

## The Middle Pillar

### Yesod

- Sit or stand, as you like, and set your mind upon your breath, letting your body find its own natural rhythm of breathing. Gather your consciousness within behind the heart and calmly abide for a few moments – just be.
- Shift your focus to the top of your head and envision on top of your head a sphere of brilliant white light – diamond-like light that sparkles with the colors of the rainbow, as though crystalline. Imagine that you are breathing through this center on top of the head and breathe at least three cycles of inhalation and exhalation through the center. Then bring the center to life with the intonation of Eheieh at least three times. (Three cycles of breath and intonations of the corresponding divine name is the minimum number for each center in practice).
- Envision that a channel of light descends through the top of your head down to your throat and that a center of translucent lavender light forms at the throat. Breathe through this center. Then awaken the center by intoning the divine name of Yahweh Elohim.
- Envision that the light continues its descent to the center of the torso at the solar plexus and forms a center of translucent golden light there. Breathe through this center. Then awaken the center by intoning the divine name of Yeshua (alternatively, Yahweh Eloheinu can be used).
- Envision the light progressing in descent down to your groin region and forming a center of translucent violet light in the groin. Breathe through the center and then bring it to life with the divine name Shaddai El Chai (for a special flow of grace, the name of El Shaddai may be used, or for special divine protection, the name of Shaddai).
- Envision the line of light going down to your feet and forming a center of radiant darkness at your feet – like translucent obsidian light. Breathe through the center and then intone the divine name of Adonai (for a stronger grounding of energy and oneself, the divine name of Adonai Ha-Eretz may be used, for a more devotional practice, the divine name of Adonai Melekh can be used. Devotees of the Holy Bride often use the divine name of Kallah Messiah).
- Envision a fiery energy kindled in the Malkut sphere (the black sphere at your feet) and imagine a great stirring and pressuring building until a threat of fiery energy shoots up the channel of light formed by the middle pillar. Envision the fiery energy and light mingling in each center in ascent and the combined energy of fiery light rushing up out of the top of your head, as though you have become a great fountain of fiery light. See this light pouring over you and washing through your sphere of sensation or aura.
- Imagine the flow of light becoming linked to your breath, so that in breathing and envisioning you can consciously direct this fiery light. As you exhale, envision a current of fiery light descending down the front of your body, and as you inhale, the same current flowing up the back of your body, thus creating a circuit flowing around you.
- Once you establish the first current, then envision another current going down the left side of your body and up the right side, also linked to your exhalation and inhalation.
- Now envision a translucent sphere of fiery light around you and these currents moving independently in the sphere. Envision your body as translucent fiery light and see all the centers in their place in the body of light, and the descending and ascending force flowing. Abide in meditation with this vision of awareness as long as you can. This concludes the practice.