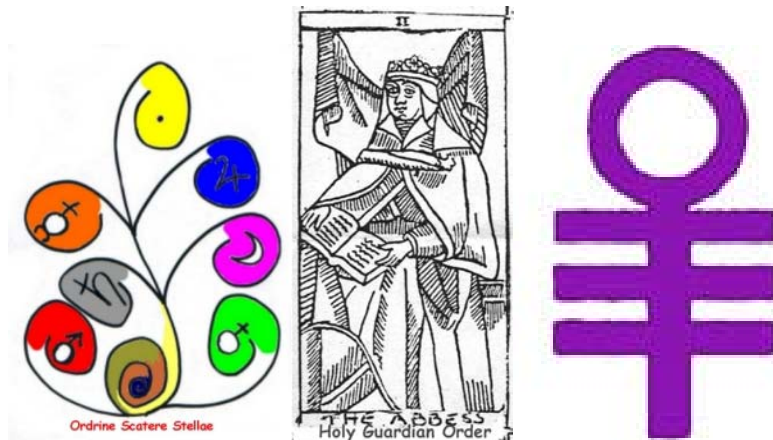




**Jean de Cabalis - various Orders paper**

**For Members of the following Orders**



## **Balancing Personal Energies**

**By Michael Freedman**

**Essaier XVII**

**Balancing Personal Energies**

**A Magical Exercise for Two People at the Spring Equinox**

## **'This is the work of the Equilibrium of the Balance'**

In an equal balance of the Active and Receptive Forces is the Equilibrium achieved. This is a magical exercise of Balancing. It can be done at any time by any two people. It is very appropriate for a loving couple at the time of the Spring Equinox when the Sun moves into Libra the Scales. This exercise itself does not involve sexual activity.

Another very good magickal use is when two adepts of the Order require especial cooperate working together on a charge or project, this exercise helps strengthen the psychic bond between them and blend their auras together.

Its greatest value is usually for balancing energies when things between two people have gone awry and you both want to re-establish your relationships on a more harmonious basis. The following is an extract from the rites of one of the older magical orders.

### **An Et Custosi Tutelae Libra Rite of Balancing**

The Hierophant remains at his station while one person takes on the role of Minister of Water shall stand [or kneel or sit] before the Left Pillar and their partner takes on the Minister of Fire shall stand for kneel or sit before the Right Pillar facing each other.

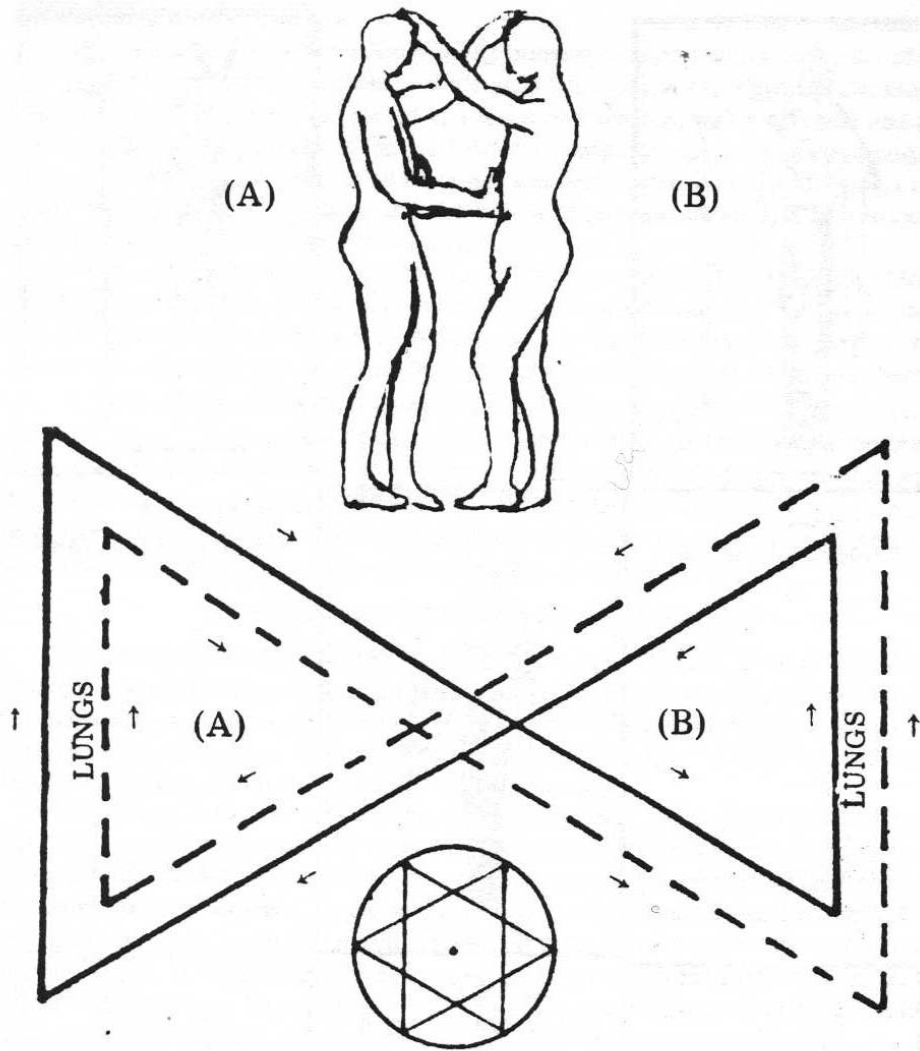
**The Hierophant** of the Rite shall say:

"Let the Ministers of Fire and Water step forward that the neophytes might learn the Equilibrium of the Balance in Love."

"Let each place their left hand upon the forehead of the other, so that the heel of the hand is between the eyes tips of the fingers rest lightly upon the crown of the head. Let each now place the tips of the fingers of their right hand upon the solar plexus of the other at the heel of the hand is at the level of the navel."

The **Ministers of Fire and Water** places their hands and says both together and respond:

"Three Mother Letters; 'Alef, Meyim and Shin; Air, Water and Fire in the living Spirit



THE FLOWS OF ENERGY DURING THE EQUILIBRIUM  
OF THE BALANCE

THE SIX-POINTED STAR OF PERFECT EQUILIBRIUM

**Minister for Water:** "Meyim is the murmuring of the Waters"

**Minister for Fire:** "Shin is the hissing of the flames"

**Both together:** "Alef is the breath of air. That reconciles the two of them"

**Minister for Fire:** "The Head is created from the Fire"

**Minister for Water:** "The Belly is created from the Waters"

**Both together:** "The Spirit from a breath of Air between them. To hold them both in balance"

When the two flows are fully balanced and achieve equilibrium then they merge to form the Six pointed Star of Perfect Equilibrium, which stands at the heart of the universe and is called within the ancient mysteries of the Order, 'Rachamin ba-Emtsa'

**The Hierophant shall continue:**

"Let the two of them begin to breathe together, timing their breath so that they breathe in unison together, not holding their breath at any time, allowing their breath to flow smoothly in and out of their nostrils gently smoothly, slowly and deeply.

Thus, does the breath of Air flow between the Fire of the Head and the Waters of the Belly and reconciles the two of them"

The adepts and members at the ceremony company shall move into pairs of diverse polarity male and female, or aged and youthful or adept and neophyte. Each pair shall stand or kneel or sit facing each other and shall adopt the posture and murmur the above responses quietly to each other. Then each pair shall breathe together in unison, slowly, gently smoothly and deeply. This exercise is usually done for 5 to 10 minutes. It is concluded by the couple again repeating the Responses, and saying together:

**The Hierophant shall conclude with:** "Compassion is at the Centre. To feel another's feelings is the beginning of Steadfast Love"

**End.**

**Additional Comments:** Pairing can be between any two people. If they are not of similar height, it is better to do it sitting or kneeling. When standing,

balance is best kept by placing one foot a little forward, and leaning lightly into each other. If they do not agree on which should be Fire and which Water for the responses, then both should say the words together.

The responses are taken from Sefer Yetzirah, an ancient Qabalistic text. It plays on the Hebrew word Ruach, which means both Air and Spirit and is often referred to the Essential Self. The breath comes from the lungs which lie half-way between the head and the belly, and here are regarded as the seat of the Spirit. The lungs are referred to the letter Gimel, which is also referred to Venus.

### **Visualisation**

Reference, the figure above: The dotted line refers to the flow of energy visualised by person (A) on the left side of the figure, the unbroken line to the flow of energy visualised by person (B) on the right side of the figure. While breathing in unison, each person visualises a flow of energy from the head of the A other person through their left hand and arm, across their lungs; through their right arm and hand to the belly of the other person, whence it rises to the head of the other person and begins the cycle again. Each flow of energy forms a figure-of-eight or infinity symbol. Most folk visualise the flow entering their left hand as they begin to breathe in, and leaving their right hand as they begin to breathe out. Do not concern yourself about the other flow of energy; let your partner visualise that. Both flows of energy flow side by side in the same direction, but have different polarities. This generates a very powerful, stable field of balanced energy, resulting in healing and integration of the couple involved.