

## LESSON 19

At this point you have now covered the associations of the Sephiroth of the Kabbalistic Tree of Life, learnt the Banishing Ritual of the Pentagram practicing it twice daily, and practiced some forms of Gematria, Notarikon and Temura. Re read Lesson 3, Introduction to the Kabbalah, as this lesson brings to light the use of the Tree of Life, and the Kabbalah in your studies. It is time now to commence some exercises which are to be practiced throughout the next 22 lessons. Please note though, that these exercises are not associated to the following lessons. They are but exercises commencing your practical magical training, to be included with your reading.

## MIDDLE PILLAR

A tape by Israel Regardie, is recommended for use with this lecture. THE MIDDLE PILLAR is available from Falcon Press at a discounted price of \$10.00, which includes postal charges. This tape provides the practical explanation of how to do the Middle Pillar. Listen to this tape until you have memorised the exercise. Practice this exercise daily.

At the beginning of the exercise you must perform the Banishing Ritual of the Pentagram as given in Lesson 2 Part 2. At the end of the Middle Pillar exercise you must repeat the

Banishing Ritual of the Pentagram. Please follow these instructions to the letter.

We hope you will, after doing the Middle Pillar exercise for a while, realise its benefits and continue this exercise for the rest of your life, at a later stage including all the Sephiroth in your exercise. Regardie's book on "The Middle Pillar" should expound on this for you. IT IS A MUST that you get hold of this book and study it. As you work through this correspondence course you will gradually unfold an understanding as to how you can use the knowledge of the Kabbalah, and the Tree of Life that we have and will be providing, along with the benefits and future use of your knowledge of the "Middle Pillar" exercise.

## MENTAL TRAINING

### THOUGHT CONTROL

While performing your Middle Pillar exercise each morning you will probably find that your mind wanders, and over a period of time it may become almost impossible for you to concentrate. DON'T GIVE UP and let your psyche get the better of you. Your ego doesn't like getting pinned down and will try all the tricks in the book to deviate you from your purpose, and have you believing that it was your "inner" choice. At this stage in your training it is necessary for you to give this Trickster a break

every now and then, so do this during your every day activities. But during your little periods of mental training, like in the Middle Pillar, that is YOUR TIME, so don't let it interfere.

To help in disciplining your thoughts, do your Middle Pillar exercise in the mornings on rising, give your mind and psyche a day's break and perform the following exercise in the evenings on or just before retiring.

#### Exercise

Place yourself in a relaxed position.

Close your eyes and then observe the flow of thought that moves across your mind. Do this for five minutes at first. Later you can increase the time. Assume the position of being a silent observer, independent of your thoughts, and observe.

Try not to fall asleep in this exercise, if you feel yourself dropping away to sleep, discontinue the exercise immediately, and try again the next day.

During this exercise keep your breathing regular and deep, breathing from the abdomen.

Now that you are watching your thoughts, begin to hold them and not let them race past for more thoughts to rush in. Let each thought go when you want to let it go, rather than it just slip away, then get hold of the next thought.

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This exercise is for the purpose of learning to control our thoughts. Various stages of Mental Exercises will be given at the end of future lectures. Unless otherwise stated they will not be related to the lectures themselves. Only go onto the next exercise after you have mastered the first. You are your own guru, therefore it is your conscience to face whether you have mastered something or moved on to the next exercise due to boredom.