

GROUP MIDDLE PILLAR EXERCISE

11/96 draft

The following draft group Middle Pillar exercise is designed to use many of the same energy patterns as the regular Middle Pillar exercise. It should be read and reviewed before practicing, but will be guided by one participant, who leads the others through the process verbally.

1. All participants stand in a circle, facing inwards, with at least enough space between the circle and the nearest obstacles for one person to pass easily.

2. One of the participants goes to the center, faces East, and begins the Lesser Banishing Ritual of the Pentagram. The pentagrams and circle of protection are traced outside the circle of participants. When this is finished, the one who has done the banishing returns to his or her place.

3. At this point, prompted by the instructor, each participant visualizes the Spheres of the Middle Pillar in his or her body in the usual way, one at a time as in the solo exercise, all vibrating the Divine Name of each Sphere once together before passing to the next.

4. At the instructor's prompting, each participant visualizes a shaft of light descending from above to his or her heart center with an inbreath, and holds the light there on the outbreath. This is done four times. Then, following the Vibratory Formula, the light is sent straight down to the feet, raised back up to the heart, and projected into the center of the circle with the Sign of the Enterer, forming a sphere of light.

5. Holding the Sign, all participants visualize a shaft of light descending into the sphere of energy from high above, then send this energy to the center of the Earth, and then bring it back up again into the sphere, which shines with light of all colors. At this point all perform the Sign of Silence; the sphere of energy separates into individual rays and flows into the heart center of each participant, from which it is circulated four times by the formula of the Circulations of the Breath.

6. All participants together do the Cabalistic Cross to equilibrate the energy. This completes the exercise.