

# New Hermetics

## Grounding and Centering (Pentagram) Ritual



A number of people have asked me about a physically conducted ritual form of the grounding and centering, and I wrote a version of it for a forthcoming book called “The Book of Magick Power.” But that book is not going to be coming out for quite a while, so I thought I would give anyone interested this excerpt. This is just one way of approaching this, your own creativity could easily elaborate on this frame.

*From “The Book of Magick Power,” Chapter 5- Psychic and Magick Influence*

You may begin by imagining an inner temple forming in the space of your workroom, which is four-square, each of the walls facing one of the four directions. As you trace the pentagrams and say the words of power, you will visualize the walls disintegrating, revealing the elemental worlds behind them. At first, this exercise may seem dauntingly complex, but once you get the hang of it, you will find it to be a powerful and moving experience.

I have abandoned the Hebrew words that usually go along with this ceremony in preference of English words that clearly evoke the powerful principles of practical magick that you will be working with. However, if you are familiar with and would prefer to use the traditional Lesser Banishing Ritual of the Pentagram or one of its derivatives, you can still use the visualizations that follow to assist you in making your intent more powerful.

1. Stand facing east. Take a few breaths to relax yourself.

2. Use your anchor to put yourself into the Alpha state if you have not already done so.
3. Begin breathing into your crown chakra, opening the Sahasrara, visualizing the ball of white Light, burning like a star, directly above your head. This is your connection to your superconsciousness. Raise your right hand above your head, and draw a shaft of light down into your head from the globe of white light above you, just like in the Alpha state exercise, only this time imagine it with as much intensity as possible, as if you are drawing the power of the whole universe into yourself. You can also visualize that a shaft of white light is rising vertically from the globe of light above your head to the infinite consciousness of the universe itself, and that you are drawing on this infinite source of power. Touch your forehead, saying the words, "As above."
4. Inhale deeply, feeling the light above your head burning with intensity as it sends its rays down into your head, then as you exhale slowly, continue drawing the shaft of light down with your hand to your the groin area, saying the words, "So below." Visualize the vertical shaft of white light descending all the way to another globe of light beneath your
5. Touch your right shoulder, saying "To accomplish." Breathe into your shoulder, as if breathing into one of your chakras, opening a channel of energy there, and visualizing another globe shining where you are touching your shoulder. See a shaft of white light, extending horizontally to your right, and on to infinity.
6. Touch your left shoulder, saying, "The miracle." Breathe into your shoulder, as if breathing into one of your chakras, opening a channel of energy there, and visualizing another globe shining where you are touching your shoulder. See a shaft of white light, extending horizontally to your left, and on to infinity.
7. Bring both your hands to your heart, Begin breathing energy from all four points (Above head, feet, left and right shoulder) into your heart, forming a sphere of brilliant light and energy. This should feel quite ecstatic. Say, "Of the one thing."
8. Interlace your fingers, standing at the center of a blazing Cross of white Light, which extends to the ends of the Universe, as you vibrate the sacred word "AUM."
9. Go to the Eastern edge of your circle. Send energy from the glowing orb at your heart up through your arm as you exhale, and trace a large Banishing Earth Pentagram.



Diagram 13 - Banishing Earth Pentagram

Make sure that you are tracing it clearly and consciously, not just flailing your arms around. As you trace, visualize a blue-white flaming glow forming the pentagram in the air before you. As you trace the pentagram, be aware that you are setting in motion forces that will prevent any hostile influences from entering your circle. Inhale deeply, drawing energy down from the star above your head into your heart. Visualize the letters "KNOWLEDGE" glowing brightly in white light coming down into your body with the energy. As you exhale, send the energy up and through you as you throw your arms outward toward the pentagram, saying "Knowledge!" Visualize the energy bursting through and past the pentagram blasting away all negative energy as it fills a quarter of the entire universe. See a vast golden yellow plain of gently waving grass materializing beyond the pentagram. The sun is rising. Visualize billowing clouds of yellowish air playing over this scene before you, an airy atmosphere, and as you see this become aware of the power of your mind, the process of thinking. Draw your right hand to your lips, inhaling, and continuing to visualize the scene in the east behind the pentagram.

10. Pierce the center of the Pentagram. Send some of your energy out of your body as you exhale, tracing a line of blue-white light around the circle as you move to the South, (to the point where the center of the next Pentagram will be).

11. Inhale deeply, drawing energy from the globe of light above your head into your heart. Send energy from your heart up through your arm as you exhale, and trace a Banishing Earth Pentagram. As you trace, visualize a blue-white flame forming the pentagram in the air before you. As you trace the pentagram, be aware that you are setting in motion forces that will prevent any hostile influences to enter your circle. Inhale deeply, drawing energy down from the globe of light above your head into your heart. Visualize the letters "WILL" coming down into your body with the energy. As you exhale, send the energy up and through you as you throw your arms outward toward the pentagram, saying "Will!" Visualize the energy bursting through and past the pentagram blasting away all negative energy as it fills a quarter of the entire universe. See a vast, blazing hot, red desert materializing beyond the pentagram. It is noon. Visualize burning red flames before you, playing over this scene before you, a fiery atmosphere, and as you see this become aware of your will, your passions and desires. Draw your right hand to your lips, inhaling, and continuing to visualize the scene in the south behind the pentagram.

12. Pierce the center of the Pentagram. Send some of your energy out of your body as you exhale, tracing a line of blue-white light around the circle as you move to the West, (to the point where the center of the next Pentagram will be).

13. Inhale deeply, drawing energy from the globe of light above your head into your heart. Send energy from your heart up through your arm as you exhale, and trace a Banishing Earth Pentagram. As you trace, visualize a blue-white flame forming the pentagram in the air before you. As you trace the pentagram, be aware that you are setting in motion forces that will prevent any hostile influences to enter your circle. Inhale deeply, drawing energy down from the globe of light above your head into your

heart. Visualize the letters “DARING” coming down into your body with the energy. As you exhale, send the energy up and through you as you throw your arms outward toward the pentagram, saying “Daring!” Visualize the energy bursting through and past the pentagram blasting away all negative energy as it fills a quarter of the entire universe. See a vast ocean beach with glorious blue waters beyond the pentagram. The sun is setting on the water. Visualize undulating waves of watery energy before you, playing over this scene before you, a watery atmosphere, and as you see this become aware of your emotions and feelings. Draw your right hand to your lips, inhaling, and continuing to visualize the scene in the west behind the pentagram.

14. Pierce the center of the Pentagram. Send some of your energy out of your body as you exhale, tracing a line of blue-white light around the circle as you move to the North, (to the point where the center of the next Pentagram will be).

15. Inhale deeply, drawing energy from the globe of light above your head into your heart. Send energy from your heart up through your arm as you exhale, and trace a Banishing Earth Pentagram. As you trace, visualize a blue-white flame forming the pentagram in the air before you. As you trace the pentagram, be aware that you are setting in motion forces that will prevent any hostile influences to enter your circle. Inhale deeply, drawing energy down from the globe of light above your head into your heart. Visualize the letters “SILENCE” coming down into your body with the energy. As you exhale, send the energy up and through you as you throw your arms outward toward the pentagram, saying mentally, but not uttering a sound, “Silence!” Visualize the energy bursting through and past the pentagram blasting away all negative energy as it fills a quarter of the entire universe. See a vast land of green mountains and rich dark earth beyond the pentagram. It is midnight. Visualize rocky structural energies forming before you, playing over this scene before you, an earthy atmosphere, and as you see this become aware of your plans, goals and your physical life. Draw your right hand to your lips, inhaling, and continuing to visualize the scene in the north behind the pentagram.

16. Pierce the center of the Pentagram. Send some of your energy out of your body as you exhale, tracing a line of blue-white light as you move to the East. Complete the Circle by finishing the line in the center of the first Pentagram (where you began).

17. Now spread your arms at your sides at shoulder level, facing toward the east again, and say, “Before me, Intelligence.” Visualize a giant golden yellow angelic being forming in the billows of cloud in the east. This is your guardian of the element of Air.

18. Say, “Behind me, Understanding.” Visualize a giant pulsing blue angelic being forming in the flowing watery energy behind you in the west. This is your guardian of the element of Water.

19. Say, “To my right hand Creation.” Visualize a giant fiery red angelic being forming in the flames of the south. This is your guardian of the element of fire.

20. Say, "and to my left hand Manifestation." Visualize a giant earthy black angelic being forming amongst the structures in the north. This is your guardian of the element of Earth.

21. Observe the energy in and about you, saying, "about me flame the Pentagrams, and in the column shines the Six-Rayed Star."

22. Repeat steps 3-8.

23. You may now begin your work, or return to normal awareness whenever you are ready.