



# Month One

## Welcome to Earth

*“All religions, arts, and sciences are branches of the same tree. All these aspirations are directed toward ennobling man’s life: lifting it from the sphere of mere physical existence and leading the individual toward freedom.”*

**Albert Einstein**

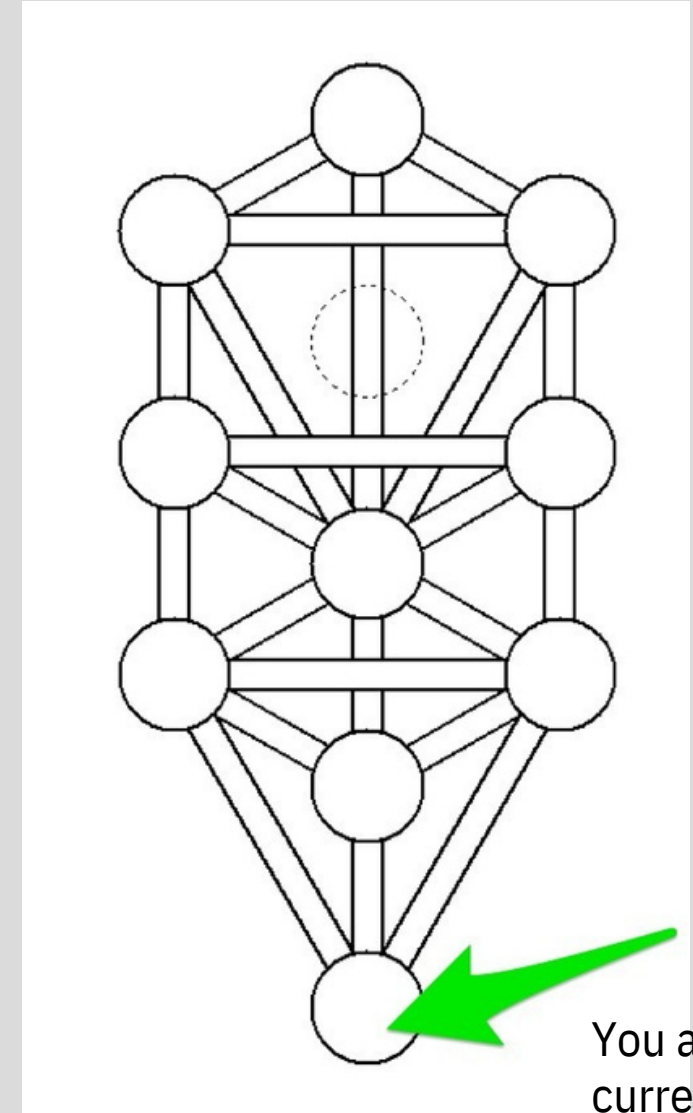
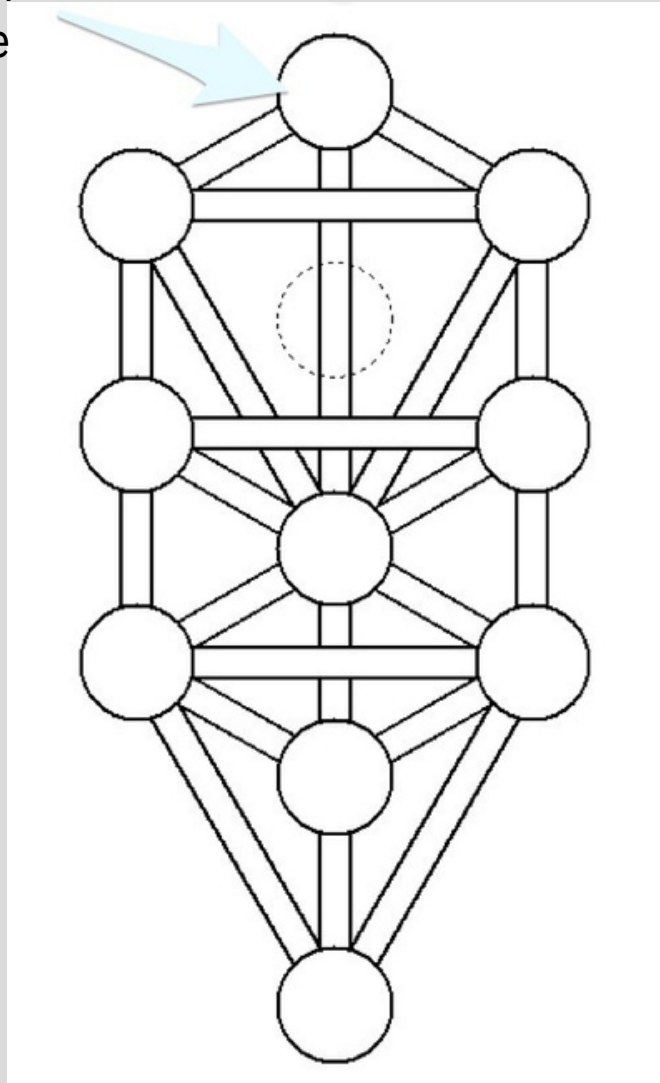
# The Map

## Malkuth in traditional Qabalah

The Tree of Life is a map, one of the very few complete diagrams of universal energy, of being in, and part of that universe.

You currently live on earth, it's a dense and sometimes volatile energy. It's not available to you anywhere else but earth. It's why you are here.

You came from here



You are currently here

# Energy Building and Protection

## How to Perform the Qabalistic Cross

Begin the ritual facing east:

Touch your forehead and vibrate (say out loud) “Ateh” (A-tay).

Point toward your feet and “touch” your groin. Vibrate “Malkuth.”

Touch your right shoulder and vibrate “Ve-Geburah” (VayGe-boo-ra).

Touch your left shoulder and vibrate “Ve-Gedulah” (VayGe-doo-la).

Place your hands together over your heart and vibrate “Le-Olahm” (Lay Oo-lam).

Finish by saying “Amen.”

This simply means “As above, so below; the power and the glory; for ever and ever, Amen,” but it pre-dates Christianity by many thousands of years. It’s the vibration of the words that makes the difference, so really give it some oomph!

# Interwoven Light

This is one of the most powerful energy building practices I know, not only building it in your body but balancing, healing and confidence building too.

Imagine you have two bands of light around you, one runs from you crown under your feet and back to your crown. The other down the right hand side of your body, under your feet and back up the left. Two bands or hoops that they allow you to weave light around you.

This should be visualised as a broad, bandage-like band of white light, and it should be wound mentally around the body as though one were wrapping a mummy.

It is important to note that the direction of the bandaging should be from the right to the left, i.e. the energy current should start from the right foot and should move over to the left foot and pass behind it and up following the same spiral.

As you wind the energy be sure to notice anywhere that needs a little extra light and push more that way.

Do this every day for the next two weeks, that may sound like a lot but as you keep doing it daily, you'll find it takes less and less time until you can pretty much do it in minutes.

# Alliances

The first alliance to become aware of is **angelic**, a small ritual that you can add to your meditative practice after you say your prayer that will enhance your energy and give you more of a sense of connection to the angelic worlds.

The four great Archangels; Raphael, Gabriel, Michael and Uriel are the Archangels of the elements Air, Water, Fire and Earth respectively. Elemental balance is far more important than some give them credit for, they are the building blocks of our world and as such should be treated with enormous respect as any alchemist will tell you.

Descriptions of the Archangels are many, images are plenty and none of them are necessarily true. We clothe these energies to better understand them, to distinguish one from the other in visualisations for example. Visualisation is a misleading term, it suggests you see the Archangel, and you do, but you should also be able to feel the energy, hear it crackle!

In daily practice the energy of the Archangels, for me, is called upon by seeing them as columns of light; yellow and electric blues for Raphael, reds and gold for Michael, the blues of oceans and lakes for Gabriel and the earthy tones of russet, olive and browns for Uriel. The way you experience them is your call!

It helps to know where they stand in relation to your physical being; Raphael in front of you, Michael on your right, Gabriel behind you and Uriel to your left. Ideally, you'd be facing east, so you have Raphael in the east, Michael in the south, Gabriel in the west and Uriel in the north. Surrounded then by Air, Fire, Water and Earth.



Before me Raphael  
Behind me Gabriel  
At my right hand,  
Michael  
At my left hand, Uriel

# Elementals

**FIRE** has the Salamanders, not lizards, but little sparks of light that glow red hot. They also have a King and he is called **Djinn**. He is a bigger version of the little ones and you may see this amazing creature in a visualization later in the course.

**EARTH** has the Gnomes, not a fishing rod in sight, these are gnarled and well loved creatures who work very hard at keeping systems running and Mother Earth tidy, which is not an easy task these days. Their King is called **Ghobe**, a bigger smaller person, and a bit scary, but as long as you don't drop litter and love the earth, you have nothing to fear.

**AIR** has the most high profile elementals in the form of fairy folk, Sylphs, they buzz about in the wind bringing thoughts your way that seem to come out of nowhere. When they whisper, it's good to listen. Their King is called **Paralda**, a billowing cloud of ever-changing shape and size that asks you to stay a while and chat.

**WATER** has the Undines, hard ones to figure out, they sparkle on the water or shimmer on a lake. Their King is **Nixsa**, a giant wave that can be all consuming, just as a giant wave of emotion can take over and almost make it impossible to function. Nixsa asks that you let him and his Undines help you understand where that emotion is coming from, and what to do with it.

| Element | Being      | King    | Archangel | Direction |
|---------|------------|---------|-----------|-----------|
| Air     | Sylph      | Paralda | Raphael   | East      |
| Fire    | Salamander | Djinn   | Michael   | South     |
| Water   | Undine     | Nixsa   | Gabriel   | West      |
| Earth   | Gnome      | Ghobe   | Uriel     | North     |

# What do you want?

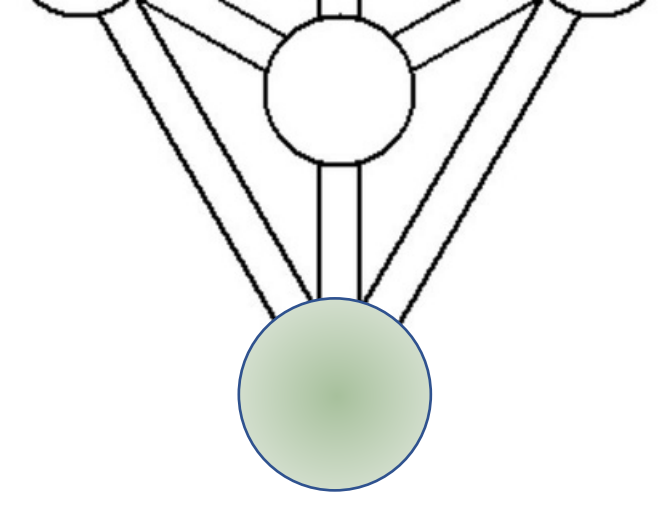
## Answers on a Postcard

| NEEDS |  | WANTS |  |
|-------|--|-------|--|
|       |  |       |  |
|       |  |       |  |
|       |  |       |  |

Write this on a postcard or cut and paste, but make it the right size to carry with you.

Write out 3 needs and 3 wants –your ten month plan  
Ensoule it, decorate it, put it on your altar to charge it, smudge it,  
claim it!





# How It Shows Up!

What do you really need to do right now? If you want make a pie, you can't fill it before you've made the pastry, but first you decide to make the pie and do it! Does the pie have to be made before the potatoes are done? Probably, so you do that first, don't you? Or maybe you don't want a pie, you want a takeaway... Do it, don't do it, either way, decide and act on it or you'll remain in the land of doing nothing, the land of inertia.

You've decided what you're doing, now let's look at how.

Discrimination –your ability to prioritize, to see what's needed first, what you can do right now and what will have to wait. This reminds you that you don't have to do everything at once. What is the most important thing today, right here, right now? Do it, no matter what, count down from 5 to 1, then act! Any little change you make is a change and it's better than doing nothing at all.

**TASK:** remove at least one habit, routine, bit of clutter, link to negativity or whatever you know is not bringing joy, happiness or is clouding your vision of what you want from earth.

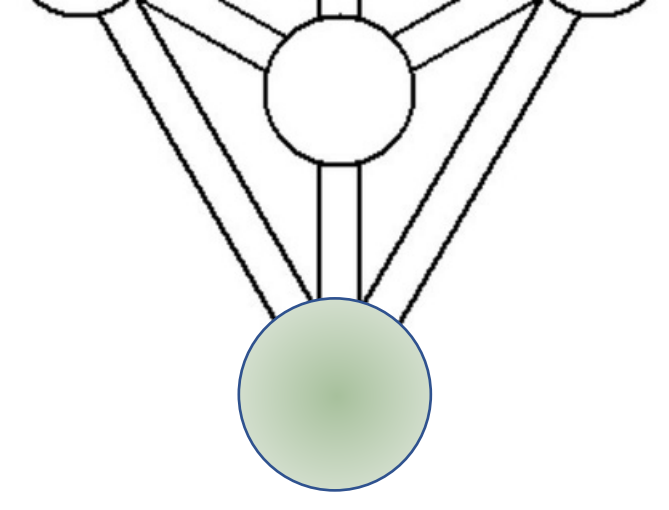
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4

3

2

1



Observe how you work on Earth. Take some time, observe your relationship with the planet you live on, the body you inhabit and the energies that make it so.

Get into nature and do the meditation to meet your elementals.

The four tens of the Tarot represent Earth energy and can be used to understand it better. They also represent the end. The deed is done, the task completed. If they come up in the next few weeks pay particular attention to the message they bring.

***Ten of Wands:*** Lord of Oppression. Sometimes an overbearing force focused on the gain of material things, also the completion of the very same: a goal achieved.

***Ten of Cups:*** Lord of Satiety. Pleasure attained.

Kindness, generosity and material happiness and on occasion, wastefulness.

***Ten of Swords:*** Lord of Ruin. Failure, disaster. Perhaps revelling in things going wrong. Also, cleverness, quick-wittedness and persuasion.

***Ten of Disks:*** Lord of Wealth. Wealth, completion of a major project and a heaviness, a dullness when things are too practical.

# The Elemental Meditation

*See yourself in a forest. Build it around you and make it as real as you can. See it, feel it, hear it, and smell it.*

*Follow the path to a clearing, a well-kept place with flower borders and a beautiful lawn.*

*At the far end you see a giant oak tree.*

*In its base is a great oak door that opens as you approach. Step inside.*

*You look down and see herbs strewn across a black and white tiled floor. They release their fragrance as you walk over them.*

*Your eyes become accustomed to the light, you begin to peer around you. The walls are covered in oak there is a double-cubed altar, with one cube of ebony and one of ivory.*

*On the altar there is a simple white cloth with a blue crystal bowl set upon it. In the bowl burns a flame.*

*Ahead of the altar are two pillars, one of ebony and one of ivory. Behind them are three great doors.*

*On the eastern wall above the three great doors is a circular stained-glass window featuring the face of a man, which represents Aquarius and the symbol for Air.*

*To your right and in the South, there is another window showing a lion rampant, the symbol for Leo and Fire.*

*Behind you in the west, the window depicts an eagle flying into a golden sun, the symbol for Scorpio and Water.*

*And to your left, in the north, the window shows a black bull in a field of poppies, the symbol for Taurus and Earth.*

*Stand in the center of the temple and await the presence of Archangel Sandalphon.*

*As he appears, the atmosphere changes, it becomes still, even more peaceful. His robe is the colours of earth, browns and greens. His face is that of a young man, tousled hair, brown eyes and a warm, welcoming smile.*

*As he steps back he raises his hands and claps them.*

*From the eastern wall comes Paralda, a great billowing cloud of air and with him the sylphs.*

*Next, from the southern wall comes Djin, a wall of fire with coal black eyes and with him the salamanders.*

*From the western wall comes a crashing wave of water, Nixsa and his Undines.*

*And from the northern wall struts Ghobe his legions of gnomes marching with order and purpose.*

*All the elementals stand, each waiting for their king's signal.*

*The elemental kings step aside and reveal how much Air, Fire, Water, and Earth you currently have.*

*What do you see? Are you busy with Water, empty of Fire? How are you made up right now?*

*The elementals begin to move toward you. Don't be frightened. They dance around you, balancing you.*

*Soon they retreat, leaving you standing in the middle of the temple. Take a moment to reflect, to feel this peace and balance, to notice any ideas that are now flooding into your mind as enthusiasm replaces apathy, solutions replace questions, and action calls where inertia held you back.*

*Sandalphon appears, smiling, and embraces you.*

*He guides you out of the temple and as you leave the oak tree the door closes. You don't feel sad—you can come back whenever you need to.*

*Now let the forest fade as you bring yourself back into the here and now.*

# Homework

- q Interwoven-Light meditation
- q Wants and needs
- q Practice discrimination and let the outworn go
- q Get into nature and feel the elements around you
- q Do the elemental meditation
- q Watch for the way the earth deities work for you, observe any changes in your habits and routines
- q Be mindful of frustration, blocks will show up as annoyances
- q Take your daily card
- q Do a thing, one thing, daily. Do it!
- q Breathe

**Next Meeting Online**

**April 1st at 19:00 UK**

**New Moon in Aries**

**Temple of Mirrors**