

The Kabbalistic Cross

Da'at

- Invoke the light of the true cross; take up your holy cross and following the way of the Christ-presence.
- Standing or sitting, envision a sphere of light above your head, as through the light of many stars is gathered there, and abide in the awareness of the sacred unity of yourself, creation, and God.
- Reach up with your hand and touch the sphere of light above your head, and intone "Atoh", drawing the light down as you touch your forehead.
- Then bring your hand straight down to your throat, seeing the light descend there, and intone "Io Adonai".
- Bring your hand down the middle of your body, seeing the light descend down through you into the earth below, and with your hand pointing to your feet, intone "Malkut".
- Then bring your hand back up the middle of your body to your heart and extend the light to your right shoulder, and touching your right shoulder, intone "Ve-Gevurah".
- Then extend the light to your left shoulder, and touching your left shoulder, intone "Ve-Gedulah".
- Clasping your hands in front of your heart, as in prayer, envisioning the light of the cross within you, intone "Le-Olam, Amen".