

## Eremiados Course Lesson Ten



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Apostolic Guardian Church of Grace and Blessing  
&  
Templum de Octo Rosae Mysticus

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*Eremiados Temple Tiron Grade TECHNIQUE Paper No. 2*  
*Learning to Stand*

7. If you are standing properly, your buttocks will not be held in tightly, nor will they stick out too far behind. Human buttocks do stick out farther than those of other primates. This is why we can stand up easily, rather than finding it easiest to move about with the support of both hands and feet, like a chimpanzee.

8. Your head should be held up, so that you are looking slightly up, rather than down or straight ahead. Look at something on the other side of the room which is no more than a metre higher than your eyes.

9. If you are standing properly, your whole body should feel loose

#### **Part 2. Magical Postures**

##### **Yodh of Pentagrammaton [Air]**

The Ordinary Stance is also called Yodh of Pentagrammaton. It is the correct ritual stance of a Minister of the Element of Air. A Wand may be held in one hand.

##### **Heh of Pentagrammaton [Water]**

In the Ordinary Stance, cross your wrists, resting them lightly on your chest. This posture is called Heh of Pentagrammaton. It is the correct ritual stance of a Minister of the Element of Water. A Chalice may be held in one hand.

##### **Wav of Pentagrammaton [Fire]**

In the Ordinary Stance, raise your arms high over your head so that your hands are brought together. This posture is called Wav of Pentagrammaton. It is the correct ritual stance of a Minister of the Element of Fire. A short-sword or dagger may be held in one hand.

##### **Final Heh of Pentagrammaton [Earth]**

In the Ordinary Stance, cross your wrists at the level of your navel. This is called Final Heh of Pentagrammaton. It is the correct ritual stance of a Magician when acting as a

Minister of the Element of Earth. A Seal or Platter may be held in one hand.

##### **Shin of Pentagrammaton [Spirit]**

Standing with your feet four foot-widths apart, raise your arms sideways with palms facing forwards. Look straight forward and slightly upward. This posture is called Shin of Pentagrammaton or the Posture of the Opened Pentagram. It is the correct ritual stance of a Minister of the Element of Spirit. A Crystal may be held in one hand.

##### **The Ancient Posture of Prayer**

Standing in the Ordinary Stance, move one foot forward a short pace, i.e., no more than 30 cms. Both heels should be on the ground. Raise your arms sideways so that your upper arms are parallel to the ground. Bend your elbows until your forearms are at right angles. The palms of your hand should be facing forward. This posture is used only when invoking some spiritual being whom you wish to honour as greater than yourself.





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**Part 3: Diagnosing faults**

Many people not only do not know how to stand properly, they do not seem to know where their faults are, nor how to find what faults they have, nor how to correct them. The following tests diagnose how well you stand. The tests are best carried out either naked or in light, close-fitting underwear.

1. Stand with your back to a wall or a door without panelling. Your feet should be 5 to 8 centimetres from the wall and two foot-widths apart.
2. Gently and slowly, sway your body on the ankles, back and forth, just enough to touch the wall and move away from it.
3. Check which part of your body touches the wall first? Ideally, both shoulders and both buttocks should all reach the wall simultaneously, while your head is still 2 or 3 cms away from the wall. You should be able to just fit the flat of your hand between the wall and your head.
4. Check how much lordosis or curvature of the spine you have. While your shoulders and buttocks are just touching the wall, place your hand flat on the wall and slide it between the wall and the small of your back. You should be able to slide your fingers in, but not your whole hand. Do not move, while you are doing this.
5. Fat people will usually find that their buttocks reach the wall just before their shoulders, because fat is usually laid down on the buttocks before the shoulders.
6. If one side or other of your body reaches the wall first, the exercises which follow will help correct this fault, as they work together to correct your rotated body.
7. Some people tilt one side or other of their body up or down. It is easy to diagnose this with the help of a friend.

8. Stick a large piece of paper to the wall. Stand with your back to the wall with your feet 5 to 8 centimetres from it; and two foot-widths apart. Gently and slowly, sway your body on the ankles, back and forth. While your body is lightly touching the wall, get your friend to use a square or spirit level to mark on the wall the level of the outside top of each shoulder and the levels of each of your hip bones.

9. Are the right and left levels in each pair of marks within a millimetre or so of the same height? If they are, then your stance is probably not hunched up on one side or the other enough to matter. If not, the exercises will help to correct this fault.

**Part 4: Correcting any faults**

**Correcting right and left imbalances**

1. Lie down on the floor on your back with your hands and arms on the floor by your side, and your feet a few centimetres apart. Let your whole body go loose, so that you let your weight sink onto the floor.
2. Notice whether you seem to lie heavier on your right shoulder or your left. Adjust your shoulders until your weight seems to rest evenly on both shoulders.
3. Then, check whether you seem to lie heavier on your right buttock or your left. Adjust your hips until your weight seems to rest evenly on both buttocks.
4. Remain lying quietly for a couple of minutes. Let your body get used to the feel of lying evenly, instead of being twisted.
5. While still lying on the floor, place a book, about the thickness of your hand, behind your head. Let your head, chin and neck feel what it is like to have them close to the correct position for standing.



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**Correcting the position of the pelvis**

1. Many people find it difficult to hold their hips and pelvis so that their abdominal organs are comfortably supported, without holding in their buttocks in a tight, uncomfortable and awkward way. You can let your body get the feel of holding your hips properly with the following exercises, for which you will need your footboard.

2. Be sure to do this part of the exercise in bare feet or rubber-soled shoes, to avoid the risk of slipping. You will need traction to make sure that your feet do not slide farther apart than you want towards the end of the exercise.

3. Using your footboard, place your feet first three and then four spaces apart. Finally, with care, stand with your feet five footwidths apart. This is about as far as you can have your feet apart without feeling discomfort. If you were to separate your feet any farther, you would have to either go into the splits or fall over.

4. Bring your feet back to four footwidths apart. Feel the difference. No longer is there any feeling of your feet wanting to slide farther apart, even though they are much wider apart than you normally stand.

5. Place your feet five footwidths apart again. Letting your arms and hands hang loose, loosen and lower your shoulders. Your hands will probably fall on your thighs. If your buttock muscles are tense, relax them now. If your thigh muscles are tense, relax them now. Do not look down. Look ahead and slightly upwards.

6. It is almost impossible to stand in this straddled position loosely without having your hips, buttocks and pelvic basin in the correct position to give optimum support to your abdominal organs.

7. Return to standing two foot-widths apart. Loosen your hands, arms, shoulders; then your buttocks and knees. Stand erect, but at ease.

**Correcting tilt of shoulders or hips**

1. This is usually quite easy, with the help of a friend or a full-length mirror.

2. Standing with your feet two footwidths apart, shift the weight of your body from one hip to the other until they both look and feel even in height and weight.

3. Loosen your shoulder muscles by rotating them, first one way and then the other. Then, lower whichever shoulder is the higher to the level of the other. One way to do this is to stretch your hand and fingers down the side of your thigh. Do not try to raise the lower shoulder.

4. A hanging exercise can be shown you, which will help straighten your spine, as long as it is not seriously out of alignment, when you should seek help from a professional body-worker, such as a Hellerwork practitioner or an osteopath.

**Correcting your general stance**

1. Finally, while standing near a wall, lean back against it and bend your knees. Let your whole body slide down the wall, until your heels have to rise just off the floor.

2. Your back should be flat against the wall at this stage. If not, flatten it against the wall and slide your body back up the wall, until you are standing straight again. This should bring the curve of your spine into a comfortable and relaxed position.

3. Repeat Part 3 of this paper, Diagnosis. You should find that you are now standing properly, that is, in a relaxed and easy manner; or at least that you are a lot closer to the ideal than you were before.