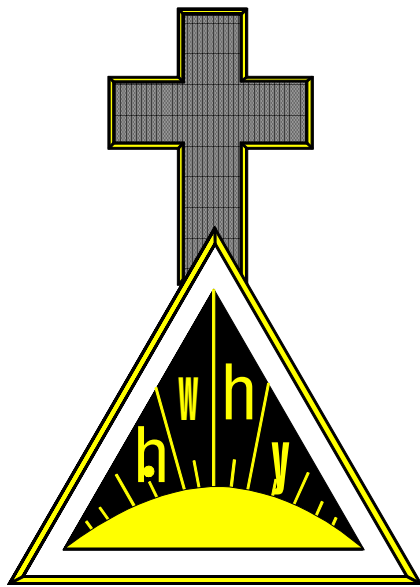


The Hermetic Order Of The  
GOLDEN DAWN<sup>Intl.</sup>

**ADVANCED MIDDLE PILLAR  
RITUAL**



**ZELATOR 1=10**

Begin this ritual by sitting or standing quietly facing west. Begin visualizing on your right side the black feminine pillar, while on your left side the white masculine pillar, and yourself in the center of both. This ritual should be performed on a daily basis, or at the very least every other day. The ritual in its totality should take no more than five to seven minutes, however, in the sitting position, you may find that you can make this more of a meditative exercise that can last between thirty to forty-five minutes. In the future, when performing this ritual, you will perform it using this method. Basically, this ritual remains the same. Prerequisites call for performing the L.B.R.P. and the B.R.H.. Then, placing yourself facing the west, visualize yourself between the two pillars and you as the Middle Pillar. Begin visualizing a white sphere of light above your head. This white sphere of light should be approximately the size of a dinner plate. It should be glowing and pulsating, and should increase in its energy with every breath you take. Continue with this step while vibrating the Divine name "Eheieh." Remember to make the vibration penetrate the sphere of light. One of the techniques that may be used for increased energy generation is to vibrate and visualize that the vibration is echoed from each of the spheres. This is a very powerful technique, for as you visualize this, you hear the sound coming out of the sphere, while the sphere itself is increasing in energy. Again, the first sphere is above the head, the crown.

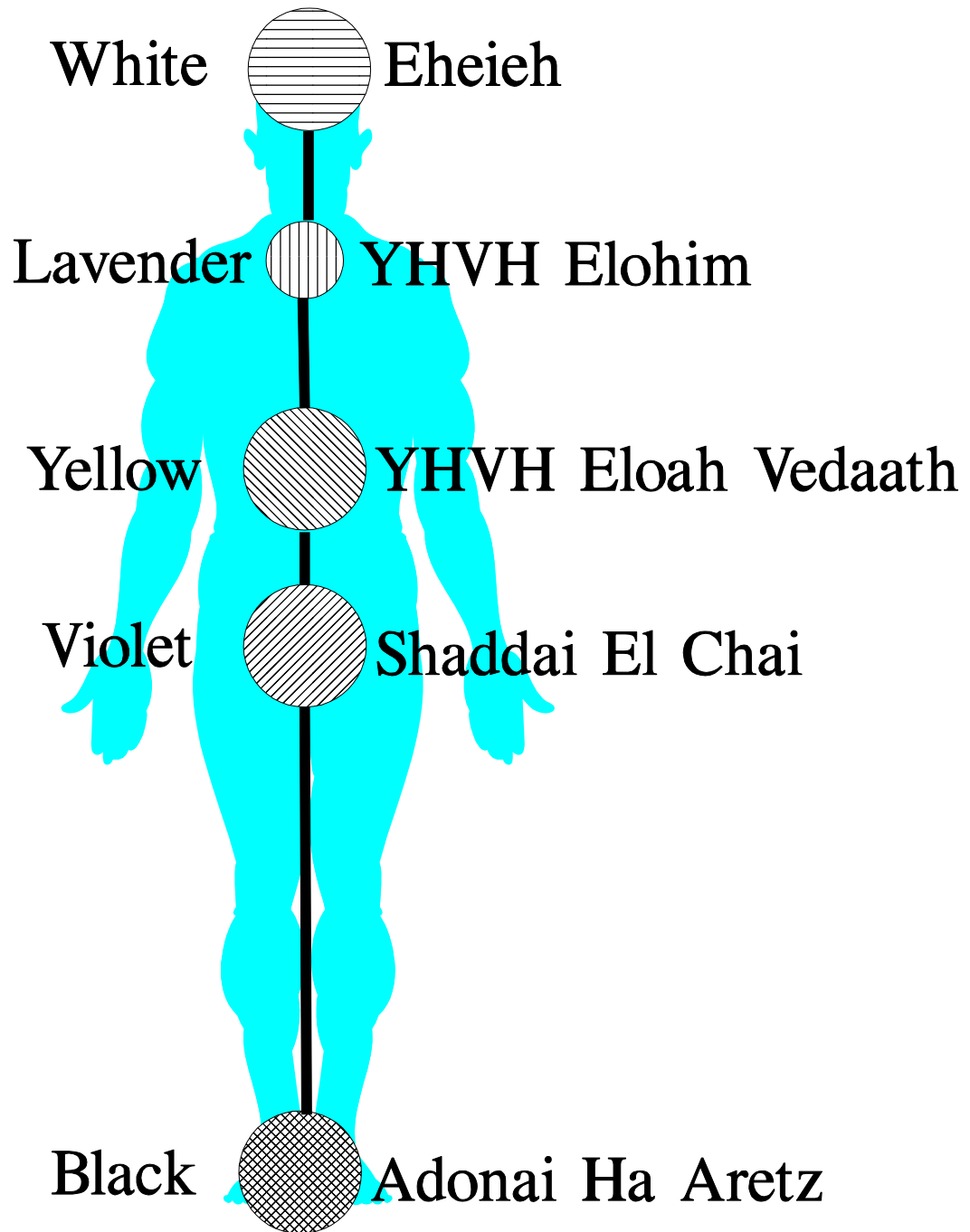
The Light then descends through the head into region of the neck. At the neck, it will take form of another sphere in the color of lavender. Lavender is the color associated with the abyss or Daath, the invisible sephira of the abyss. Here you will vibrate the next Divine name, "YHVH Elohim," while visualizing the sphere totally encompassing the neck area. Again you may want to use the technique of echoing the vibration of each of the spheres. At this point you now have a white sphere above the head and a lavender sphere at the neck, both connected with a white line. As the energy builds up to its climax at the neck region, visualize another white line descending from the neck area or Daath into the solar plexus region of the body. This is visualized in the color yellow and in the size of a dinner plate, while vibrating the Divine name "YHVH Eloah Vedaath." With each vibration, the sphere will become more intense. It should literally extend beyond your body as well as penetrate through your entire being. Once again the white line descends from the region of the solar plexus and moves downward to the region of the groin, visualizing there a violet sphere of energy that corresponds to the color of indigo. Here you vibrate "Shaddai El Chai," while visualizing the sphere completely encompassing the entire groin region. Once again, after the sphere of energy has reached its point of climax, you once again allow the white line to descend from the sphere downward to the region of the feet. At the feet is placed a black sphere of energy, symbolic of Earth and the material plane. Here is vibrated the Divine name "Adonai Ha Aretz." Remember to make the black sphere totally encompass both of the feet at one time. In this case, the feet should be close together and not spread apart. The next step is to include the circulation of the Body of Light.

The circulation of the Body of Light, in its performance, must be timed with the Four Fold Breath for maximum results. So, after charging all of the chakras or sephiroth of the Middle Pillar, we finish off with one deep exhale, allowing all the energy to collect in one area at the feet, so as to start off with the circulation. Begin now visualizing the energy literally circulating up the right side of the body. Then exhale and

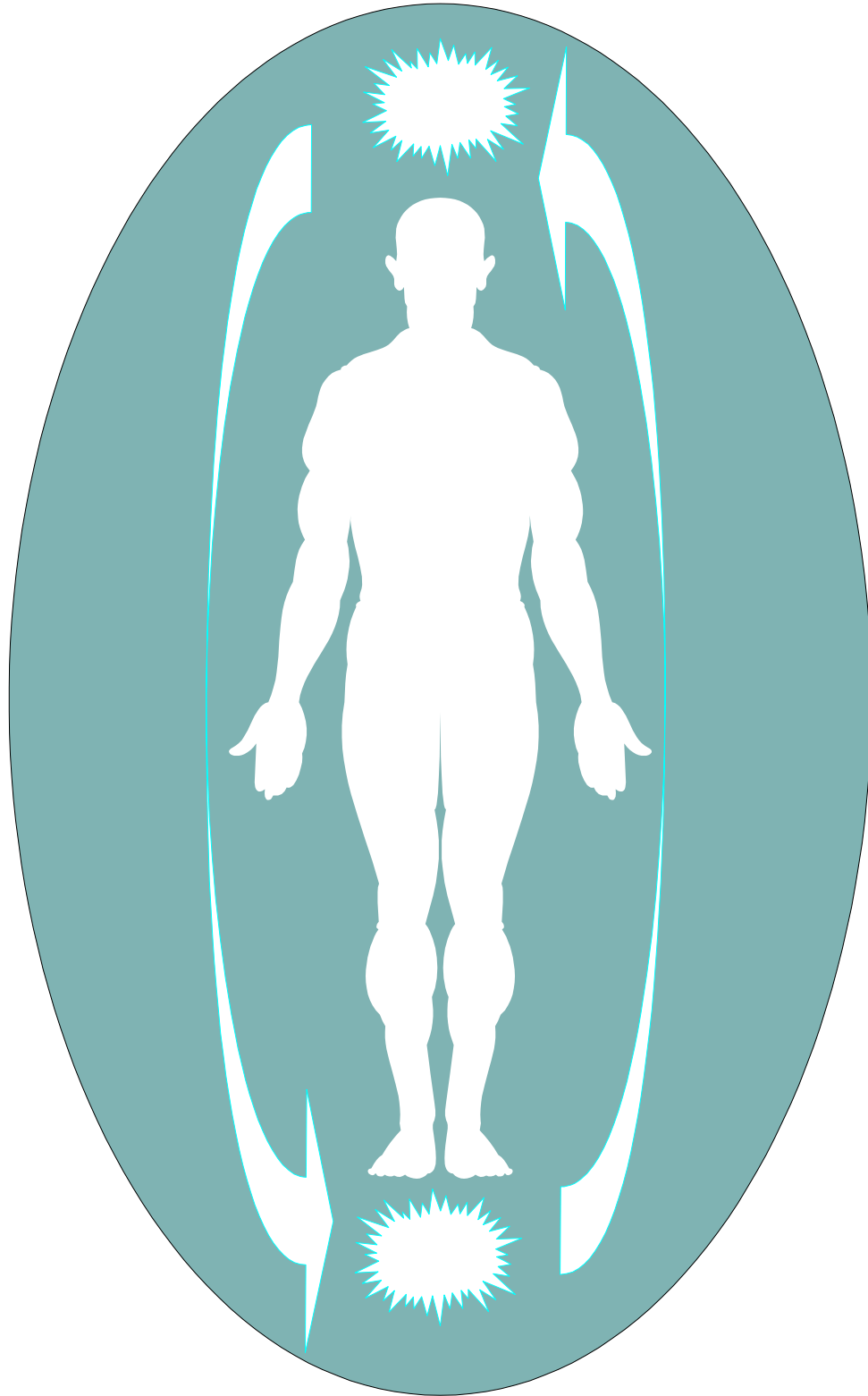
allow it to move down the left side of the body, toward the feet. As the light ascends and descends, there should be placed in between a four second interval. So the process is to send the energy up the right side and down the left side circulating with the Four Fold Breath simultaneously. Continue this process until control of the circulation is established, then proceed by allowing the light to move up the front of the body and down around the back of the body, once again incorporating it with the Four Fold Breath. After this has been achieved, you should now do the reverse flow of the circulation. This time allow the light to go down the right side and up the left. Do the same with the circulation coming from around the front and back of the body. After all four directions have been circulated, bring the light all the way down to the feet where it begins to completely wrap the body, moving upward in a counterclockwise motion towards the head. This is known as the Mummy Wrap. In doing the Mummy, keep in mind you are to inhale as it flows, wrapping your body upward, to where it reaches the head, then you exhale, visualizing the energy literally exploding, flowing down to the ground. Commence the wrap again by inhaling and continue this step until high buildup of energy is reached. Once the energy has reached its high point, you may at this time stop the Mummy Wrap and meditate on the energies invoked, or you may end the ritual by visualizing the energies fading from view. The latter step doesn't mean to say that the energies are being banished, they are simply being made invisible.

This concludes the Advanced Middle Pillar Ritual. It is critically important for magical purposes that the circulation of the Body of Light be fully controlled. Simple as it may sound, the forward and reverse directions should be applied, for this adds to the control of the magical energy that refers to the concept of "Raising, Controlling and Directing Energy." This is the basic concept for the occultist to consider to assure himself that energy may be fully accessed.

A word of caution referring to this ritual. It is not uncommon after the exercise to feel dizzy, lightheaded or at some times nauseous. Proceed with the Middle Pillar Ritual on a daily basis. Build up your stamina to handle the increased Light energies that are dealt with in this ritual. Do not overdo this ritual initially, slowly build it up. It's like a muscle that must be worked and exercised on a daily or every other day basis. This is the reason why consistency is more important than taking time to perform a five hour Middle Pillar Ritual, which in any case can be very damaging both physically and psychically. Start off with a short five to ten minute Middle Pillar daily and learn to build your strength and stamina. You may also find it easier to perform the ritual in a seated position, back straight and feet flat on the floor. Should you find a severe muscle ache after the ritual, it is an indication of a trapped energy block. At this point you should return to the beginning of the Mummy Wrap and see to it that the blocked energy is completely circulated from the blocked area.



# Advanced Middle Pillar



## Circulation of the Body of Light