

## **Middle Pillar Exercise**

The Middle Pillar Exercise (MPE) is a little ritual that will help train the magician to perceive and control energy better. In the course of this exercise the magician will bring down energy from places that correspond to the Sephiroth (as well as Daath, the false Sephiroth) that make up the Middle Pillar of the Tree of Life. Before doing this, both the LBRP and the BRH should be performed.

-Frater P.A.L.

## The Middle Pillar Exercise

*After Banishing perform the Qabalistic Cross, then turn and face the West. This will place your Sephirotic centers correctly on the Tree of Life.*

*Raise your consciousness up to Kether and imagine a sphere of white Light, about the radius of a dinner plate, floating a few inches above your head. Vibrate the Divine Name EHEIEH (אהיה).*

*Bring a line of white Light down from Kether to your throat or Daath center. Visualize an indigo sphere there. Vibrate the Divine Name YHVH ELOHIM (יהוה אלהים).*

*Bring a light of Light down as before to your solar plexus or Tiphereth center. Vibrate the Divine Name YHVH EHOAH Ve-DAATH (אלוה ודעת).*

*Bring the line of Light to your groin or Yesod center and visualize a violet sphere. Vibrate the Divine Name SHADAI EL CHAI (שדי אל חי).*

*Bring the line to your feet or Malkuth center and visualize a black sphere, your feet just resting upon it. Vibrate the Divine Name ADONAI Ha-ARETZ (אדני הארץ).*

*Turn to the East again and perform the Qabalistic Cross. If you wish you may banish with the LBRP.*