

THE MIDDLE PILLAR EXERCISE

Authorities have asserted that the higher spiritual self, or Holy Guardian Angel, is not fully incarnated in the average human being but only overshadows him. One benefit of this ritual is to increase the awareness of the presence of the Holy Guardian Angel and to facilitate His permeation into the mind-body system. The Middle Pillar is also the groundwork of all development work, according to Dr. Israel Regardie. It is the basis for all Magickal practices and provides an excellent prelude to meditation. Finally, certain healing benefits accrue through the regular practice of this ritual.

In the psychic nature are centers or focal points for the absorption of spiritual power from the universe. Since this energy is not necessarily constant or uniform in vibratory rate or power, some means to readily assimilate it without damage and a means for distributing this energy must exist. This apparatus does indeed exist and it requires only that one become familiar with it and take steps to control its use. We refer to this apparatus, in part, as being centers. There are five of these, one each attributed to Spirit, Air, Fire, Water and Earth. They also correspond to the Sephiroth on the Middle Pillar of the Tree of Life, namely, Kether, Daath, Tiphareth, Yesod and Malkuth. These are not physical centers in any sense of the word, but exist in the subtler part of man. They may, in fact, be considered only as symbols of realities rather than reality itself. While there is a similarity between these and the Yogic Chakras, several distinctions are to be seen. It will be useful for the student to discover what these differences are.

These centers can be awakened or made aware by three principal means. These are thought, color and sound. A technique is available utilizing these three media to stimulate these centers and enable them to function according to each center's particular nature. Thus awakened, they will pour forth a stream of highly spiritualized energy and power. This technique, of course, is the Middle Pillar exercise. The instructions are below and refer to the accompanying diagram for the positions of the centers on the body, committing them to memory. (diagram on page 4)

Sit upright or lie down. To set the proper mood, light some incense first and precede the exercise with a short inspirational prayer. Now fold the hands in the lap or interlock the fingers and hold them slightly below the solar plexus. Allocate several minutes to getting perfectly relaxed and augment this effort with a period of rhythmical breathing. Once a relaxed state has been achieved, imagine or visualize a bright sphere of pure white light just above the head. This sphere is about six inches in diameter and is whirling and vibrating. This coruscating sphere is issuing brilliant white light from it such that, soon, a feeling or awareness of this light is noticed. If the mind wanders, gently bring it back,

THE MIDDLE PILLAR EXERCISE (Cont.)

While the word has meaning (I am or I will be) the important thing is the sonics. Each syllable is to be vibrated rather than intoned mechanically. Vibrating is a sonorous humming which will cause a tingle in the throat or whatever part of the body the sound is directed to. Again, several of these words are God Names and are in the ancient Hebrew language. Nonetheless, people of all religious persuasions can use this exercise to advantage.

Concentrate on the sphere of light and continue vibrating the word. This will also help to keep the mind from wandering. Repeat the word several times, five or six or whatever "feels" right. Once this technique has been thoroughly mastered, this vibration can be done mentally.

After concentrating on the coronal sphere for several minutes or until you feel there is "activity" over the head, imagine a white shaft of light being projected therefrom. It descends through the head to the throat and forms another sphere of light that extends from the front to the back of the neck. Vividly imagine this sphere and vibrate the divine name YHVH ELOHIM (*Yuh-hoh-voh Eh-loh-heem*). Again, all syllables are accented evenly. Direct the vibratory name into the sphere. This will require practice, but can be soon mastered. As before, when an awareness of the sphere is noticed, following several vibrations of the name, imagine another shaft of pure white light (an extension of the previous shaft) descending from the sphere.

This shaft passed through the neck, to the chest and stops at the solar plexus where it expands into a third brilliant sphere of white light. Feel this sphere. Vibrate the name YHVH ELQAH ve-DAATH (*Yuh-hoh-vuh El-loh ve-dah-ahth*). Note a prolongation of the word Daath. A hesitation breaking it into two parts. Direct this vibration into the sphere and repeat several times until some sensation is obtained.

Following this awareness, visualize the shaft continuing its descent from the chest to the pelvic or genital area. A fourth brilliant sphere is formed in the imagination. Vibrate the name of SHADDAI EL CHAI (*Shah-dye Ehl Chye*). Note the "Ch" is a guttural sort of sound as in the Scotch word for lake "loch". Direct the vibration to the center of this sphere, which as the others is about six inches in diameter. When the sensations are felt in the pelvic area visualize the shaft of pure white light once again descending where it stops at the feet.

An intense sphere of light is formed here too and the divine name ADONAI ha-ARETZ (*Ah-doh-nyeh hah-ah-rets*) is vibrated. The vibration being directed to the center of the sphere at the feet. Vibrate the name sufficiently to activate this center and a definite

THE MIDDLE PILLAR EXERCISE (Cont.)

Imagine now that this psycho-spiritual energy is streaming down the left side of the body, from the head, with the exhalation of the breath. Will it to traverse the left side of the body down to the feet. On the inhalation of the breath, imagine this band of white light ascending the right side of the body. Will it to do so. The entire band is seen as extending out from the body by a few feet. It is rapidly circling the entire body. In the same fashion, visualize this energy pouring forth from the top of the head down over the front of the body on the exhalation. When it reaches the feet, the inhalation draws it up, over the back and to the head again. This band too swiftly moves around the body. Now the body is surrounded by a broad electro-magnetic field or an aura of pure white light. Make the visualization sharp so that an awareness of the movement is actually felt.

Finally, return the imagination to the feet and "see" the Middle Pillar reaching to the head like a hollow pipe. On the inhalation of the breath, the energy is drawn upward from the feet, through this "hollow pipe" and spews forth from the head center like a fountain. The energy floods over the outer limits of the aura and gently shower back to the feet where it is gathered together again. The next inhalation draws it up again and the process is repeated until a clear realization is obtained of the operator standing in a surrounding field of brilliant white light. Note that the energy at the top is jetted forth and downward on the exhalation of the breath.

When the operator feels the enclosing auric field, let him meditate that he is enclosed in the Light of the Spirit and is thereby at one with the One Life which pulses and thrives throughout the universe. He is permeated by the pure white light entirely. To heighten the feeling of exaltation, some inspirational prayer or rubric may be uttered. The idea is to trigger that ecstasy that can result in enlightenment. The more the operator is able to inflame himself in the exercise, the closer to success he becomes.

In closing, let the operator give thanks for the experience and gradually absorb the white light back into his being. He should then take a deep breath and tighten his muscles to terminate the state. Now stretch, give a prayer of thanks, and depart in peace.

