

## The Red Maiden of Light Practice

Sit and abide in Primordial Meditation, as in the Holy Womb of Mother Sophia.

Envision your body magically appearing as though composed of clear crystalline light, like an empty shell hollow inside, yet brightly shining; and at the heart center envision the letter Alef, as though formed of brilliant diamond-like light, sparkingly with rainbow hues.

Then take up the chant: *Ma Ah Sha*, with a conscious intention that all living spirits and souls experience the Pure Joy of the Risen Christ and the Perfect Delight of the Holy Bride.

As you intone the chant, envision the Alef magically transforming into a rose of white brilliance of forty-nine petals, with a ruby red letter shin standing in the middle of the holy rose; continuing the chant envision the shin magically transforming into a brilliant bundle of ruby red light, like a red egg. Envision rays of this ruby light streaming throughout your crystalline light-body, your subtle body becoming as this holy light.

Now, as you continue the chant envision and feel this bundle of ruby red light expand to fill your entire subtle body, aware of the purification of all negativity, the cause of all greed and anger; then envision this egg of red light magically transforming into the light-image of yourself arising as the Red Maiden of Light.

She appears in her youth, as though she is sixteen, with long hair and she is sky-clad, wearing only golden jeweled ornaments – earrings, necklace, bracelets and anklets, along with an ornamental belt. The jewels in her ornaments are rubies and diamonds, and she dances with a grail and dagger in her hands. There is an aura a flaming fire surrounding her – an aura of passionate delight that transforms everything it touches into itself.

In her cup is the Blood of Christ, which is the Pure Bliss of Sophia, and with her dagger she cuts away, banishes and dispels all negativity, depression and doubt; when she brings her cup and dagger into union, like a flashing fiery light her blessings and grace are extended to all living spirits and souls.

You arise as the Magdalene, in the form of the Red Maiden of Light, dancing in the sky, the light image of the holy rose beneath you, though your feet do not touch the white rose, but you dance in the space above it; your right foot in the sacred dance dispels all causes of anger and your left foot dispels all causes of lust – your body and being are Pure Desire for the Beloved, and for the experience of union with the Beloved in all beings.

Now let the chant extend, intoning *Ma Ah Sha Shekinah Ha-Messiah*.

As you extend the chant envision that the ruby light cannot be contained in your body, but bursts forth as rays of ruby light into all direction of endless space, purifying spirit-space and all elements of all forms of negativity, spontaneously liberating the mind, speech and body of all beings from the dominion of the demiurge (ignorance), uplifting all divine sparks into the Light Realm – your light-body dancing, your voice chanting and your mind in repose, with conscious intention of boundless compassion, all your gestures are a blessing upon beings, all your gestures are liberating beings: countless living spirits and souls are taken up in your Divine Rapture, the perfection of your Holy Love.

When the chant is complete, envision yourself as the Red Maiden of Light magically transforming into an egg-shaped bundle of ruby red light the size of your whole body, and the condensing into the red egg of light in the center of the white rose in the sanctuary of your heart – then envision this image

transforming into the Spiritual Sun in your heart, abiding in the awareness of your union with the Risen Messiah and Shekinah of Messiah – the Mystery of Bridal Chamber.

Abide in the holy awareness of sacred unity – pure radiant awareness, as long as you can, then arising as yourself again give praise and thanks to El Elyon: The Living Father and Divine Mother, Spiritual Sun and Holy Spirit; and pray that the blessings and grace generated by your practice pours out upon all beings; pray for the extension of the Light of Shin Tau (the “Great Seth”) and for the resurrection and ascension of this Good Earth.