

COMPANIONS OF THE STONE

Instructional Letter
First Degree Series - No. 3

Daily Salutation
<provisional draft 4/96>

The following brief ceremony should be performed every day at solar noon by all Companions of the Stone, as a way of linking with the energies of the Order and of helping to strengthen and extend those energies. It has been designed so that Companions at work, or in other situations where they cannot be sure of being unobserved, can complete it unobtrusively.

At the longitude of Seattle, solar noon occurs at 12:08 pm standard time, or 1:08 pm during daylight savings time. Doing the salutation as close as possible to this time is important, as it synchronizes the practice both with the work of the other Companions and with the energy cycles of the macrocosm. However, if you are not able to manage this on a particular day, or find that you've forgotten to do it on time, it's better to go ahead and do it late than not to do it at all.

The salutation is done as follows:

1. Make (either physically or in your imagination) the opening gesture. As you do this, visualize the Hidden Sun before you, just as in lodge work: a shining solar disk filling the space around you with light.
2. In the center of the Hidden Sun, visualize the Hieroglyphic Monad. It may help to visualize this somewhat complex symbol one part at a time: first the central point of the circle, then the circle, then the lunar crescent, then the cross below the circle, and finally the two arcs of the Aries symbol at the foot of the cross.
3. Hold this image, and say silently: "In the password _____, I align myself with the Companions of the Stone in the quest for wisdom and the work of the Magic of Light."
4. Make the closing gesture, and allow the visualization to fade. This completes the practice.

Please communicate your questions, your comments, and your experiences with this practice to the Lecturer of your lodge.

In fellowship,

Companion Jerome
President, Grand Assembly COTS