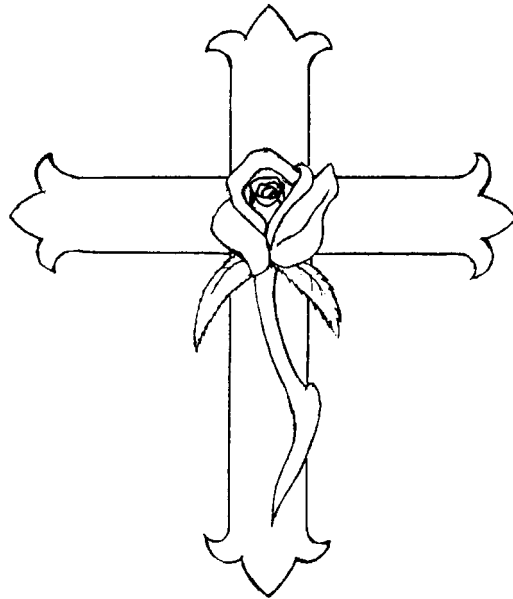


# The Rose Cross Ritual

R . R . E T A . C .

Z E L A T O R A D E P T U S M I N O R

⑤=□6



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The Rose Cross Ritual is a primary ritual of the Adept in the R.R. et. A.C. All Adepts in the Order perform this ritual on a regular basis. It has several positive uses. It encapsulates the aura, providing a protection against outside influences. It acts as a veil. The pentagrams do protect, but they also light up the astral plane and make entities aware of you. So the Rose Cross Ritual is far more effective for containment. When you feel distracted, unfocused, or unbalanced, it is advisable to use the Pentagram Ritual to banish and the Rose Cross Ritual to maintain peace. This ritual does not light up the Astral plane, and thus, does not attract energies to you.

It can be used as a form of meditation. The sound of the words *hūchy* and *hūhy* are very meditative. The aspect of the balancing cross of Tiphareth, encapsulated by the red rose and the white lines connecting provide a very meditative state for the Tarot Contemplation. As a form of meditation, the Rose Cross Ritual is a very valuable asset.

When you are familiar with the ritual, but not before that point, it can be done by resting or lying down. You should allow part of yourself to get the sensation of walking around your body. Combine this with rhythmic breathing and it will allow you to withdraw your mind from pain, providing that the pain is not too severe to begin with. It will also prepare you for deep, rested sleep.

You can do this ritual with the intention of helping others in pain or difficulty. For this purpose, you build up an astral image (visualize the person standing there) of the person in the center of the room, and then you call down the Divine Light around that person (visualize white light around the person) and surround him or her with the six Rose Crosses. When you have completed the ritual, command the astral shape you have created to return to the person, bearing with it the peace of *hūchy*. This is similar to the Comfort Ritual. However, it can have a more profound effect and can be more quieting. It can also be used to restore vigor, vitality, and health to the person you are doing it for. Also, because of its calming effect, it is very helpful in the area of mental disturbances and mental problems.

It is a protection against psychic invasion from the thoughts of others. The Rose Cross is protection against disturbed psychic conditions such as negative thoughts charged with fear or terrible things that may have happened, such as when somebody has been extremely sick or has died. Let us keep in mind that the Order does not deny such things as psychic vampires, intentional or unintentional. Most of us know people who are well meaning and perhaps not intentionally negative, but when you are around them you find that your energy is just depleted, drained, or much less. The Rose Cross Ritual is a good protection from them.

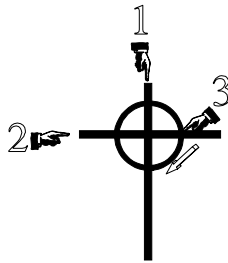
It provides mild invisibility because the nature of the ritual itself contains the aura. Some occultists feel that one's aura, or the auric body of a person, actually sees the auric body of another long before the physical eyes do. Be as it may, you can remove the possibility of them seeing you without them at least having the intention of doing so. In highlight, this is a good ritual if you want to go unnoticed. However, it is not pure invisibility in the sense that if a person is searching you out and has you in mind, they will probably find you, but have difficulty in doing so. The Rose Cross Ritual is a very good ritual when you want to be left alone.

**Warning:** If you have been doing the Rose Cross Ritual, double check with these directions as many published books have the ritual incorrect. Replace bad habits with correct and proper working.-- G.H. Frater P.C.A.

### Step 1

Light a stick of incense. Go to the southeast corner of the room. Make a large gold cross and red circle (See the diagram below). While drawing the red circle, vibrate the word (pointing at the center as you finish the vibration):

h n c h y



### Step 2

Stretching your arm out on a level with the center of the cross, draw a white line as you move to the southwest corner. Make a similar cross, repeating the vibration:

h n c h y

### Step 3

Move to the northwest corner, making the connecting white line, and repeat the cross and vibrate the Grand Word:

h n c h y

### Step 4

Move to the northeast corner, making the connecting white line, draw the cross and vibrate:

h n c h y

### Step 5

Complete your circle by returning to the southeast with the connecting white line. Touch the point of the incense to the central point of the first cross, which should be seen astrally.

### **Step 6**

Raising the stick on high, go to the center of the working and walk diagonally across the room towards the northwest corner. Visualize the connecting white line. In the center of the working above your head, trace the cross and circle vibrating:

**h | c h y**

### **Step 7**

Holding the stick on high, go to the northwest and bring the point of the stick down to the center of the astral cross there (Connect the white line to this cross.).

### **Step 8**

Turn towards the southeast and retrace your steps, at this point holding the incense stick directed towards the ground. In the center of the working, draw the cross and circle toward the floor as if it were under your feet, and vibrate the name:

**h | c h y**

### **Step 9**

Complete this by returning to the southeast and bringing the stick again to the center of the cross. Now move with arm outstretched to the southwest corner. See astrally the white connecting line already there as you do this. Vibrate:

**h | c h y**

### **Step 10**

From the center of this cross, elevating the stick as before, walk diagonally across the working area towards the northeast corner. In the center of the working area, point to the center of the cross above your head that was previously made, vibrating the name: (Do not make another cross.)

**h | c h y**

### **Step 11**

Bring the stick to the center of the northeast cross, and move back to the southwest, incense stick pointing down, while pausing in the center of the room to link up with the cross under your feet. Vibrate the word , but do not redraw the cross.

**h n c h y**

### **Step 12**

Return to the southwest and rest the point of the incense a moment in the center of the cross there (You should see the cross with your astral vision). Holding the stick out, retrace your circle to the northwest and link to the northwest cross. Move now to the northeast cross and complete your circle by returning to the southeast, and the center of the first cross.

### **Step 13**

Retrace the cross, make it as large as your arms will stretch, and make a big circle, vibrating:

For the lower half:

**h n c h y**

For the upper half:

**h c n h y**

### **Step 14**

Return to the center of the room, and visualize the six crosses (six is the number of Tiphareth) in a network of Light around you.

### **Step 15**

Stand in your work area facing east with your arms out to your sides, so that your body forms a cross, with your palms facing forward.

### **Step 16**

Say with meaning:

**"I. N. R. I."**

Draw the Hebrew letters in the air from right to left, visualizing them flaming in bright blue, as you are saying them.

y r n y

**Step 17**

Raise your right arm straight up with your palm facing to the left, keeping your left arm straight out with your palm facing forward. Tilt your head slightly to the left. You are forming the letter "L", and saying with meaning:

**"L. The sign of the mourning of Isis."**

**Step 18**

Raise both arms to form the letter "V", with your palms facing each other, tilt your head slightly back and say with meaning:

**"V. The sign of Typhon and Apophis."**

**Step 19**

Bring arms down crossing your chest to form an "X" with your palms touching your chest. Bow your head and say with meaning:

**"X. The sign of Osiris risen."**

**Step 20**

Now form each letter as you say the letter.

**"L.V.X."**

From the "X" position slowly open up your arms into the form of a cross while saying:

**Lux (LOOOX)**

**Step 21**

Now say with meaning:

**"The Light of the Cross."**

**Step 22**

**Virgo, Isis, Mighty Mother** (Form the "L" while saying)  
**Scorpio, Apophis, Destroyer** (Form the "V" while saying)

**Sol, Osiris, Slain and Risen** (Form the "Cross" then the "X" while saying)  
**Isis** (Form the "L" while saying)  
**Apophis** (Form the "V" while saying)  
**Osiris** (Form the "X" while saying)"

### **Step 23**

Slowly move your arms from the "X" position to the "V" position while vibrating:  
**"IAO"** (Pronounced ee-aahh-oohh)

### **Step 24**

Notice: Do not vibrate Enochian names from the Tablet of Union when in the Vault.

Now vibrate the four Tablet of Union names to equilibrate the Light:

**EXARP HCOMA NANTA BITOM**

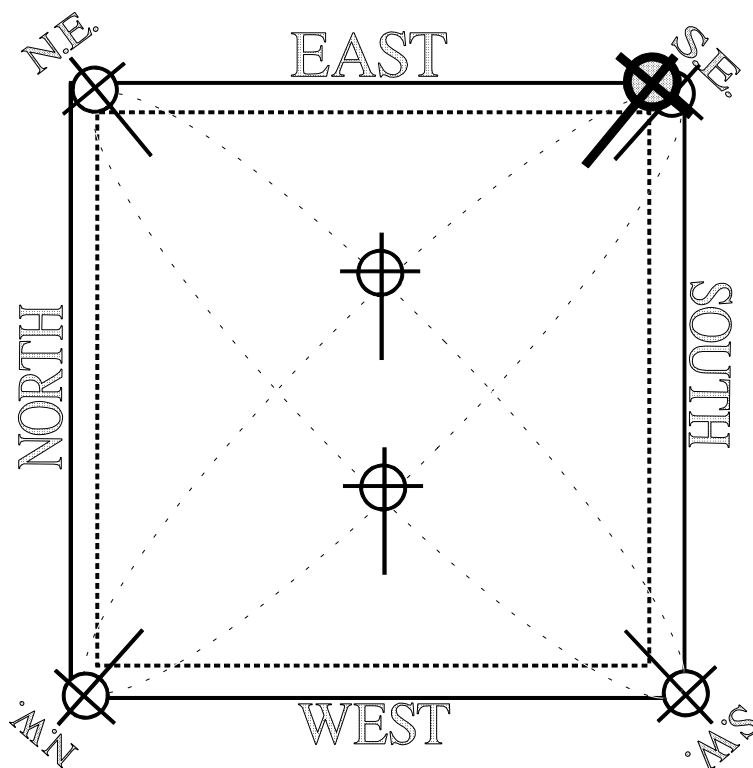
### **Step 25**

Draw down the Light as your arms descend. Feel the Light completely descend around you. Vibrate:

**"Let the Divine Light Descend!"**

### **Step 26**

Close with the Qabalistic Cross.



# The Rose Cross

Note: It might help you learn the Rose Cross Ritual by first walking through the steps without any vibration or drawing the crosses.

## Addendum

The Rose Cross Ritual is based on the power of the Tetragrammaton infused with the Fires of Life, the Ruach Elohim, through the letter c. When placed in the center it unites the masculine with feminine, the Macrocosm with the Microcosm, as in h̄w̄chy. When placed after the letters (ch̄w̄hy) it unites the three principles of Fire, Water, and Air with the final principal of Earth. Its sealing properties come from a fiery wall of c infused within the elements of the Microprosopus.

RC