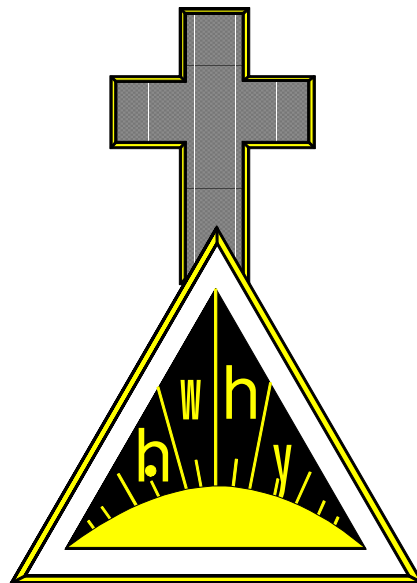


The Hermetic Order Of The
GOLDEN DAWN Intl.

PRACTICUS MEDITATION



PRACTICUS 3=8

It is the job of the Practicus to contemplate the following symbol of Mercury. It is recommended that the background be colored in a bright vibrant blue, the symbol of Mercury itself be colored in a bright vibrant orange, and the circles of the various sephiroth that are seen in the diagram should be colored in their Queen scale color. Make them as flashing as you possibly can. Meditate on this symbol at least three times weekly to infuse the positive aspects of Mercury within your sphere of sensation. This will help you to learn to control your emotions. It will also help you in curbing anger, hatred, and jealousy, all of which are signs of an afflicted Mercury. Take this energy, turn around the affliction, and expand and build upon it in the directions of perfection and attainment. This will help you clear up problems in the area of mental distortion and fuzziness. A non-afflicted Mercury allows the mind to be clear and scintillating.

As a part of meditation, on a regular basis, attempt to take a relaxing bath or lie in a pool and formulate yourself into the element of Water. Allow Water to become a part of who you are during these meditations. Feel the limitations of your flesh literally becoming crystal clear and limpid like water. Clear your mind. Try to blank your mind. Do not repeat to yourself "I must be water." Merely allow yourself to do so. As thoughts come in and out of your mind, take observation and notice how these thoughts flow like the waves of the ocean.

If the Practicus will practice both of these meditations on a regular basis during this interval and grade period, we are assured that the Practicus will receive benefits from them. Emotions will become more free flowing, allowing progression, harmony, understanding, and compassion to flow. Intellectualism will increase and the ability to understand complex problems and the dehydration of anger and jealousy as well as afflicted Mercurial problems will decrease. The Practicus should practice this meditation even after completing this grade. It should be utilized whenever necessary.

