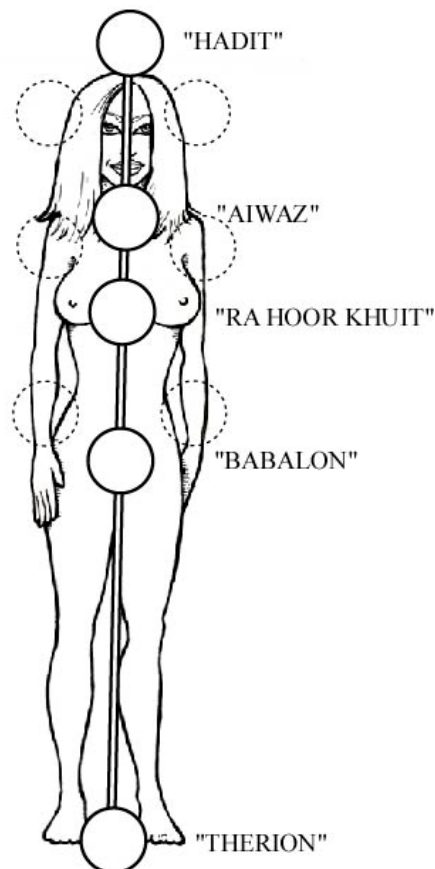


Thelemic Middle Pillar

The following is a version of the Middle Pillar I composed many years ago for work with Thelemic initiates practicing magick under the guiding hand of Aleister Crowley. The divine names are meant to be suggestive, but you can replace them or juxtapose them at your will.

"NUIT"



1. You may sit, lie down flat, or stand. Take a few moments to relax your body and breathe deeply and fully.
2. Close your eyes, and become aware of the void that lies behind your closed eyes. It extends infinitely in all directions. You may begin to notice flashes of light or stars, but continue to concentrate on the infinity that lies all around you. Now, slowly and powerfully vibrate the word "NUIT." As you do this imagine the expanse of infinity behind your closed eyes to be you. You are that infinity. Vibrate, "NUIT" five more times, all the time expanding your awareness.
3. Now begin to breathe into your crown chakra, the uppermost point on your head. Imagine that your crown chakra is your apparatus of breathing, and all of the energy of your breath is concentrated at the crown of your head. This may only seem tenuous at first, but don't worry about that for now, the impression will be strengthened soon. Continuing to breathe into your crown chakra, visualize a

sphere or star of bright white shining just above your head, about the size of a softball, in the region of your breathing. Radiation should pour out of it as if it were a small sun.

4. Inhale, deeply concentrating on the breath filling up the star above your head. As you exhale, vibrate the word "HADIT." Watch and feel the star growing in brilliance. Repeat this process 5 more times.
5. Relax for a few moments and feel the energy pulsing above your head.
6. On an exhalation, push a shaft of white light down through your head from the star above you, to your throat.
7. Begin breathing energy down the shaft into your throat, always beginning at the star above your head. Now visualize a second sphere or star in the center of your throat. Inhale, deeply concentrating on the descending energy into your throat, and As you exhale, vibrate the words "AIWAZ." Watch and feel the star brighten while you Repeat this process 5 more times.
8. Relax and feel the energy pulsing through your head and throat.
9. On an exhalation, push the shaft of white light down past your throat from the star in your throat to the area around your heart and solar plexus.
10. Breathe energy down the shaft into your throat, and down to your chest, always beginning at the star above your head. Now visualize a third sphere or star in the center of your chest. Inhale, deeply concentrating on the descending energy into your chest, and As you exhale, vibrate the words "RA HOOR KHUIT." The star should brighten and become more brilliant as you do this. Repeat this process 5 more times.
11. Relax and observe your body, noticing any changes, and feel the pulsation of the energy.
12. On an exhalation, push the shaft of white light down through your chest from the star above you, to your pelvic area.
13. Breathe energy down the shaft into your throat, down to your chest, and all the way down to your pelvis, always beginning at the star above your head. Now visualize a fourth sphere or star around your genitals. Inhale, deeply concentrating on the descending energy into your genitals, and as you exhale, vibrate the words "BABALON." Feel the star growing in brilliance as you do this. Repeat this process 5 more times.
14. Relax and feel this powerful flow of energy.
15. On an exhalation, push the shaft of white light down through your genitals from the star above you, to your feet.
16. Breathe energy down the shaft into your throat, down to your chest, through your genitals, and down to your feet, always beginning at the star above your head. Now visualize a fifth sphere or star around your feet. Inhale, deeply concentrating on the descending energy into your feet, and as you exhale, vibrate the words "THERION." Feel the star growing in brilliance as you do this. Repeat this process 5 more times.
17. Relax and observe your body once again, noticing whatever is happening there, and feel the radiating energy.
18. Maintaining the downward flow as much as possible, focus your attention back on the star above your head. On an exhalation, push a ball of Light and energy out of the star above your head, and down the left side of your body to the star beneath your feet. Inhale, and bring it back up your right side to the

star above your head, forming a circle of light around you. Repeat this five times, or until it seems solid.

19. Now, on an exhalation, bring a ball of Light down the front of your body to the star beneath your feet. Inhale, and bring it back up the rear of your body to the star above your head, forming another circle of light. Repeat this process five more times.
20. Relax for a few moments and feel all of these pathways of energy as vividly as you can.
21. Focus your attention on the star beneath your feet. Inhale and bring a spiraling shaft of Light swirling up around your body and to the star above your head. While exhaling, visualize a fireworks-like explosion of Light that rains gently down upon you and is collected into the star beneath your feet. Repeat this process five more times.
22. Now you are surrounded by an egg of energy, pulsing through and around your body. You are in a cocoon, and you will now begin to transform. Within you, there is a bird of prey, a golden hawk. Feel your face grow more streamlined, as a beak forms. Feel your arms slowly transform into wings, golden feathers appearing all over your body. When you feel ready, break free from the egg in your golden hawk body, and soar into the infinite emptiness beyond. Return only when you are ready, soar for as long as you like. When you return to physicality, put your right forefinger to your lips and vibrate, "HOOR PAAR KRAAT."