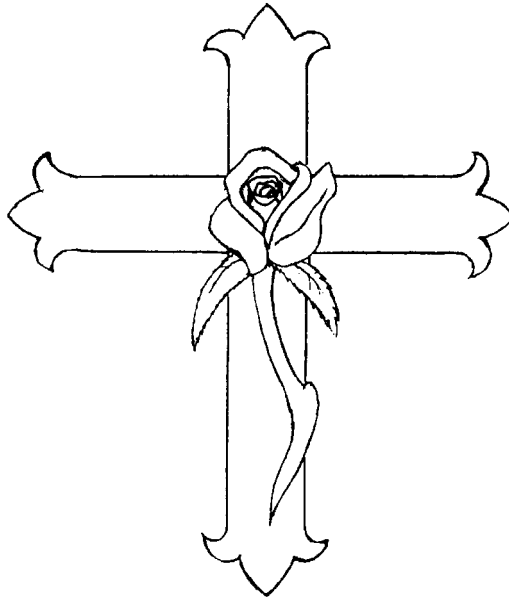


The Advanced Meditation of {rah ynda

R . R . E T A . C .

ZELATOR ADEPTUS MINOR

⑤=⑥



This material is private and has been lent to me on trust, to return on demand. It contains nothing of pecuniary value and nothing personal to myself. I hereby direct my legal representatives whomsoever, in case of my death or incapacity, to return the same at once, unread and unopened, to G.H. Frater P.C.A. 14050 Cherry Ave. Suite R-159 Fontana, CA 92337.

This meditation is for the Zelator Adeptus Minor and should be performed on a regular basis to obtain Divine guidance and to reach higher levels of Malkuth, i.e. Briah. This ritual will also strengthen the Neschamah as well as radically give you more control of the elements.

Step 1

Perform the L. B. R. P., B. R. H. and S. I. R. P..

Step 2

Begin deep Middle Pillar breathing until your Nephesh is filled with Divine White Brilliance, and you feel elevated to an integration with the Neschamah. No part of you should feel crude, gross or mundane. You should be flashing and glowing with Divine White Brilliance.

Step 3

Formulate the following in white, flashing brilliance:

a
d
{ r a h n y n d a
y
h
a
r
{

{rah ynda

This can also be painted on black poster board in white letters or the poster board may be in the four elemental colors. This will require much more work, but will give you more elemental control, whereas the white letters on black will elevate you spiritually and be of great service to the Zelator Adeptus Minor in the overall achievement of the Great Work.

Step 4

Pronounce the name slowly, vibrating it a minimum of seven times, though more would be better. Make the letters flash and glow.

Step 5

Invoke the telematic image of {rah ynda in your Sphere of Sensation. Make certain the image fills your entire universe.

(See lesson on Telematic Images.)

Step 6

Continue by the formula of the Middle Pillar vibration method, then absorb the image into yourself, seeing only the flashing letters.

Step 7

Now breath deep, and absorb the name as well.

Open yourself up to images, thoughts and feelings. Allow the energy to be totally infused in your body. Also, make certain you are glowing with Divine White Brilliance when you formulate the Telematic Image, for to not do so could invoke an adverse energy.

Step 8

Banish by the way of the L.B.R.P. and B.R.H..

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