

AN AID TO THE DEVELOPMENT OF VISUALIZATION FACULTIES

1. Obtain a full-length mirror and place this in a corner of your temple; find a suitable position where you can see yourself in the mirror. Midway between the mirror and yourself, slightly to one side, place two candles on the floor. (put a dish or the like under the candles to prevent accidents). The candles should be so positioned that you cannot see their reflection in the mirror. Close to these place two more candles at chest height.

Apart from the four candles which illuminate your body allowing you to see your own reflection, the Temple should be dark. Thus, all that you will be aware of will be an image in the mirror.

2. Wear a plain robe, if you have one, or the minimum of clothing so these will not be distractions. (be naked if you like). Light the candles and contemplate the image before you. Relax; breathe rhythmically; try and imagine the glow from the candles increasing slightly as you inhale - decreasing as you exhale. All is calm and peaceful. (But you need to lose weight!)

3. Feel over your head, a small but brilliantly radiant incandescent sphere of light. At the same time see this reflected in the mirror. This applies to the following instructions - feel the change taking place in your physical body and also see the effect in the reflected image.

4. Inhale and both see and feel a ray from that spherical brilliance flow down and enter the top of your head.. As you exhale, see and feel the ray expand to fill your head with a radiant glow.

5. Take another breath and see the ray descend from your head to your left shoulder. Exhale and feel that part of the body illuminated as you see the image in the mirror reflect the descent of light. Continue in this manner as though following the 'Lightening Flash' in its descent through the microcosmic Tree of Life, until it reaches the Malkuth center (the feet). Visualize beneath your feet, the fertile earth with the associated scenes and colors. Feel the ray passing downwards through your body and having a lifegiving effect upon the earth.

6. Now from the earth and Malkuth center (which should be as one), feel a dynamic upward surge as though a newly planted tree is emerging, and with its stem, pushing you upwards. Feel this force pass up your body in a straight line to your head.

7. When your attention is again drawn to your head, feel and see the force push you upwards until the sphere of light whence all this originated has merged with your head.

8. Around your head see a golden halo (such as portrayed by mediaeval artists); see your countenance change to one of glorious radiance.

9. Your head is the Sun- Your feet the Earth.
The Sun causes the earth to bring forth fruit, your head now rules your feet. This data is the property of H. W. Nintzel and therefore is subject to a Restricted Disclosure.