
SHAMANIC QABALAH

A Mystical Path to Uniting the Tree of Life & the Great Work

Middle Pillar Ritual

I can not make any claim on this ritual. Like the Qabalistic Cross and Lesser Banishing of the Pentagram (explained in *Shamanic Qabalah*, Chapter 9), the Middle Pillar is a staple of Western Mystery Tradition ceremonial protocol. There are many fine sources for this ritual, from Dolores Ashcroft-Nowicki to Israel Regardie and Donald Michael Kraig, they all are basically the same. I have offered a shamanic equivalent taught to me in the **Light Body Exercise** PDF. Either way, this is an essential exercise for cleansing and strengthening the energetic body of the practitioner.

Middle Pillar

1. Stand facing the East and visualize a sphere of brilliant white light floating just above your crown.
2. Visualize a stream of white light descending from the sphere into the top of your head. In a low vibration, intone **Eheieh** (*Eh-heh-yeh*). This is the God-name which means "I Am."
3. Now visualize the beam of light descending as far as the nape of your neck where it forms a sphere of brilliant purple. Intone **YHVH Elohim** (*Yod-Heh-Vav-Heh El-oh-heem*). This is the God-name which means "I am the Mighty One of God."
4. Continue the beam's descent as far as the solar plexus. Here it produces a sphere of brilliant gold. Intone **YHVH Eloah Vedaath** (*Yod-Heh-Vav-Heh El-oh-ah V'dah-ah*). This is the God-name which means "I am the Lord of Knowledge."
5. Continue the beam of light to the area of the pelvis, producing a sphere of brilliant purple. Intone **Shaddai el Chai** (*Shah-day El Chai*). This is the God-name which means "I am the Lord of Life."
6. Finally, extend the beam of light to the soles of the feet and form a large black sphere. Imagine you are standing on this sphere. Intone **Adonai Ha Aretz** (*Ah-doh-nye Ha-ahr-etz*). This is the God-name which means "I am the Lord of Earth."
7. Continue to the next exercise.

Circulation of the Body of Light

1. While keeping the visualization of the Middle Pillar, focus your attention the white brilliant sphere floating just above your head. See this brilliance in a state of extreme strength.
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2. Inhale deeply. While exhaling slowly, visualize a stream of white light descending down into the top of your head, down to your left shoulder, down the left side of your body, and to your left foot.
 3. As you inhale deeply, feel the energy move to your right foot, and up the right side of your body, to your head, and back to the white brilliant sphere above your head.
 4. You should have the sensation of a circle of energy circling around you, down your left and up your right. Move the energy, synchronized with your breath, for several cycles.
 5. Again, visualize the white brilliant sphere above your head and inhale deeply.
 6. While exhaling slowly, visualize a stream of white light descending down into the top of your head, over your face, down your chest and the front of your body, and to your toes.
 7. As you inhale deeply, feel the energy move back to your heels, up the back of your legs and the back of your body, and to the white brilliant sphere above your head.
 8. You should have the sensation of a circle of energy circling around you, down your front and up your back. Move the energy, synchronized with your breath, for several cycles.
 9. Focus your attention on your feet. As you inhale deeply, feel a line of energy move from your right foot up to the front of your left leg, then continuing around back and circling back to the front, moving up your body in a tight spiral, wrapping yourself in energy from feet to head.
 10. As you exhale slowly, visualize the energy exploding out from above your head like a water fountain, energy flowing down in all directions and landing at your feet.
 11. As you inhale deeply, feel the energy rise, spiraling and wrapping your body. As you exhale, the energy explodes out and flows down to your feet. Repeat this cycle several times.
 12. Take one last deep breath and as you exhale, see the energy disappear visually, but know that it is still there, invisibly.
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