

Notes on a healing formula of the First Degree Middle Pillar

One of the advantages of working in a magical lodge setting is the opportunity to discuss and share one's work with others. Tonight's lecture is just such an opportunity for me. I have been experimenting with using a passage from the First Degree ritual in conjunction with the final phase of my Middle Pillar exercise, the combination creating a healing formula. At this point I feel that my results are definite enough, and effective enough, to lay the matter before the Companions. I would welcome any feedback, and also I hope that one or more of you will be interested in working with this formula and reporting your results.

Background

I began this process accidentally. As part of my First Degree meditations, I was working with passages from the First Degree ritual. One of these spontaneously inserted itself into the final phase of my Middle Pillar one day. The effects startled and intrigued me, so I began to deliberately experiment with the material.

The passage in question is a speech made by the Chief of the Rite as s/he approaches the altar to receive the Initiate into the Order. It runs, "I come in the power of the Light. I come in the Light of wisdom. I come in the mercy of the Light. The Light has healing in its wings!" Shortly after finishing a powerful meditation on the passage (the first I had done), I performed a Middle Pillar. The version of the Middle Pillar I was using at the time is fairly similar to the First Degree Middle Pillar, with two exceptions: at the formulation of each Sphere I was vibrating the Divine Name only once, and the final phase (ie the energy work performed after the Pillar is completed) was different. First I would call down white light from far above and fill my aura with it for four cycles of fourfold breath; then I would call up green light from deep within the Earth and proceed in the same way; lastly, I would send forth golden light from my Tiphareth center and, again, fill my aura with it for four cycles.

When I began the final phase of my Middle Pillar on that particular day, the Chief's speech passed through my mind like an invocation. It seemed to strengthen the descent of the white light. I chose to deliberately repeat the passage as an invocation during both the ascent of the green light and the outward flow of the golden light, one repetition to each color. The effects were quite marked: the usual cleansing, renewing, and energizing effects of the final phase were greatly strengthened, and in addition I found that some early symptoms of an oncoming cold had disappeared. I felt that this formula had serious potential as a healing method, and decided to investigate.

Experimentation

Over the next few days, while continuing my meditation on the Chief's speech, I deliberately used it as part of my final

phase. Each time, the effects were more or less the same (allowing for greater or lesser energy levels on beginning the practice, and similar mundane variables). The incipient cold never returned. I also experienced emotional healing if I performed the ritual while in a troubled state of mind.

When the First Degree Middle Pillar ritual text was handed out, I replaced my previous Middle Pillar with it. A couple of weeks later, about the time I became familiar enough with the new final phase to experiment, I came down with an allergy attack followed by a severe cold. After some consideration, I chose to start using the Chief's speech with this final phase also. Specifically, I used the speech during the second part of the final phase, where the inbreath calls energy down to the Tiphareth center and the outbreath radiates forth the energy from the Tiphareth center into the body. I repeated the speech once for each of the four breathing cycles. The energy effects were as good as those which occurred during my earlier experiments. The healing effects were less dramatic (this illness did not merely disappear), but a distinct improvement of symptoms occurred after each performance and continued for ten to twelve hours. The duration of the entire illness was markedly shorter than such things usually are for me, and the two weeks or so of asthma that I generally suffer afterwards was in this case reduced to two days. I also noticed the same emotional benefits that I had experienced before.

I have used this final phase a third time, when I cut myself rather severely. The cut has healed cleanly and rapidly --- not dramatically more so than I would expect, but somewhat better than usual, and with less pain. Here the results were less definitely attributable to the ritual, so I am less certain whether or not it played a role in the healing.

Conclusions

In the light of the fairly simple work I have done with this formula, I believe it has potential as a technique of healing magic. I have only worked with it for three months, and thus have not had time to develop it much. Among other points, I have not yet attempted to use it to heal another person. This is something I would like to work with as opportunity allows. I look forward to the possibility of other Companions working with this material, and hope it will prove to be of use.