

Reply: drre

## GROUNDING & CENTERING (PILLAR MEDITATION)



This one always works  
to help put you in your place  
back in Present Time  
where you belong.  
Be There — Now.

CLOSE YOUR EYES AND TAKE A DEEP, CLEANSING BREATH. NOW ANOTHER. NOW ANOTHER... GOOD. I WANT YOU TO ALLOW THE CLEANSING ENERGY FILL YOU, RELAXING AND FOCUSING YOU FROM HEAD TO TOE. IT FILLS YOUR HEAD, AND ANY TENSION IN YOUR HEAD, JAW, OR BROW BECOMES RELAXED.

LET THE ENERGY FILL YOUR NECK AND SHOULDERS, AND YOUR NECK AND SHOULDERS RELAX. NOW LET THE BREATH FILL YOUR ARMS... YOUR UPPER ARMS, YOUR FOREARMS, AND YOUR WRISTS, AND ANY TENSION IN YOUR ARMS RELAXES. YOUR WRISTS, HANDS, AND FINGERS ARE RELAXED.

AS THE CLEANSING ENERGY FILLS YOUR CHEST, YOUR TORSO AND YOUR UPPER BACK BECOME RELAXED. AS THE BREATH FILLS YOUR STOMACH AND YOUR LOWER BACK, THEY NOW RELAX. THE ENERGY FILLS YOUR HIPS AND GROIN, RELAXING ALL THE TENSIONS IN THAT PART OF YOUR BODY. NOW THE ENERGY IS FLOWING DOWN THROUGH YOUR LEGS, RELAXING YOUR THIGHS, KNEES, CALVES, AND ANKLES, AND FINALLY FILLING YOUR FEET AND TOES.

NOW YOU FEEL THAT YOUR BODY IS FLOWING WITH ENERGY... THAT ENERGY IS YOUR LIFE FORCE, IT IS YOU — RELAXED, AWARE, AND FULL OF LIFE. SEND A CORD OF THAT ENERGY DOWN THROUGH THE SOLES OF YOUR FEET, DOWN THROUGH THE FLOOR, DOWN INTO THE EARTH.

YOUR ENERGY REACHES DEEP INTO THE EARTH. FROM YOUR FEET, INTO THE SOIL, WHERE IT IS EMBRACED BY THE COOL, DAMP, NURTURING SOIL OF THE MOTHER. THE ENERGY THAT EXTENDS FROM YOU IS LIKE A TAP ROOT, AND FROM THE MOTHER'S SOIL YOU DRAW HER ENERGY UP. HER ENERGY, THOUSANDS OF TIMES GREATER THAN YOURS, REACHES UP THE ROOT, INTO YOUR FEET, FILLING YOUR BODY. THE MOTHER'S ENERGY NOURISHES AND SUPPORTS YOU, PROVIDING THE POWER FOR ALL OF YOUR MAGICAL WORK. THE STRENGTH AND ENERGY FROM THE EARTH RISES UP, THROUGH AND AROUND YOUR FEET, SURROUNDING YOU LIKE A CYLINDER OF WHITE LIGHT.

NOW CONNECT TO YOUR CENTER. FIND THE CENTER OF YOURSELF, THE PLACE WITHIN YOUR BODY THAT YOU FEEL IS YOU. CONNECT TO YOUR CENTER AND FEEL THE ENERGY FLOWING... THROBBING THERE. FEEL THE PULSE OF YOUR CENTER'S POWER. FEEL THE MOTHER'S ENERGY RUSHING INTO YOUR CENTER.

REACH THAT ENERGY UP THROUGH YOUR BODY, UP FROM YOUR CENTER, FILLING YOUR BODY UNTIL IT COMES OUT THE TOP OF YOUR HEAD LIKE A BURST OF LIGHT. THE LIGHT-ENERGY STREAMS FROM THE TOP OF YOUR HEAD, PASSES THROUGH THE CEILING, REACHING TOWARD THE SKY, TOWARD THE VAST, STARRY SKIES. ALLOW YOUR LIGHT ENERGY TO TOUCH THE SKY-FATHER, CONNECTING TO THE GOD AND HIS INFINITE STELLAR ENERGY.



HIS ENERGY FLOWS BACK TO YOU, THOUSANDS OF TIMES MORE POWERFUL, BRIGHTER, STRONGER, AND INFINITELY POTENT. THE GOD ENERGY FLOWS BACK TO YOU IN A RETURN STREAM, A STREAM OF ~~THE~~ WHITE LIGHT FROM THE HEAVENS, INTO THE CROWN OF YOUR HEAD AND REACHING YOUR CENTER.

NOW YOU ARE THE MEETING PLACE OF TWO CYLINDERS OF LIGHT. LIGHT FROM THE MOTHER COMES UP FROM YOUR FEET, LIGHT FROM THE FATHER COMES DOWN FROM YOUR HEAD, AND YOU ARE A PILLAR OF LIGHT... A STRONG, WHITE PILLAR WHERE THE TWO ENERGIES MEET. PICTURE YOURSELF AS THIS STRONG, WHITE PILLAR OF RADIANT LIGHT.

NOW NOTICE THAT YOU ARE A WHITE PILLAR SURROUNDED BY OTHER WHITE PILLARS, ALL IN A CIRCLE. NOTICE HOW YOU FORM A CIRCLE OF PILLARS LIKE THE PILLARS OF AN ANCIENT TEMPLE, PILLARS STANDING IN THE OPEN AIR, UNDER THE STARS. BELOW YOU IS THE EARTH, ABOVE YOU IS THE SKY. BETWEEN THE EARTH AND SKY ARE THE PILLARS - THE PLACE OF THEIR WORSHIP. YOU ARE THE MEETING PLACE BETWEEN EARTH AND SKY, AND YOU ARE PART OF A TEMPLE FORMED HERE FOR THEIR SACRED RITES. YOU ARE CONNECTED TO THE OTHER PILLARS BY THE FLOOR OF THE TEMPLE; YOU ARE CONNECTED TO THE OTHER PILLARS BECAUSE TOGETHER... YOU ARE THE TEMPLE.

NOW, STAND FOR A MOMENT, KNOWING YOU ARE A PILLAR OF THE TEMPLE, KNOWING YOUR BROTHERS OF THE CIRCLE ARE THE PILLARS OF THE TEMPLE, AND THAT THE WORK WE DO HERE IS WORK DEDICATED TO THE GOD AND GODDESS.

AND WHEN YOU ARE READY... YOU MAY OPEN YOUR EYES.

SOLVE ET COAGULA "DISSOLVE AND COAGULATE" - underlies the opus alchymicum and may be symbolically understood as the process of psychic integration. The focus is on CONIUNCTIO: OPPOSITES CONFRONTING ON ANOTHER IN ENMITY OR ATTRACTING ONE ANOTHER IN LOVE. These are known in alchemy as the prima materia, - the preceding stages of dissociation. The only way out is through, warrior.