



## THE SECOND MEDITATION

Let the Zelator meditate upon THE LINE.

Let the Point vibrate, thus forming the LINE; let the Line then vibrate again, thus forming the Square; let the Square again vibrate to form the Cube.

Let him also meditate upon the symbolism of SALT, whose crystal is a Cube. Let him precipitate a crystal of SALT from a saturated solution of Salt, physically watching it grow daily.

Let him identify with Crystals generally, actually sensing the reeling of crystals. From this standpoint let him look out into the Universe, seeing it as would the Crystal.

Let him identify with the Spirits of Earth, the Gnomes.

Let him further consider the Triplicity of Earth, Kerubic, Mutable and Cardinal, recalling the Prayer of the Earth Spirits from to Zelator Ritual.

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At this stage it is well to note that each Meditation should be NEW, rather than the development of the previous day's work.

It is well to start each day from the Point rapidly developing through the Line, the Square and the Cube to whatever may enter your mind contiguous to the theme above.

If you wish to develop one theme, it can be a separate exercise, as an essay on that theme apart from the regular daily meditation.

Further, from now on it is well to "Observe the Sabbath", meditating for six days, resting for one. The reason for this may not occur to you for a long time, but the "Rest of the Sabbath" is significant.



The proliferation of books on this subject has done more to confuse this activity than to clarify and simplify the issue. This problem hardly existed when the Order was founded 100 years ago, but now it is necessary to clear away the numerous misconceptions on the matter, most of which tend to make the activity appear complex and are based on romantic ideas of "bliss" of "getting messages" "having visions" - hallucination in general, the last thing we want.

Meditation is essential in the Order work and unless a regular pattern is established from the start the forces initiated in the O=O Grade are frustrated in their work and merely leave the aspirant confused and possibly disillusioned. This condition is usually precipitated by wrong expectations, preconceptions, about the practice and function of meditation, which is really very simple.

The series of topics given is carefully selected by people who know the overall course of Initiation and it may be a long time before this sequence is seen as valid. The time spent on each topic merely initiates a process which will continue in the subconscious for years and provide you with means of recognising certain signs when the time comes.

Perhaps a little insight into the working of the subconscious will shed light on the various "methods" now being peddled by self-styled experts. In their way, they do work, and here is how.

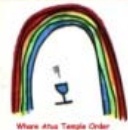
Symbolically the subconscious is portrayed by Water or by a woman. It is the passive and receptive aspect of the mind, the part that tends to fulfill our needs and desires. It controls your pulse, digestion, temperature and reflexes. It heals wounds, adjusts the pupil of the eyes, wards off infection. It contains our memory, often to the point of making us "forget" painful events of unsavoury appointments - it is our self-defence system, doing far more to ensure our survival than any aspect of the conscious mind, yet we prize our intellect giving scant thanks to our "wives", which we take for granted, but it acts only instinctively and to suggestion. Suggestion - that is the key word to the popular "systems" of books.

Under hypnosis the conscious mind is lulled and the subject hands over control to the hypnotist, who can then penetrate beyond the personal doubts and limitations we all have. If the hypnotist tells the subject that a cigarette butt is to touch his skin, but touches it with a pencil, the spot is liable to fester and all the reflexes associated with burning appear. If told his foot is stuck to the floor, the subject will not be able to move it. All this happens on the stage or in our homes as tricks of the hypnotist, in fact lasting impressions can be left altering the life of the subject. This is partly why, in our Obligation we swear "not to submit ourselves to any person or power." We must always be our own master, and never prostitute our subconscious, "wife" to another.

But you too can use this subconscious power wrongly. You can direct it, it will always strive to oblige you. We trade on it when we look at an old photograph, by this "image" we stir memories, and advertising preys on imagery, stimulating our desires, memories, emotions by using "Names and Images." Sex urges are easily aroused by imaginary pictures. In fact we can easily "sell" our subconscious stimulations via imagination. If you are convinced that certain activities produce certain results then it works. People can get blind drunk on aerated grape-juice if they think it is wine.

Now to the point. If, after reading a book on meditation, you feel that by doing certain things you will attain "bliss", then you will. If you imagine that you know that some "higher state" can be attained by a given process, then you well may - attain your preconception of that state. But it is pure imagination, even though convincing, because as yet you do not KNOW any other state than your normal one. You can only imagine it. Especially if you





add a little sensuous music, some incense and a whiff of pot.

The point is that you selected the state of mind, and "got there". The "wife" is gullible. You direct her, she follows. If you want to go to another town, you buy a bus ticket, marked with your chosen destination, and you get there. By the same token it is possible to want to get to another state of consciousness or just to another mood, do the plausible thing and "get there" in imagination.

We are not interested in mood changing. We all have our ups and downs. But if we try to "get a high" we must expect a low to follow. The pendulum always swings both ways. Always. Learn to know and to love your "wife", never abuse her, and she will ever be your faithful ally.

A technical description of the way of the soul could be written but would defeat our purpose, to LEAD you to this Higher Knowledge by your own efforts. That is the Purpose of Life, not a whim. Technicalities satisfy only the intellect, the very factor we are now to transcend. The soul demands that we live beyond it.

We have evolved in sequence a body, emotions, intellect, now we must - under the drive of Nature, move on once more, to an unknown sphere - and fear of the unknown is deep in our nature - so we pause, we gather strength to overcome this fear - "Be thou without fear" says the Hieres, we must extend the Lamp of the Kerux, the reasoning mind by using it to the utmost. And recall that in the O=O Grade the Hegemon, the Holy Guardian Angel never leaves your side. You are not alone, though you see nothing. Thus it is, in the Path of Initiation.

So be simple in your meditation. Have no preconceptions as to what "ought to" happen. We take our assigned topic, or "seed-thought" and holding it steadily in the mind, allow any and only associated ideas to flow through, noting these ideas. For instance we easily associate with "match" ideas of fire, heat, cooking etc., or again it may give rise to "contest", "rugby" etc., or again to "wedding", or to colour combinations. They are all "associated ideas". So the allotted symbols have connected ideas, as have each point in the Rituals, and even the O=O has a vast range of stimulating points of contact with the soul. Each Ritual is a highly concentrated epitome of Reality which, by virtue of Ceremonial, enters easily into the subconscious and is used by the soul.

Nothing spectacular is going to happen. It is a very gradual process. Don't pull yourself up by the roots to see if you are growing. Great expectations produce great disappointments. Yet the soul, also pictured as of the opposite sex, is romantic. She precipitates poetry, music, romance in the World and marriage is a true reflection of the blending of Soul and body, Psyche and Eros. So let your romantic aspect have some play, don't hold back. We each must find our mid-point between fact and fantasy, also symbolised by the seat of the Hegemon, at the point of equilibrium, between the Mystic Pillars, where she finally "removes the Rope, last remaining symbol of darkness". - under the direction of the Hierophant.





"PREPARE TO ENTER THE IMMEASURABLE REGION"  
.....

1=10  
K.L. 2.

P 4

The first meditation topic, the Point, was a preparation for these opening words of the 1 = 10 Grade, and for the system as a whole, and could be akin to "enter the Darkness" or walk into the Unknown.

The "Two Paths" of the Tree of Knowledge are those natural to the reasoning mind, the Kerux, and neither is open to the higher wisdom we seek.

As the Point has no dimension - yet exists - so Wisdom is not an extension of learning, of the Tree of Knowledge, but enters a new dimension of our being and involves a new faculty. Hence when all progress appears barred by "Two Contending Forces" on either side of the Flaming Sword, and the Kerux can lead us no further, the Hierophant intercedes, becoming the third point of the Triangle. Having done so, he then comes round the altar and for the first time takes the Neophyte by the hand, symbolising the first contact between the Higher Self and the worldly man, which occurs only when the limits of intellect have been reached and intuition takes over, IN-tuition. All three Paths were followed "By the Guidance of the Hierophant", i.e., it is normal to seek the Pillars for guidance rather than to follow the Middle Path.

In the 0=0 Grade you were lead at length to the place of the Hegemon, the Seat of Balanced Powers, the Symbolical Gateway of Occult Wisdom, but you did not pass through them. Symbolically, this time you do so.

You have now entered Malkuth, the Kingdom, and in more than one sense the 1=10 is the highest Grade! What use a King without a Kingdom? Which is more important? On page 16 of your Ritual you will find a quotation from the Zepher Yetzirah, or Book of Formation, a copy of which will be given to you later. In every Grade there are quotations from this Book, and we commend them for your very serious consideration. Read this quotation now. Its appeal is mystical, of the New Dimension you have entered. It may embarrass the reasoning mind, but it is in the language of the Soul, as are the Rituals and the Hebrew Alphabet. As you will find shortly, with a few clues, Hebrew is its own dictionary, equally, the Rituals, quietly studied, will guide you on, in their own way. True, you can look most Hebrew words up in a dictionary or a concordance, but that will do you no good. The given meanings are formal and unenlightened. But they can be read by the Light of the Soul the Light that shineth in the Darkness, yet the Darkness comprehendeth it not. Your spiritual growth depends on your patient entry into the new dimension. There are no shorth-cuts. A dictionary or a learned treatise on any point we offer will be a fetter, not a help. You must "Persevere with courage and determination", as told in the 0=0 Degree.

Many get discouraged and frustrated because they cannot see this point. But as we have shown you, when the Kerux can go no further, only then can the Hierophant gain access to what lies beyond rationalisation, he takes you by the hand, if you can but feel his touch, and with patience and practise in the sacred art, YOU WILL.

The 1=10 Grade of Zelator is referred to the Element of EARTH, and while in it you should do all you can to feel Earth. Mother Earth. Plant seeds, watch them find life in Mother Earth. Do pottery, tend a pot plant, do anything practical and positively with earth. Consider the microscopic living things which work in it, the worms, the rain, the sun. Every cell in your body comes ultimately from Earth. She is your mother in many ways. Get to know Her.

The Knowledge Lecture assigned to this Grade deals with the Quarternary, the number FOUR, Manifestation of Life - on Earth. "..... Thy Will be done IN EARTH as it is in heaven."

The Quarternary, Earth, Manifestation - and the Immeasurable Region? They appear incompatible, but the combination is purposeful.





With K.L. 2

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### THINKING BACKWARDS.

The importance of this exercise is difficult to understand at this stage,, but it is simple and effective in the long term.

On retiring to bed, spend a little time every night in "Thinking backwards" over the day. Start with the time of getting into bed, i.e. "the present moment", then follow the sequence of events back to the moment of waking. (Which was then the present moment). There is no point in being critical of your actions, but just watch how one action preceded another. At least it is a good way of putting yourself to sleep!

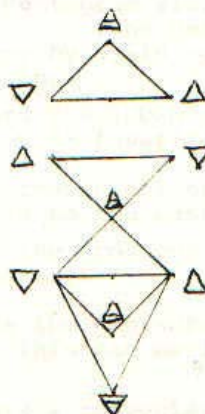
We can only explain this briefly just now, but on actually falling asleep the conscious mind is stilled and the subconscious then communicates with the "Super-conscious", the "Higher Self" or whatever name you prefer to give that, at present, unknown aspect of yourself.



During normal life you are three points within a circle. In daily life the lower two are working together, the conscious and the personal subconscious minds. In sleep the subconscious links with the top point, A, and the days essence is passed on the spirit - in reverse - and suitable influences flow down from A to B, ready to effect the next day's activity between B and C. So we have two sides of the triangle in action. We formulate the third, A-C, at your O=O. You are now exercising that link in your Order work. In all of that work.

The diagram of the "Falling and Reflected Triangles" will carry the symbolic illustration of this process.

Unlike some practises recommended by others, this one is safe and simple. You may occasionally experience dreams of some significance to you. These will be in symbolic terms, and while they merit attention, they should not become obsessive. By means of your prescribed work with symbolism you are developing the faculty of understanding such dreams, or currents between the points A and C, a very gradual process, but all your own. As we have said elsewhere, we are not here to graft bits on to you, but to assist things as yet potential to become actual. The complete Tree of Life is inherent in every human - in potential form. It only needs to awaken into full Being.



Note that AIR remains constant on the Middle Pillar, WATER & FIRE alternate with each reflection, in the Tree of Life.



## THE LESSER RITUAL OF THE PENTAGRAM

The Five Pointed Star, or PENTAGRAM symbolises the Four Elements plus the Spirit. The upper point and the central Pantagon refer to the Spirit as ruling over the Four Elements - the Elemental Nature which we share with the rest of nature. Much further may not now be said, but the constant use of this little ritual and reflection on its nature will prove enlightening.

In the morning use the "Invoking" (or Evoking) form and again in the evening the "banishing" form.

Take a sharp pointed instrument of iron (Mars) kept for this purpose. Stand facing the East (or the wall nearest East). Perform the Qabalistic Cross thus:-

Touch the forehead, say "ATEH" (Unto Thee be)  
 " The abdomen, say "MALKUTH" (The Kingdom)  
 " Right shoulder " "Ve Geburah" (And the Power)  
 " Left shoulder " "Ve Gedulah" (And the Glory)  
 Clasping fingers together, "LeOlam" (Unto the Ages)

Using the Creative imagination and the implement draw a large Pentagram of light before you thus:-



Invoking



Banishing

Stab to the centre of the figure and draw a line of Light round to the South. Then draw another Pentagram of Light, Repeat in the West and in the North, then continue the circle of light to the starting point in the East. At each stab in the centre of the Pentagram vibrate the Name YEHESHUAH יהושע (The Hebrew word for JESUS).

Close the Ceremony by again repeating the Qabalistic Cross as at the beginning.

Note that the word YEHESHUAH consists of the Tetragramaton with the Holy Letter SCHIN inserted in the middle.

It is not always convenient or necessary to do more than a single Pentagram to the East.

Finally, stretch the arms out sideways so that your body forms a Cross and say:-

"Before me flames the Pentagram, behind me shines the Six Rayed Star". This can be inserted before the final Qabalistic Cross.

You may find this a convenient way to "tune up" for meditation.



# THE SIGNIFICANCE OF THE TWELVE SIGNS.

1. ARIES. The Ram. Fierce, intelligent, pioneer, warrior
2. TAURUS. The Bull. Steady, concentrating, persevering.
3. GEMINI. The Twins. Duality, intuition, curiosity, discrimination.
4. CANCER. The Crab. Sensitive, receptive, protective, romantic, domestic.
5. LEO. The Lion. Open, generous, idealistic, ostentatious.
6. VIRGO. The Virgin. Methodical, quiet, reserved, very critical, shy, modest.
7. LIBRA. The Scales. Genial, kind, idealistic, rather fickle seek admiration, social, artistic. Like to see "justice" on their own terms.
8. SCORPIO. The Scorpion. Bold, confident, willful, a "sting in the tail", can be sarcastic. Fond of secrets and mystery, the occult. Fiery temper.
9. SAGITTARIUS. The Archer. Frank, impetuous, shrewd guesser, good natured but irritable, independent.
10. CAPRICORN. The Goat. Ambitious, suspicious, just, quiet, relentless, prudent, even mean.
11. AQUARIUS. Idealistic, humanitarian, artistic, friendly, scientific, timid, nature-lover.
12. PISCES. The Fishes. Kind, imaginative, fond of music and poetry, talkative, romantic, versatile, changeable, unpredictable.

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# THE QUARTERNARY

## OF THE FOUR ELEMENTS & THE NUMBER FOUR

We have already met the four Elements in our first lecture.

Note that there are FOUR such lectures and ponder the number FOUR.

In Man the four elements are referred to the human life as;

Yod	△	~	FIRE	=	The Intellect
Heh	▽	~	Water	=	The emotional nature
Vav	△	~	Air	=	the vital body & the intuitive nature
Heh	▽	~	Earth	=	the physical body.

This is Man in Malkuth, the Kingdom. But the Tree of Life depicts Life in any phase, from the Absolute to the inert matter.

We have, then, a subdivision of the Tree into four planes.

Again, these planes can each be subdivided into Four, depending on what level we are working. Here is a diagram showing the Four Planes












### The Quaternary continued

You will note the use of the Four Letters of the Holy Name, IHVH. In this diagram Kether is alone on the top level and is intimated by the uppermost "tip" of the YOD in Briah. The letters I & H both appear in the second level, the Creative plane as the Male & Female aspects of the Godhead, as in Genesis "And the Elohim said 'let us make Man in our own image' . . . . . Male and Female made they them".

The next six Sephiroth are referred to the letter VAU and the Soul. Remember the meaning of VAU -- a pin, hook or knot, a conjunction, a link, while in the lowest plane we have Malkuth, the material world. Many and profound are the mysteries here implied. This simple diagram hides far more than it reveals on the surface. So does the Sphinx of Egypt.

The Four Elements and the Four Letters are linked in many ways. We have the four faces of the Cherubim seen by Ezekiel and in the Revelation of John. They each had Four Faces, one of a Lion, one of an Eagle, one of a man and one of an Ox.

Here are the symbols of some of the groups of four we meet.

Element	Letter	Sign	Elementals	Plane	Quarter
	ו		SALAMANDERS	אצילות	South
	ה		UNELINES	בריאה	West
	ל		SYLPHS	יצירה	East
	ה	ם	GNONES	עשיה	North

We also have the Four Suits of the Tarot, the Four weeks to the Luna Month, the Four Seasons, the "City built foursquare" and - of course - The Cross. Indeed as you will see later Malkuth is divided into four sections, reflecting that which is above, for that which is below is as that which is above. More groups of four will occur to you. This is consistent with your meditation on the Square, Earth, the Cube etc.

THE FOUR WORLDS OF QABBALAH may be tabulated thus:-

ATZILUTH,	The Realm of Pure Deity	KETHER
BRIAH	The Archetypal World, Archangelic	Chokmah & Binah
YETZIRAH	The Formative World, Angelic	Chesed to Yesod
ASSIAH	The material, or manifest World, Humanity	MALKUTH

### THE FOUR ARCHANGELS

FIRE	MICHAEL
WATER	GABRIEL
AIR	RAPHAEL
EARTH	AURIEL (Uriel)



## THE SECOND KNOWLEDGE LECTURE

The Four Orders of Elementals are:-

1. The Spirits of Earth .....GNOMES
2. The Spirits of Air . . . . .SYLPHS
3. The Spirits of Water. . . . .UNDINES
4. The Spirits of Fire . . . . .SALAMANDERS

The Kerubim are the Living Powers of Tetragrammaton on the material Plane and the Presidents of the Four Elements. They operate through the Fixed or Kerubic Signs.

Kerub of Air	△	Man	Aquarius	♊
Kerub of Fire	△	Lion	Leo	♌
Kerub of Earth	▽	Bull	Taurus	♉
Kerub of Water	▽	Eagle	Scorpio	♏

TETRAGRAMMATON means the Unpronounceable of GOD IHVH

The Laver of Water of Purification refers to the Waters of Binah the female Power reflecting in the Waters of Creation

The Altar of Burnt Offering for the sacrifice of animals symbolises the "Qlippoth" or Evil Demons of the Plane contiguous to and below the Material Universe. It points out that our lower passions should be sacrificed.

The Qlippoth are the "evil" demons of matter and the shells of the "Dead" - (or the past)

The Diagrams of the flaming Sword and of the Serpent of wisdom will be shown separately.

The Two Pillars represent in the Temple represent, in one sense the Two Pillars on the left & right of the Tree of Life and in another sense

<u>ACTIVE</u>	<u>PASSIVE</u>
The white Pillar (South) (Right)	The Black Pillar (North, or left)
Male	Female
Adam	Eve
Pillar of Light	Pillar of Cloud
Right hand Kerub	Left hand Kerub
METETRON	SANDALPHON
Pillar of Severity (Geburah)	Pillar of Mercy (Chesed)

THE CENTRAL PILLAR OF THE T.O.L  
PILLAR OF EQUILIBRIUM





# THE ATTRIBUTION OF THE 22 LETTERS TO THE PATHS. OF THE TREE OF LIFE.

PATH	LETTER	SIGN	PATH	LETTER	SIGN
11	Ⲁ ALEPH	AIR	22	Ⲛ LAMED.	LIBRA
12	Ⲁ BETH	MERCURY	23	Ⲛ MEM	WATER
13	Ⲁ GIMEL	MOON	24	Ⲛ NUN	SCORPIO
14	Ⲁ DALETH	VENUS	25	Ⲛ SAMECH	SAGITARIUS
15	Ⲁ HEH	ARIES	26	Ⲛ AYIN	CAPRICORN
16	Ⲁ VAU	TAURUS	27	Ⲛ PEH	MARS
17	Ⲁ ZAYIN	GEMMINI	28	Ⲛ TZADDI	AQUARIUS
18	Ⲁ CHETH	CANCER	29	Ⲛ QOPH	PISCES
19	Ⲁ TETH	LEO	30	Ⲛ RESH	SUN
20	Ⲁ YOD	VIRGO	31	Ⲛ SHIN	FIRE
21	Ⲁ KAPH	JUPITER	32	Ⲛ TAU	SATURN

The Three Mother Letters are    ALEPH Ⲁ    MEM Ⲛ    SHIN Ⲛ

The Seven Double Letters are:-

BETH Ⲁ    GIMMEL Ⲁ    DALETH Ⲁ    KAPH Ⲁ    PEH Ⲁ    RESH Ⲁ    TAU Ⲁ

The 12 Simple Letters are:-

Ⲁ HEH	Ⲁ VAU	Ⲁ ZAYIN	Ⲁ CHETH
Ⲁ TETH	Ⲁ YOD	Ⲁ LAMED	Ⲁ NUN
Ⲁ SAMECH	Ⲁ AYIN	Ⲁ TZADDI	Ⲁ QOPH
△ FIRE	▽ EARTH	△ AIR	▽ WATER = triplicities

The Three Mothers are Elements

The seven Doubles are Planets

The twelve Simples are Signs of the Zodiac

On page 7 of this set of papers we give the symbolism of the 12 Signs. These should be well memorised, as the key-word symbolism of the 22 Letters come next lesson, and both tables of significance must be used later when we study the Tarot Trumps over a considerable period.