

## THE QABALISTIC CROSS

The Qabalistic Cross is a simple technique by which you can bring yourself and your bodies into alignment with your Higher Self. Performing the Qabalistic Cross opens you up, as it were, to the more direct guidance and inspiration of the Divine Will. This ritual is almost an integral part of the lesser Ritual of the Pentagram, Earth Banishing or, more commonly, "The Banishing Ritual". The latter is ALWAYS opened and closed with the Qabalistic Cross. While this is true, the Qabalistic Cross can be done by itself to great advantage. It consists of using either a consecrated dagger (or one that is blessed in some way by the Operator) or the outstretched first and second fingers used as a 'pointer', to trace a cross on the body in blazing white pure light. This brilliant light is to be visualized. The Cross is made of this light pouring forth from the tip of the dagger (or fingers). The Cross is visualized to be IN the body and reaches from the Crown of the head to the soles of the feet. In the following, the tip of dagger or fingers, when tapped to the part of the body specified, is imagined to create a little sphere or ball of scintillating white light. As the fingers or dagger is drawn to the next part of the body, the light blazes forth forming a bar of the cross. The words used in the ritual, to be "vibrated" are Hebrew and they are shown in phonetic English with the pronunciation in parenthesis in italics. In the below recognize the word "Vibrate" is to be understood as being placed before each of these names. It is left out for convenience in writing, and replaced by a "V".

The Qabalistic Cross:

1. Face the East. Use a Ritual dagger or outstretched first and second fingers.
2. Touch the forehead. V: ATOH (Thou Art) (*Ah-toe*)
3. Touch the breast. V: MALKUTH (The Kingdom) (*Mahl-Koot*)
4. Touch the right shoulder. V: Ve GEBURAH (And the Power) (*Vay-Geh-Boo-Rah*)
5. Touch the left shoulder. V: Ve GEDULAH (and the Glory) (*Vay-Geh-Doo-Lah*)
6. Clasp the hands (as in prayer) on the breast. V: Le OLAHM (Forever) (*Lay-Olam*)
7. Vibrate: AMEN. (*Aahh-Mmmmen*)

The gestures are similar to those of the Christian Cross and the words are the last phrases of the Lord's Prayer. However, you won't find them in the Matthew or Luke versions of the prayer. It is possible that this version may have been given to the Disciples in the Upper Room. The words are Hebrew and while the English could be used with advantage, it is far preferable to use the Hebrew as these combinations of letters and the sounds they evoke have been hallowed by ages of use. The Higher Self responds to these sacred sounds. Making the indicated gestures and sounding the words releases a power which helps to balance the personality and opens the mind to higher levels of things. That is, it helps in expanding the consciousness.

The Qabalistic Cross is an equal-armed cross. It represents the four elements, Earth, Air, Fire and Water, and the four quarters of the globe. This formula proclaims the dominion of the Divine over them. The operator declares the power of the Divine as the sole creator and supreme law of the Universe. By making the sign of the equal-armed cross, one

## THE QABALISTIC CROSS (Cont.)

magnetically establishes Divine rule in the aura. This cross is not an exclusive symbol. It is the equal-armed cross of Nature is not to be confused with the Calvary Cross of Sacrifice or Christian Cross. The latter is a Cross whose shaft is twice the length of the Cross arms. These two crosses are different from one another and symbolizes entirely different concepts. Performance of the Qabalistic Cross does NOT imply identification with nor acceptance of Christian precepts.

Each student will have to experiment personally, but general experience seems to indicate that effective vibrating or chanting of the sacred words is done at a slightly higher pitch than the normal speaking tone. The syllables of the words are sounded evenly, none being accented especially above another. This is also true for the Banishing Ritual. You will know when the right pitch has been attained when the body tingles in response. Dr. Regardie speaks of the vibration "detonating in the palms of the hands and the soles of the feet".

It isn't unusual for a student to shun ceremonial, particularly in group working, for fear of looking foolish or from some inner embarrassment. The Cross, and any other ritual, can be done mentally, visualizing the self going through the gestures, but then the ritual is likely to be effective only on the mental level.

Suppose you have a problem that is physical--ill health, no job or money, a poor marital situation or some other important personal relationship that has gone sour? If you want your operation to bring results on the physical plane, it is necessary to bring down the force(s) to the physical plane! Gestures, or physical action completes the circuit of the Creative Energy by grounding it. Dion Fortune's expression is a bit more descriptive "earthing it". There is no other way.

Technically, we say the sound of vibrating the Divine names creates a corresponding vibration in the various bodies of the operator. A "shaking up" of all the lower bodies--physical, etheric, astral and mental. Coarser material is worked out of the aura and is replaced by finer, purer material, thus promoting the general health and well-being of the personality.

Traditionally, the East is the source of light. The earth spins eastward into a rising sun and the magnetic currents evoked in the Qabalistic Cross flow from east to west, the Yechidah, or the "I AM", is the spiritual source of life and light. It is symbolized by the sun thus the operator should always face towards the east when performing the Qabalistic Cross. Use it before each meditation and as an integral part of the Banishing Ritual. In both cases it opens AND closes these operations.