

say: BEFORE ME and vibrate RAPHAEL (pronounced *RAH-PHYE-EHL*)

In your mind visualize an Archangel in a Yellow robe with Violet highlights in front of you. He is surrounded by clear blue air and white fluffy clouds.

15. Say BEHIND ME and vibrate GABRIEL (pronounced *GAH-BREE-EHL*)

In your mind visualize an Archangel in a blue robe with orange highlights behind you. She is in front of a rushing blue water fall which sends water flowing over your feet.

16. Say AT MY RIGHT HAND and vibrate MICHAEL (pronounced *MEE-CHYE-EHL*)

In your mind visualize an Archangel in a red robe with green highlights at your right side. He is in center of a volcano. Fire blazes into the air and lava flows towards your feet.

17. Say: AT MY LEFT HAND and vibrate AURIEL (pronounced *AWE-REE-EHL*)

In your mind visualize an Archangel in a black robe with silver highlights at your left side. She is standing in the middle of a field of wheat on a giant mound of rock and earth.

18. Say *ABOUT ME FLAMES THE PENTAGRAM, AND IN THE COLUMN STANDS THE SIX-RAYED STAR*

Visualize the circle of light and 4 pentagrams aflame in blue around you and the cross of light within you.

11

19. Repeat the QABALISTIC CROSS (Steps 1-7)

20. CONCLUDE WITH THE SIGN OF SILENCE.

Tree of Life Mediation

Extended Rite of Three Pillars. (4 COLOR WORLDS)

Once the Extended Rite of Three Pillars has been completed from Memory one should proceed to introduce a specific color scale to each of the 4 different parts of the sphere (is. The god/divine name, the archangelic name, the angelic name and the sphere of influences name.) by using the traditional color scales attributed to YHVH. (the King, Queen, Prince and Princess color schemes which were designed by the Golden Dawn and can be found in material concerning the color scales of the 4 worlds)

1. Visualize a ball of WHITE light above your head, with the bottom rim just penetrating your skull.
 - a. Inhale and in your mind say THE SEPHIROTH OF KETHER while concentrating on the WHITE ball above your head.
 - b. Exhale and Vibrate the word KETHER while keeping your attention focused in the WHITE ball.
 - c. Inhale and in your mind say AHIH, THE DIVINE NAME OF CHOKMA while concentrating on the WHITE ball above your head.
 - d. Exhale and Vibrate the word AHIH while keeping your attention focused in the WHITE ball.
 - e. Inhale and in your mind say METATRON, THE ARCHANGEL OF KETHER while concentrating on DIAMOND WHITE LIGHT ball.
 - f. Exhale and Vibrate the word METATRON while keeping your attention focused in a DIAMOND WHITE LIGHT ball.
 - g. Inhale and in your mind say CHAI OHT HA KA-DESH THE ANGELIC ORDER OF KETHER and focus your attention on the WHITE ball above your head.
 - h. Exhale and Vibrate the word CHAI OHT HA KA-DESH while keeping your attention focused on the WHITE ball.

- i. Inhale and in your mind say RA-SITH HA GIL GALIM THE SHPERE OF INFLUENCE OF KETHER and focus on the WHITE ball WITH **GOLD FLECKS**
 - j. Exhale and Vibrate the word RA-SITH HA GIL GALIM while keeping your attention focused on the WHITE ball WITH **GOLD FLECKS**
1. Visualize a path of white energy manifest from the left side of the white ball above your head, to diagonally down beside your ear. Visualize the white energy turn Grey and form a ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF CHOKMA while concentrating on the **GREY** ball above your head.
 - b. Exhale and Vibrate the word CHOKMA while keeping your attention focused in the **GREY** ball.
 - c. Inhale and in your mind say YAH, THE DIVINE NAME OF CHOKMA while concentrating on the **GREY** ball above your head.
 - d. Exhale and Vibrate the word YAH while keeping your attention focused in the **GREY** ball.
 - e. Inhale and in your mind say RATZIEL, THE ARCHANGEL OF CHOKMA while concentrating on the **SOFT BLUE** ball.
 - f. Exhale and Vibrate the word RATZIEL while keeping your attention focused in the **SOFT BLUE** ball.
 - g. Inhale and in your mind say AUPHANEEM THE ANGELIC ORDER OF CHOKMA and visualize the ball turn to **BLUISH MOTHER OF PEARL**
 - h. Exhale and Vibrate the word AUPHANEEM while concentrating on the **BLUISH MOTHER OF PEARL** ball.
 - i. Inhale and in your mind say MAZLOTH THE SHPERE OF INFLUENCE OF CHOKMA and turn the color of the ball to **WHITE FLECKED WITH RED, BLUE AND YELLOW**

- j. Exhale and Vibrate the word MAZLOTH while concentrating on the **WHITE WHITE FLECKED WITH RED, BLUE AND YELLOW** ball.

1. Visualize a path of white energy manifest from the grey ball by your left ear and extend horizontally across your head to the right side of your face/ear. Visualize the grey energy turn black and form a ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF BINAH while concentrating on the **BLACK** ball above your head.
 - b. Exhale and Vibrate the word BINAH while keeping your attention focused in the **BLACK** ball.
 - c. Inhale and in your mind say YHVH ALHIM, THE DIVINE NAME OF BINAH while concentrating on the **BLACK** ball above your head. (YHVY is pronounced Yod-Heh-Vav-Heh)
 - d. Exhale and Vibrate the word YHVH ALHIM while keeping your attention focused in the **BLACK** ball.
 - e. Inhale and in your mind say TZAPHKIEL, THE ARCHANGEL OF BINAH while concentrating on the **CRIMSON** ball.
 - f. Exhale and Vibrate the word TZAPHKIEL while keeping your attention focused in the **CRIMSON** ball.
 - g. Inhale and in your mind say ARALEEM THE ANGELIC ORDER OF BINAH and change the color of the ball to **DARK BROWN**
 - h. Exhale and Vibrate the word ARALEEM while concentrating on the **DARK BROWN** ball.
 - i. Inhale and in your mind say SHABBATHAI THE SHPERE OF INFLUENCE OF BINAH and change the color to **GREY WITH PINK FLECKS**
 - j. Exhale and Vibrate the word SHABBATHAI while concentrating on the **GREY WITH PINK FLECKS**.

1. Visualize a path of white energy manifest from the black ball on the right side of your head, diagonally down to your left

shoulder. Visualize the white energy turn blue and form a ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF CHESSED, while concentrating on the **BLUE** ball above your head.
 - b. Exhale and Vibrate the word CHESSED
 - c. Inhale and in your mind say AL, THE DIVINE NAME OF CHESSED, while concentrating on the **BLUE** ball above your head.
 - d. Exhale and Vibrate the word AL while keeping your attention focused in the **BLUE** ball.
 - e. Inhale and in your mind say TZADKIEL, THE ARCHANGEL OF CHESSED while concentrating on the **DEEP VIOLET** ball.
 - f. Exhale and Vibrate the word TZADKIEL while keeping your attention focused in the **DEEP VIOLET** ball.
 - g. Inhale and in your mind say CHASMALEEM THE ANGELIC ORDER OF CHESSED and change the color of the ball to **DEEP PURPLE**
 - h. Exhale and Vibrate the word CHASMALEEM while concentrating on the **DEEP PURPLE** ball.
 - i. Inhale and in your mind say TZEDEK THE SHPERE OF INFLUENCE OF CHESSED and change the color of the ball to **DEEP AZURE FLECKED WITH YELLOW**
 - j. Exhale and Vibrate the word TZEDEK while concentrating on the **DEEP AZURE FLECKED WITH YELLOW** ball.
1. Visualize a path of white energy manifest from the blue ball above your head, and extend horizontally to the right shoulder where it forms a red ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF GEBURAH while concentrating on the **RED** ball above your head.
 - b. Exhale and Vibrate the word GEBURAH
 - c. Inhale and in your mind say ALHIM GIBOR, THE DIVINE NAME OF GEBURAH, while concentrating on the **RED** ball above your head.

- d. Exhale and Vibrate the word ALHIM GIBOR while keeping your attention focused in the **RED** ball.
 - e. Inhale and in your mind say KAMAEL, THE ARCHANGEL OF GEBURAH while concentrating on the **ORANGE** ball.
 - f. Exhale and Vibrate the word KAMAEL while keeping your attention focused in the **ORANGE** ball.
 - g. Inhale and in your mind say SERAPHEEM THE ANGELIC ORDER OF GEBURAH and change the color of the ball to **BRIGHT SCARLET RED**
 - h. Exhale and Vibrate the word SERAPHEEM while concentrating on the **BRIGHT SCARLET RED**
 - i. ball.
 - j. Inhale and in your mind say MARDIM THE SHPERE OF INFLUENCE OF GEBURAH and change the color of the ball to **RED FLECKED WITH BLACK**
 - k. Exhale and Vibrate the word MARDIM while concentrating on the **RED FLECKED WITH BLACK** ball.
1. Visualize a path of white energy manifest from red ball around your right shoulder, to extend diagonally down to your solar plexus. Visualize the white energy turn yellow and form a ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF TIPHARETH while concentrating on the **YELLOW** ball above your head.
 - b. Exhale and Vibrate the word TIPHARETH while keeping your attention focused in the **YELLOW** ball.
 - c. Inhale and in your mind say YHVH ALOAH ve-DAATH, THE DIVINE NAME OF TIPHARETH while concentrating on the **YELLOW** ball above your head.
 - d. Exhale and Vibrate the word YHVH ALOAH ve-DAATH while keeping your attention focused in the **YELLOW** ball.
 - e. Inhale and in your mind say RAPHAEL, THE ARCHANGEL OF TIPHARETH while concentrating on the **CLEAR/PINK ROSE** ball.

- f. Exhale and Vibrate the word RAPHAEL while keeping your attention focused in the **CLEAR/PINK ROSE** ball.
 - g. Inhale and in your mind say MALACHEEM THE ANGELIC ORDER OF TIPHARETH and change the color of the ball to **RICH SALMON**
 - h. Exhale and Vibrate the word MALACHEEM while concentrating on the **RICH SALMON** ball.
 - i. Inhale and in your mind say SHEMESH THE SHPERE OF INFLUENCE OF TIPHARETH and change the color of the ball to **GOLDEN AMBER**
 - j. Exhale and Vibrate the word SHEMESH while concentrating on the **GOLDEN AMBER** ball.
1. Visualize a path of white energy manifest from the green ball above your head, to diagonally down beside your ear. Visualize the white energy turn **GREEN** and form a ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF NETZACH while concentrating on the **GREEN** ball above your head.
 - b. Exhale and Vibrate the word NETZACH while keeping your attention focused in the **GREEN** ball.
 - c. Inhale and in your mind say YHVH TZABAOTH, THE DIVINE NAME OF NETZACH while concentrating on the **GREEN** ball above your head.
 - d. Exhale and Vibrate the word YHVH TZABAOTH while keeping your attention focused in the **GREEN** ball.
 - e. Inhale and in your mind say HANIEL, THE ARCHANGEL OF NETZACH while concentrating on the **AMBER** ball.
 - f. Exhale and vibrate the word HANIEL while keeping your attention focused in the **AMBER** ball.
 - g. Inhale and in your mind say ALHIM THE ANGELIC ORDER OF NETZACH and change the color of the ball to **BRIGHT-YELLOW-GREEN**
 - h. Exhale and vibrate the word ALHIM while concentrating on the **BRIGHT-YELLOW-GREEN** ball.

- i. Inhale and in your mind say NOGAH THE SHPERE OF INFLUENCE OF NETZACH and change the color of the ball to **OLIVE FLECKED WITH GOLD**
 - j. Exhale and Vibrate the word NOGAH while concentrating on the **OLIVE FLECKED WITH GOLD** ball
1. Visualize a path of white energy manifest from the left side of the white ball above your head, to diagonally down beside your ear. Visualize the white energy turn ORANGE and form a ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF HOD, while concentrating on the **ORANGE** ball above your head.
 - b. Exhale and Vibrate the word HOD while keeping your attention focused in the **ORANGE** ball.
 - c. Inhale and in your mind say ALHIM TZABAOTH, THE DIVINE NAME OF HOD while concentrating on the **ORANGE** ball above your head.
 - d. Exhale and Vibrate the word ALHIM TZABAOTH while keeping your attention focused in the **ORANGE** ball.
 - e. Inhale and in your mind say MICHAEL, THE ARCHANGEL OF HOD while concentrating on the **VIOLET-PURPLE** ball.
 - f. Exhale and Vibrate the word MICHAEL while keeping your attention focused in the **VIOLET-PURPLE** ball.
 - g. Inhale and in your mind say BENI ALHIM THE ANGELIC ORDER OF HOD **RED RUSSET**
 - h. Exhale and Vibrate the word BENI ALHIM while concentrating on the **RED RUSSET** ball.
 - i. Inhale and in your mind say KOKAB THE SHPERE OF INFLUENCE OF HOD and change the color of the ball to
 - j. Exhale and vibrate the word KOKAB while concentrating on the **YELLOW-BROWN FLECKED WITH WHITE** ball.
 1. Visualize a path of white energy manifest from the orange ball above your head, diagonally down to your genital/

perineum area. Visualize the white energy turn Violet/
Purple and form a ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF YESOD, while concentrating on the **VIOLET** ball above your head.
 - b. Exhale and Vibrate the word YESOD while keeping your attention focused in the **VIOLET** ball.
 - c. Inhale and in your mind say SHADDAI AL CHAI, THE DIVINE NAME OF YESOD , while concentrating on the **VIOLET** ball above your head.
 - d. Exhale and Vibrate the word SHADDAI AL CHAI while keeping your attention focused in the **VIOLET** ball.
 - e. Inhale and in your mind say GABRIEL, THE ARCHANGEL OF YESOD, while concentrating on the **INDIGO** ball.
 - f. Exhale and Vibrate the word GABRIEL while keeping your attention focused in the **INDIGO** ball.
 - g. Inhale and in your mind say KERUBEEM THE ANGELIC ORDER OF YESOD and change the color of the ball to **VERY DARK PURPLE**
 - h. Exhale and vibrate the word KERUBEEM, while concentrating on the **VERY DARK PURPLE** ball.
 - i. Inhale and in your mind say LEVANAHA THE SHPERE OF INFLUENCE OF YESOD **CITRINE FLECKED WITH AZURE**
 - j. Exhale and Vibrate the word LEVANAHA while concentrating on the **CITRINE FLECKED WITH AZURE** ball.
1. Visualize a path of white energy manifest from the violet ball, down to your feet. Visualize the white energy turn black and form a ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF MALKUTH, while concentrating on the **BLACK** ball above your head.
 - b. Exhale and Vibrate the word MALKUTH while keeping your attention focused in the **BLACK** ball.

- c. Inhale and in your mind say ADNI HARTZ, THE DIVINE NAME OF MALKUTH while concentrating on the **BLACK** ball above your head.
- d. Exhale and Vibrate the word ADNI HARTZ while keeping your attention focused in the **BLACK** ball and in your mind say SANDOLPHON, THE ARCHANGEL OF MALKUTH while concentrating on the **YELLOW** ball.
- e. Exhale and Vibrate the word SANDOLPHON while keeping your attention focused in the **YELLOW** ball.
- f. Inhale and in your mind say ASHEEM THE ANGELIC ORDER OF MALKUTH and change the color to **4 COLORS (RED, BLUE, YELLOW, BLACK) FLECKED WITH GOLD**
- g. Exhale and Vibrate the word ASHEEM while concentrating on the **4 COLORS (RED, BLUE, YELLOW, BLACK) FLECKED WITH GOLD** ball.
- h. Inhale and in your mind say OLAM YESODOTH THE SPHERE OF INFLUENCE OF MALKUTH and change the color of the ball to **BLACK WITH YELLOW RAYS/ STRIPES**
- i. Exhale and Vibrate the word OLAM YESODOTH while concentrating on the **BLACK WITH YELLOW RAYS/ STRIPES** ball.

Tree of Life Mediation Extended Rite of Three Pillars.

- used to build energy/power centers in your body
 - A Vibrated word is a word that uses a full breath and is pronounced during the whole exhale, and is usually sung or said in a voice that produces a vibration throughout your body. It should use the full force of your exhale and vocal talent.
1. Visualize a ball of **WHITE** light above your head with the bottom rim just penetrating your skull. Concentrate on the ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF KETHER
 - b. Exhale and vibrate the word KETHER
 - c. Inhale and in your mind say AHIH, THE DIVINE NAME OF KETHER
 - d. Exhale and Vibrate the word AHIH
 - e. Inhale and in your mind say METATRON, THE ARCHANGEL OF KETHER
 - f. Exhale and Vibrate the word METATRON
 - g. Inhale and in your mind say CHAI OHT HA KA-DESH, THE ANGELIC ORDER OF KETHER
 - h. Exhale and Vibrate the words CHAI OHT HA KA-DESH
 - i. Inhale and in your mind say RA-SITH HA GIL GALIM, THE SPHERE OF INFLUENCE OF KETHER
 - j. Exhale and Vibrate the words RA-SITH HA GIL GALIM
 1. Visualize a path of white energy manifesting from the white ball above your head, diagonally down to beside your left ear. Visualize the white energy turn **GREY** and form a ball beside your left ear. Concentrate on the **GREY** ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF CHOKMA

- b. Exhale and vibrate the word CHOKMA
- c. Inhale and in your mind say YAH, THE DIVINE NAME OF CHOKMA
- d. Exhale and vibrate the word YAH
- e. Inhale and in your mind say RATZIEL, THE ARCHANGEL OF CHOKMA
- f. Exhale and vibrate the word RATZIEL
- g. Inhale and in your mind say AUPHANEEM, THE ANGELIC ORDER OF CHOKMA
- h. Exhale and vibrate the word AUPHANEEM
- i. Inhale and in your mind say MAZLOTH, THE SPHERE OF INFLUENCE OF CHOKMA
- j. Exhale and Vibrate the word MAZLOTH

1. Visualize a path of white energy manifesting from the grey ball by your left ear and extending horizontally across your head to the right side of your face/right ear. Visualize the grey energy turn **BLACK** and form a ball extending out from your right ear. Concentrate on the ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF BINAH
 - b. Exhale and Vibrate the word BINAH
 - c. Inhale and in your mind say YHVH ALHIM, THE DIVINE NAME OF BINAH (YHVY is pronounced Yod-Heh-Vav-Heh)
 - d. Exhale and Vibrate the words YHVH ALHIM
 - e. Inhale and in your mind say TZAPHKIEL, THE ARCHANGEL OF BINAH
 - f. Exhale and Vibrate the word TZAPHKIEL
 - g. Inhale and in your mind say ARALEEM, THE ANGELIC ORDER OF BINAH
 - h. Exhale and Vibrate the word ARALEEM
 - i. Inhale and in your mind say SHABBATHAI, THE SPHERE OF INFLUENCE OF BINAH
 - j. Exhale and Vibrate the word SHABBATHAI

(Opt) 11. Visualize a path of white energy manifest from the **BLACK** ball on the right side of your head, diagonally down to your left shoulder. Visualize the white energy turn **LAVENDER** and form a ball at your neck. Concentrate on the lavender ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF DAATH
- b. Exhale and Vibrate the word DAATH
- c. Inhale and in your mind say YHVH ALHIM, THE DIVINE NAME OF CHESSED
- d. Exhale and Vibrate the word YHVH ALHIM
- e. Inhale and in your mind say ELEXARPE
- f. Exhale and Vibrate the word ELEXARPE
- g. Inhale and in your mind say COMANANU
- h. Exhale and Vibrate the word COMANANU
- i. Inhale and in your mind say TABITOM
- j. Exhale and Vibrate the word TABITOM
- k. (replace black ball and with lavender ball in #4

1. Visualize a path of white energy manifesting from the **BLACK** ball on the right side of your head, extending diagonally down to your left shoulder. Visualize the white energy turn **BLUE** and form a ball around your shoulder. Concentrate on the **BLUE** ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF CHESSED
- b. Exhale and Vibrate the word CHESSED
- c. Inhale and in your mind say AL, THE DIVINE NAME OF CHESSED
- d. Exhale and Vibrate the word AL
- e. Inhale and in your mind say TZADKIEL, THE ARCHANGEL OF CHESSED
- f. Exhale and Vibrate the word TZADKIEL
- g. Inhale and in your mind say CHASMALEEM, THE ANGELIC ORDER OF CHESSED
- h. Exhale and Vibrate the word CHASMALEEM

- i. Inhale and in your mind say TZEDEK, THE SPHERE OF INFLUENCE OF CHESSED
 - j. Exhale and Vibrate the word TZEDEK
1. Visualize a path of white energy manifesting from the **BLUE** ball above your head, and extending horizontally to the right shoulder where it forms a **RED** ball. Concentrate on the **RED** ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF GEBURAH.
 - b. Exhale and Vibrate the word GEBURAH
 - c. Inhale and in your mind say ALHIM GIBOR, THE DIVINE NAME OF GEBURAH
 - d. Exhale and Vibrate the words ALHIM GIBOR
 - e. Inhale and in your mind say KAMAEL, THE ARCHANGEL OF GEBURAH
 - f. Exhale and Vibrate the word KAMAEL
 - g. Inhale and in your mind say SERAPHEEM, THE ANGELIC ORDER OF GEBURAH
 - h. Exhale and Vibrate the word SERAPHEEM
 - i. Inhale and in your mind say MARDIM, THE SPHERE OF INFLUENCE OF GEBURAH
 - j. Exhale and Vibrate the word MARDIM
 1. Visualize a path of white energy manifesting from **RED** ball around your right shoulder, extending diagonally down to your solar plexus. Visualize the white energy turn **YELLOW** and form a ball. Concentrate on the **YELLOW** ball as you:
 - a. Inhale and in your mind say THE SEPHIROTH OF TIPHARETH
 - b. Exhale and Vibrate the word TIPHARETH
 - c. Inhale and in your mind say YHVH ALOAH ve-DAATH", THE DIVINE NAME OF TIPHARETH
 - d. Exhale and Vibrate the words YHVH ALOAH ve-DAATH"
 - e. Inhale and in your mind say RAPHAEL, THE ARCHANGEL OF TIPHARETH
 - f. Exhale and Vibrate the word RAPHAEL

- g. Inhale and in your mind say MALACHEEM, THE ANGELIC ORDER OF TIPHARETH
- h. Exhale and Vibrate the word MALACHEEM
- i. Inhale and in your mind say SHEMESH, THE SPHERE OF INFLUENCE OF TIPHARETH
- j. Exhale and Vibrate the word SHEMESH

1. Visualize a path of white energy manifesting from the yellow ball in your solar plexus, extending diagonally down beside your left hip (A little bit above the left hip, the bottom section of the sphere will touch the horizontal of your hip). Visualize the white energy turn **GREEN** and form a ball. Concentrate on the **GREEN** ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF NETZACH
- b. Exhale and Vibrate the word NETZACH
- c. Inhale and in your mind say YHVH TZABAOTH, THE DIVINE NAME OF NETZACH
- d. Exhale and Vibrate the words YHVH TZABAOTH
- e. Inhale and in your mind say HANIEL, THE ARCHANGEL OF NETZACH
- f. Exhale and vibrate the word HANIEL
- g. Inhale and in your mind say ALHIM THE ANGELIC ORDER OF NETZACH
- h. Exhale and vibrate the word **ALHIM**
- i. Inhale and in your mind say NOGAH, THE SPHERE OF INFLUENCE OF NETZACH
- j. Exhale and Vibrate the word NOGAH

1. Visualize a path of white energy manifesting from the **GREEN** ball by your left hip, extending horizontally to the same area by your right hip. Visualize the white energy turn **ORANGE** and form a ball. Concentrate on the **ORANGE** ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF HOD
- b. Exhale and Vibrate the word HOD

- c. Inhale and in your mind say ALHIM TZABAOTH, THE DIVINE NAME OF HOD
- d. Exhale and Vibrate the words ALHIM TZABAOTH
- e. Inhale and in your mind say MICHAEL, THE ARCHANGEL OF HOD
- f. Exhale and Vibrate the word MICHAEL
- g. Inhale and in your mind say BENI ALHIM, THE ANGELIC ORDER OF HOD
- h. Exhale and Vibrate the words BENI ALHIM
- i. Inhale and in your mind say KOKAB, THE SPHERE OF INFLUENCE OF HOD
- j. Exhale and vibrate the word KOKAB

1. Visualize a path of white energy manifesting from the **ORANGE** ball by your right hip, extending diagonally down to your genital/perineum area. Visualize the white energy turn **VIOLET** /Purple and form a ball. Concentrate on the **VIOLET** ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF YESOD
- b. Exhale and Vibrate the word YESOD
- c. Inhale and in your mind say SHADDAI AL CHAI, THE DIVINE NAME OF YESOD .
- d. Exhale and Vibrate the words SHADDAI AL CHAI
- e. Inhale and in your mind say GABRIEL, THE ARCHANGEL OF YESOD
- f. Exhale and Vibrate the word GABRIEL
- g. Inhale and in your mind say KERUBEEM THE ANGELIC ORDER OF YESOD
- h. Exhale and vibrate the word KERUBEEM
- i. Inhale and in your mind say LEVANA THE SPHERE OF INFLUENCE OF YESOD
- j. Exhale and Vibrate the word LEVANA

1. Visualize a path of white energy manifesting from the **VIOLET** ball, extending down to your feet. Visualize the

white energy turn **BLACK** and form a ball. Concentrate on the **BLACK** ball as you:

- a. Inhale and in your mind say THE SEPHIROTH OF MALKUTH
- b. Exhale and Vibrate the word MALKUTH
- c. Inhale and in your mind say ADNI HARTZ, THE DIVINE NAME OF MALKUTH
- d. Exhale and Vibrate the words ADNI HARTZ
- e. Inhale and in your mind say SANDOLPHON, THE ARCHANGEL OF MALKUTH
- f. Exhale and Vibrate the word SANDOLPHON
- g. Inhale and in your mind say ASHEEM, THE ANGELIC ORDER OF MALKUTH
- h. Exhale and Vibrate the word ASHEEM
- i. Inhale and in your mind say OLAM YESODOTH, THE SPHERE OF INFLUENCE OF MALKUTH
- j. Exhale and Vibrate the words OLAM YESODOTH

Tree of Life Mediation

The Rite of Three Pillars

- Used to build energy/power centers in your body
 - A Vibrated word is a word that uses a full breath and is pronounced inwards during the whole inhale and outwards during the whole exhale. It is sung or said in a voice that produces a vibration throughout your body or in a certain sphere when directed. It should use the full force of your exhale and vocal talent.
1. Visualize a ball of **WHITE** light above your head with the bottom rim just penetrating your skull. Concentrate on the ball as you:
 - a. Inhale and in your mind say EHEIEH, THE DIVINE NAME OF KETHER
 - b. Exhale and Vibrate the word EHEIEH
 1. Visualize a path of white energy manifesting from the white ball above your head, diagonally down to beside your left ear. Visualize the white energy turn **GREY** and form a ball beside your left ear. Concentrate on the **GREY** ball as you:
 - a. Inhale and in your mind say YAH, THE DIVINE NAME OF CHOKMA
 - b. Exhale and vibrate the word YAH
 1. Visualize a path of white energy manifesting from the grey ball by your left ear and extending horizontally across your head to the right side of your face/right ear. Visualize the grey energy turn **BLACK** and form a ball extending out from your right ear. Concentrate on the ball as you:

- a. Inhale and in your mind say YHVH ELOHIM, THE DIVINE NAME OF BINAH (YHVY is pronounced Yod-Heh-Vav-Heh)
- b. Exhale and Vibrate the words YHVH ELOHIM

(Optional) Visualize a path of white energy manifest from the **BLACK** ball on the right side of your head, diagonally down to your left shoulder. Visualize the white energy turn **LAVENDER** and form a ball at your neck. Concentrate on the lavender ball as you:

- a. Inhale and in your mind say YHVH ELOHIM, THE DIVINE NAME OF CHESSED
- b. Exhale and Vibrate the word YHVY ELOHIM

4. Visualize a path of white energy manifesting from the **BLACK** ball on the right side of your head, extending diagonally down to your left shoulder. Visualize the white energy turn **BLUE** and form a ball around your shoulder. Concentrate on the **BLUE** ball as you:

- a. Inhale and in your mind say AL, THE DIVINE NAME OF CHESSED
- b. Exhale and Vibrate the word AL

5. Visualize a path of white energy manifesting from the **BLUE** ball above your head, and extending horizontally to the right shoulder where it forms a **RED** ball. Concentrate on the **RED** ball as you:

- a. Inhale and in your mind say ELOHIM GIBOR, THE DIVINE NAME OF GEBURAH
- b. Exhale and Vibrate the words ELOHIM GIBOR

6. Visualize a path of white energy manifesting from **RED** ball around your right shoulder, extending diagonally down to your

solar plexus. Visualize the white energy turn **YELLOW** and form a ball. Concentrate on the **YELLOW** ball as you:

- a. Inhale and in your mind say YHVH ELOA VE-
DAATH, THE DIVINE NAME OF TIPHARETH
- b. Exhale and Vibrate the words YHVH ELOA VE-
DAATH

7. Visualize a path of white energy manifesting from the yellow ball in your solar plexus, extending diagonally down beside your left hip (A little bit above the left hip, the bottom section of the sphere will touch the horizontal of your hip). Visualize the white energy turn **GREEN** and form a ball. Concentrate on the **GREEN** ball as you:

- a. Inhale and in your mind say YHVH
TZABAOTH, THE DIVINE
NAME OF NETZACH
- b. Exhale and Vibrate the words YHVH
TZABAOTH

1. Visualize a path of white energy manifesting from the **GREEN** ball by your left hip, extending horizontally to the same area by your right hip. Visualize the white energy turn **ORANGE** and form a ball. Concentrate on the **ORANGE** ball as you:

- a. Inhale and in your mind say ELOHIM
TZABAOTH, THE DIVINE
NAME OF HOD
- b. Exhale and Vibrate the words ELOHIM
TZABAOTH

1. Visualize a path of white energy manifesting from the **ORANGE** ball by your right hip, extending diagonally down to your genital/perineum area. Visualize the white energy

turn **VIOLET** /Purple and form a ball. Concentrate on the **VIOLET** ball as you:

a. Inhale and in your mind say SHADIA AL
CHAI, THE DIVINE

NAME OF YESOD .

b. Exhale and Vibrate the words SHADIA AL
CHAI

1. Visualize a path of white energy manifesting from the **VIOLET** ball, extending down to your feet. Visualize the white energy turn **BLACK** and form a ball. Concentrate on the **BLACK** ball as you:

a. Inhale and in your mind say ADONAI HA
ARETZ, THE DIVINE

NAME OF MALKUTH

b. Exhale and Vibrate the words ADONAI HA
ARETZ

The Middle Pillar

*Be seated in a chair or asana, stand or lie on your back.

*Relax your body and Breath rythmically with a coplete inhale and exhale..

1. Visualize a ball of **WHITE** light above your head with the bottom rim just penetrating your skull. Concentrate on the ball as you:

- a. Inhale and in your mind say AHIH (pronounced "Eh-he-yeh"), THE DIVINE NAME OF KETHER
- b. Exhale and Vibrate the word AHIH

2. Visualize a path of white energy manifest from the **WHITE** ball on the right side of your head, diagonally down to your left shoulder. Visualize the white energy turn **LAVENDER** and form a ball at your neck. Concentrate on the lavender ball as you:

- a. Inhale and in your mind say YHVH ALHIM ("Ye-hoh-voh El-oah ye Da-ath") , THE DIVINE NAME OF CHESSED
- b. Exhale and Vibrate the word YHVH ALHIM

3. Visualize a path of white energy manifesting from **LAVENDER** ball around your right shoulder, extending diagonally down to your solar plexus. Visualize the white energy turn **YELLOW** and form a ball. Concentrate on the **YELLOW** ball as you:

- a. Inhale and in your mind say YHVH ALOAH ve-DAATH ("Ye-hoh-voh El-oah ve Da-ath"), THE DIVINE NAME OF TIPHARETH
- b. Exhale and Vibrate the words YHVH ALOAH ve-DAATH

4. Visualize a path of white energy manifesting from the **YELLOW** ball by your right hip, extending diagonally down to your genital/perineum area. Visualize the white energy turn **VIOLET** /Purple and form a ball. Concentrate on the **VIOLET** ball as you:

- a. Inhale and in your mind say SHADDAI AL CHAI ("Shah-dai El Chai") , THE DIVINE NAME OF YESOD .
- b. Exhale and Vibrate the words SHADDAI AL CHAI

5. Visualize a path of white energy manifesting from the **VIOLET** ball, extending down to your feet. Visualize the white energy turn **BLACK** and form a ball. Concentrate on the **BLACK** ball as you:

- a. Inhale and in your mind say ADNI HARTZ ("Ah-doh-nai ha-Ah-retz"), THE DIVINE NAME OF MALKUTH
- b. Exhale and Vibrate the words ADNI HARTZ