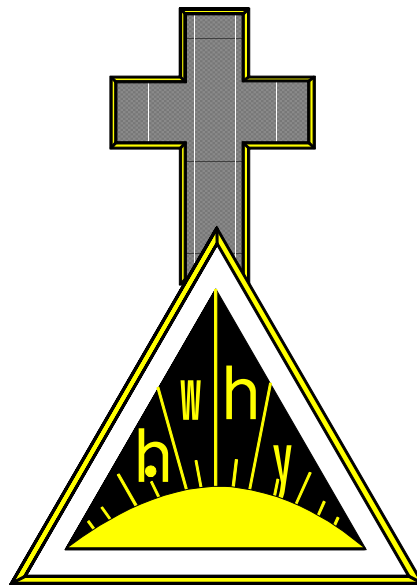


The Hermetic Order Of The
GOLDEN DAWN Intl.

**CREATION AND
DEVELOPMENT OF THE
BODY OF LIGHT**



THEORICUS 2=9

Skrying and traveling in the Spirit Vision and astral projection are really the heart of the Hermetic Order of the Golden Dawn's magical system. It is very important that we not be misled nor deceived in our journey toward the Great Work.

The creation of the Body of Light, skrying, and astral travel require much skill, much discipline and much practice. It is for this reason that the magician always invokes the highest Divine names possible for the plane of existence he wishes to travel. Thus, he does so under the auspices of the Divine and not under the direction of his own ego.

It cannot be emphasized too strongly the need of the skill of the creation of the Body of Light. Even in Tarot divination it will be found that the use of clairvoyance in determining what a particular card represents is really done with the inner eye, the eyes of the Body of Light. This is different from the ego eyes or eyes of Assiah of the physical body. In addition to this, later in the Adeptus Minor grade, there are a series of workings dealing with the Enochian system. As prerequisites one must be competent with astral work and the Body of Light in order to gain anything out of that system worth relating.

One of the problems that may be confronted on a frequent basis are two misconceptions regarding clairvoyance, particularly referring to traveling in the Tattwas and skrying in the Spirit Vision. These two concepts that we confront can be both damaging and misleading to the novice. The first is the fear of clairvoyance, and this fear is based on an attitude that arises from a misunderstanding of its true nature. Many times it is said that the power of clairvoyance is obtained second hand from some source demonic or negative in nature. Many will claim also that the concept of using the techniques dealing with traveling and working with the Spirit Vision and the Body of Light will somehow come under evil influence. On the other hand, people imagine that somehow the power of clairvoyance is astronomical in that it will ease one's life and remove any trouble dealing with their lives, indicating there is an easier path accompanying the guidance that they desire. In fact, it may at times be considered that riches and prosperity may be obtained by will. This also is as far from the truth as can be imagined.

The properly trained and skilled Adept clairvoyant and master astral traveler has no fear that he will expose himself to negative powers. He is not deluded into accepting the fact that everything he does and sees in the Spirit Vision is of some great significance that will change his life. It is the untrained natural clairvoyant that is a danger, not only to his own self, but to those around him. These natural clairvoyants are considered dangerous inasmuch that they open portals to energies far beyond their limits of control. These energies may come in forms that may be seemingly positive changes in one's life or positive growth, where in fact it is nothing more than a stumbling block that will not only affect them in years to come, but also affect those surrounding them. It is only after being exposed to the proper methods that one can truly be initiated to the occult powers beyond the physical.

Let us realize that nobody has the inherent right to gain knowledge to which he has no claim. Let it be re-emphasized that the student of clairvoyance, astral travel and traveling in the Spirit Vision can only gain the skills necessary through hard work and discipline, as well as the power and skill to perform such tasks in security. Those attempting to gratify curiosity will be either very disappointed, distressed, finding

physical changes in their lives beyond their control or, simply and lastly, be mortified. Trained, humble, secure, honest and reverent astral workers and clairvoyants are a great gift. It is this same gift that is encouraged and developed that all have and possess, but only by skill, practice, and step-by-step training will one develop. The latter cannot be overemphasized as to its importance, for it is an issue within itself that many have paid the price in the attempt of such hit and miss occult science and haphazard book reading. There are many misconceptions dealing with the progress of such concepts. Many of which, in essence, never really reach their true goal but rather find that one is merely opening a portal to any general energy of any nature. It will be noted that this is not in accordance with the regulations of the Hermetic Order of the Golden Dawn mode of operation and it is advisable that one should not consider adopting such a method. Follow directions and the training, adhere to the lessons at the grade standing and in the end you will prosper as a master astral worker and clairvoyant.

Primarily, there are three general attributes and methods that fall under this lesson. However, we will be concentrating primarily on one of those developmental skills. They are:

- 1) Clairvoyance (Descrying in the Spirit Vision)
- 2) Astral Projection (Traveling in the Spirit Vision)
- 3) Rising in the Planes

This lesson will cover traveling in the Spirit Vision whereby it will affect clairvoyance and rising in the planes indirectly in conjunction with the development of the Body of Light.

Let it be emphasized that there is a significant difference between what is often called the "Inner guide method meditation" and "Traveling in the Spirit Vision." The Hermetic Order of the Golden Dawn system, in accordance with the traditions, holds that one should always invoke the highest Divine name with every working. Thus, the work to be employed will be under the auspices and direction of that particular energy. With this, let it be understood that it is quite different from merely looking within or opening one's own self. There are also methods that employ the use of the proper sigils (symbols) such as the Tattwas and the Tarot cards to travel in the Spirit Vision and for astral work into other planes of existence. However, in this lesson the method of the Body of Light shall be covered in a step by step fashion.

Exercises and Development

Let us now move on to a part of the exercise dealing with the creation and development of the Body of Light.

Begin gazing at one of your hands, noting all of its sides and all its details, the way it moves, the wrinkles around the knuckles, the hairs etc.. Then begin bending all the fingers separately beginning with the thumb, then the pointer, the middle, etc.. Attempt to feel the sensation you receive by bending them; notice and try to understand it. After doing this, do the reverse starting from the little finger, then the ring finger, the

middle, etc., keeping in mind to be aware of the sensation. The Theoricus should be performing this exercise each day. Move on now to the opposite hand and do the exact same procedure. After the exercise has been performed and an understanding of the sensations have been achieved do the same with the feet, then move on to the legs, noticing every detail to the best of your ability, and move throughout the trunk of the body. It would be advisable to be seated so that all the manipulative movements may be made. What this entire step is leading to is simply becoming aware of all body movements and sensory functions.

Lastly move on to any part not yet covered and do the same procedure. After an understanding of the movements and details has been achieved, return to the region of the head and invoke the Divine name Eheieh through the crown. (An optional procedure may be consulted, which is the use of a mirror to allow the awareness of the body to hold vividly within your mind as the Divine energies are being invoked, moving every inch of the head and feeling and observing the sensation of all parts of the head as the white brilliance moves within.) Move now toward the region of the neck invoking the Divine name YHVH Elohim while shifting the neck from side to side and in any and every movement possible. Still being aware simultaneously with the energy of Eheieh, attempt to notice the intermingling of the energies with YHVH Elohim and be aware of the sensations physically. This is to say then that jumping back and forth from one region and returning to the previous region is acceptable. Although the energy is a constant flow moving toward the feet, its primary purpose is to aid in the awareness of the physical body intermingled with Divine energy. Move onward to the region of the solar plexus doing the same, vibrating the Divine name while noticing the physical regions that the energy affects. For example, the solar plexus, the chest, the forearms, part of the upper arms, and the region slightly above the naval. Continue with the exercise moving towards the region of the groin, which affects the buttocks, the thighs and the pubic area; then to the feet affecting the lower and upper legs, the ham strings, etc., once again observing all of the parts that are affected by the Divine spheres in its own region. There can be noticed a sure difference between simply observing the body without the invocation and observing the body with the invocation. All in all, the first step involves merely observing the body in its functions, where the second step involves the same observation, but with the energies that govern the regions of the body. Both of these exercises are done fully aware with the eyes open or closed, preferably sitting, not laying down.

These next exercises are similar to the ones previously mentioned, however, these will be performed with your eyes closed. Begin again with one of the hands and eyes closed and, again, being observant. After doing this, attempt to observe the inner hand, the same hand, but of a lesser density (the astral Body of Light). Do the same to all the parts of the body much in the same order done previously, while still being aware of the energies invoked within your being, and keeping track not of the physical movements and functions, but instead keeping the body completely still while formulating a second or duplicate of each body part and observing its movements and functions.

The next set of exercises involves the use of the sephiroth. Beginning with the crown and working down to the feet, $\text{t\textbackslash k l m}$, using the vibrations and the Divine names in repetitions of twenty-five to thirty times in number, slowly and quietly observe your

Body of Light, doing nothing else but observing. This exercise should again be practiced over a period of time until such vision of the Body of Light can be seen and felt clearly without any trouble whatsoever.

The next set of exercises is a little more interesting to perform, however, the first set must not be underestimated as to skip their performance. In this step you will sit up in a chair or lay flat on the floor. Concentrate on beginning with one of the hands. As you would normally move the right hand upwards while bending the fingers and observing the astral or physical body, here, with eyes closed, you will have the astral hand come from the immobilized physical hand, merely having the Body of Light rise out of the physical body. It will seem and feel similar to the previous exercises, except the physical will remain stationary as the Body of Light is the vehicle being moved. Beginning with one hand, perform the previous exercise moving all the fingers from the thumb to the little finger and then from the little finger to the thumb. Perform the regular exercise moving from the legs in the usual fashion toward the head, keeping in mind that you are now dealing with the Body of Light, not the physical body. After accomplishing this, merely will the Body of Light to return to its physical counterpart and merge. Observe now the difference with the invoked energies in the body from the Body of Light looking upon the physical body. Remember that whenever the exercise is done physically in a certain manner, the sequence must also be replicated as closely as possible within the Body of Light.

In astral projection and the creation of the Body of Light, the astral worker emits from his ego a perceptible ray of identity and, by a trained eye, will send it to travel to the place desired. He then focuses it there, he concentrates, sees and knows that it is there not by mere reflection. Then, at the appropriate time, he re-enters his body. In traveling with the Spirit Vision, the process may be caused to start by using an appropriate symbol like the Tattwas, or it may be done on will alone. It is preferred for specified working that the Body of Light be created and focused through the Tattwa plane insofar that the travel will be focused and well defined when employing this agent.

In this grade, memorization of all of the Divine names should have already been established. As progression leads on to astral workings and traveling in the Spirit Vision through the creation of the Body of Light, it is critical that the Divine names be memorized prior to the workings. In addition, prior to working the Tattwas, the exercises in this lesson should be mastered. Let it be emphasized that without the proper skills and knowledge, one may be walking a very thin thread of danger psychically, physically and emotionally. This is why it is imperative to adhere closely to the organized fashion of the lessons, to aid in preparation and development. This may be considered one of the many reasons why it is discouraging to hear from one not initiated into the instructions of this lesson that a conversation with one's spirit guide has been obtained when, in fact, it is of a lower energy manifesting to disguise as a spirit contact. Keep in mind that everyone may have more than one spirit guide, but there can only be one Higher Nature. Moreover, it may be considered that the spirit guides are aspects of our Higher Genius. Remember, always test!

Up until this point we have consulted various exercises beginning with the understanding of the movement of the physical body to seeing the astral Body of Light around the physical, to working and separating portions of both the astral and the physical body. Now is the time to take the procedures a step further. At this point the

Theoricus should have taken a ritual bath. It is always advisable to purify the water and add a few drops of essential oil. He should be robed, in a ritual working area free of any disturbances. All the preliminary purifications and banishings should be employed in the working area, along with any incense or ritual items being used.

Continuing with the exercise, begin with the relaxation ritual and meditative breath. After so doing say this invocation:

" In the name of the Lord of the Universe who works in silence and whom not but silence can express, I adore Thee and I invoke Thee. Fill me now with your Divine essence of Light, guiding me in my occult work for the greater glory of Thy name not mine. In the name of Eheieh (visualize the rtk sphere). In the Divine name of YHVH Elohim (visualize the sphere around the neck). In the name of YHVH Eloah Vedaath (visualize the sphere around the solar plexus). In the name of Shaddai El Chai (visualize the sphere), and in the name of Adonai ha-Aretz (encompassing the feet). Help me now so that all that I do and all that I see and all that I am is in accordance with my True Will, my Higher Genius and the Great Work. As it is desired, so shall it be!"

Let the Theoricus now visualize his own figure in all its details. Let him see it clearly as if his eyes were open. It should be enveloping or standing near or in front of his physical body. Focus on all aspects of the astral body and then slowly transfer the seed of consciousness from the physical into the visualized figure. All aspects of consciousness should be transferred to the astral Body of Light. He should then concentrate on the sensations of this astral vehicle; hearing, seeing, smelling and even touching. Again, the exercises above should all be performed in the astral Light in the same form that it was performed in the physical. Seeing that all the consciousness and mind are now present within the astral, let it now rise high above. At a point where it is felt high enough, he should stop and look about him. He should only notice and observe and not participate. If at any time any problems should arise psychically or by any foreign energy he should form a pentagram before him and banish that energy with the Divine name, "YHVH, I banish thee. Be thou gone. As it is desired, so shall it be." It is not uncommon to see or feel energy sources approaching. He should be fully conscious of all the landscape and surroundings encompassing him. He may come into contact with figures that are approaching, being certain that he is armed with the authority to test using the appropriate Divine names, pentagrams and signs. If at times there may occur extreme difficulty, he should consult the use of the Banner of the West. A diagram is found in the lesson "Establishing a Temple in t̄wkl̄m." Let it be noted that all figures must be tested for Light, "Love, Truth and Knowledge," by use of the pentagram. You may use a few or all of these. Should the figure(s) withstand the power of the test, he can choose to travel with these figures if desired. Later, in advanced lessons, the Theoricus will learn to travel to specific planes particularly used in Tattwa vision. This information may now be incorporated into pathworking, beginning again with t̄wkl̄m. The Theoricus must also be aware of all the thousand subtle attacks and deceptions that he will experience. He must test the truth with all to whom he speaks and comes into contact. At this particular point in time, the Theoricus must be able to employ full consciousness with the Body of Light so that all aspects of his seed

of consciousness are fully inside his astral Body of Light. He must develop his astral double with integrity and practice the movement exercises before moving on. If for any reason it is felt that an energy is following you back to the physical body, you may consult the power of the L.B.R.P. and the B.R.H..

After the travel has been completed, allow the astral form to merge with the physical body. When the body has been completely reabsorbed, he should, with his astral eyes, be looking at the astral body. Once again, perform briefly the movement exercises. This time around be sure to observe the color of the astral body which may be white with highlights of off-blue. If there are any unusual differences in the astral body inside of the physical, he should now perform physically the L.B.R.P., B.R.H.. If there is a lack of strength or a feeling of weakness, a Middle Pillar will alleviate the problem. Let it be noted that in order for the latter descriptions of the astral to be successful, the exercises as so stated must be practiced daily, not forgetting to include always the standard banishings. While in the learning process, slowly but surely increase the time spent outside of the physical.

