

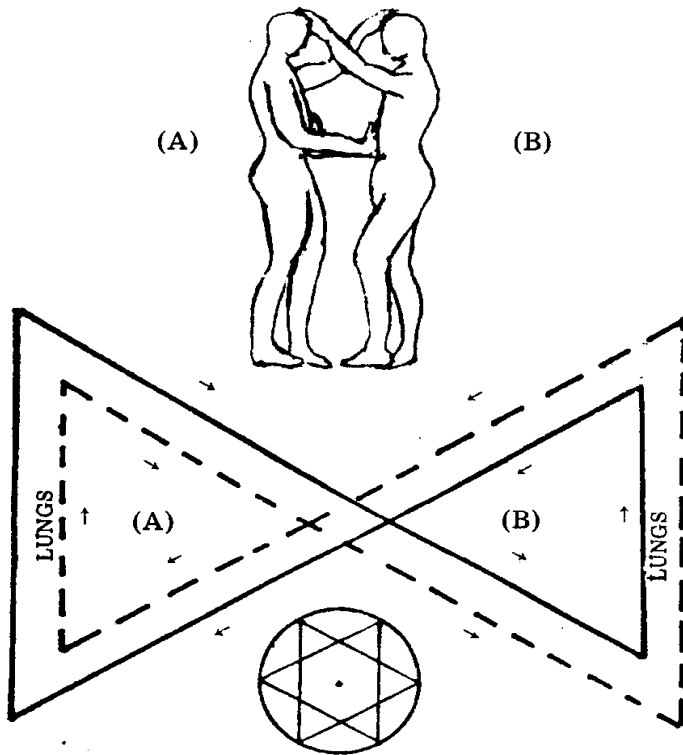
BALANCING THE ENERGIES

A magical exercise of union and cooperation for two Magicians of the Way.

In an equal balance of the Active and Receptive Forces is the Equilibrium achieved. This is a magical exercise of Balancing.

The ceremony is most appropriate for a loving couple, and performed at the time of the Spring Equinox when the Sun moves into Libra the Scales. This exercise is complete in itself and does not need involve any sexual activity. Another purpose of the ceremony is for two magicians (or witches) who decide to link together their magical potential so that the two can work together in partnership for a greater and higher goal, which neither could achieve alone. One person representing the male energy shall be the Minister of Fire and the other person representing the female energy shall be the Minister of Water.

Its greatest value is usually for balancing energies between two people who want to establish (or re-establish) their magical or other relationship on a more harmonious basis. The short exercise is most potent for magicians, as it combines at a very high level their collective Inner Beings - forming a magical link between the pair. The diagram on the left represents the flows of energy during the balance. The two persons create what is known as the 'Six pointed star of the perfect balance'. When the two flows are fully balanced and achieve the merge to form this star, which stands at the heart of the universe and is called *Rachamin ba-Emstsa*.



THE FLOWS OF ENERGY DURING THE EQUILIBRIUM OF THE BALANCE

THE SIX-POINTED STAR OF PERFECT EQUILIBRIUM

THE Libra Rite of Balancing.

The temple Hierophant shall say:

Let the Ministers of Fire and Water step forward, so that the neophytes might learn the Equilibrium of the Balance in magical union.

The Minister of Water shall stand [or kneel or sit] before the Left Pillar and the Minister of Fire shall stand (or kneel) before the Right Pillar - facing each other.

The Hierophant instructs them

Let each place their left hand upon the forehead of the other, so that the heel of the hand is between the eyes and the tips of the fingers rest lightly upon the crown of the head. Let each now place the tips of the fingers of their right hand upon the solar plexus of the other so that the heel of the hand is at the level of the navel.

The Minister of Fire and the Minister Water place their hands and say the Responses:

Both together: "Three Mother Letter: 'Alef, Meyim and Shin.

Air, Water and Fire and combined within us two, the Living Spirit"

Water: "Meyim is the murmuring of the Waters"

Fire: "Shin is the hissing of the Flames"

Both together: "Alef is the breath of air that reconciles the two of them and our work together".

Fire: "Our head will be created from the Fire".

Water: "Our heart shall be born from the Waters".

Both together: "The Spirit from a breath of Air between them, to hold them both in balance".

The Hierophant shall continue: Let the two of them begin to breath together, timing their breath so that they breath in unison together, not holding their breath at any time, but allowing their breath to flow smoothly in and out of their nostrils, gently, smoothly, slowly and deeply.

Thus does the breath of Air flow between the Fire of the Head and the Waters of the Heart, and reconciles and strengthens the two of them unto greater purpose.

Both persons continue the exercise for 10 to 20 minutes, at which time as the Hierophant shall decide, shall place one palm on the crown of each person and say

Hierophant: "I am the One, the Spirit over all. I make you one in common purpose".

Both together: "We are one in common purpose".

Hierophant: "Be Blessed in your Work".

Notes and Comments Compassion is at the Centre. The responses are taken from the Sefer Yetsirah, an ancient qabalistic text. It plays on the Hebrew word Ruach, which means both Air and Spirit. The breath comes from the lungs and here is regarded the seat of Spirit. The lungs are referred to the letter Gimel, which is also associated to Venus.

In the figure the dotted line refers to the flow of energy visualised by the person (Water) on the left hand side of the figure; the unbroken line to the flow of energy visualised by person (Fire) on the right hand side of figure. While breathing in unison, each person visualises a flow of energy from the head of the other person through their left hand and arm, across their lungs, through their right arm and to the belly of the other person - whence it rises to the head of the other person and begins the cycle again.

Each flow of energy forms a figure-of-eight or infinity symbol. Most visualise the flow entering their left hand as they begin to breathe in; and leaving their right hand as they begin to breathe out. Do not concern yourself about the other flow of energy; let your partner visualise that. Both flows of energy flow side by side in the same direction but have different polarities. This generates a very power stable field of balanced energy. The purpose of this excellent and stable power base of energy should be established before the exercise. However be warned not to take this simple exercise lightly, as it intertwines the strands of magic and life between the two persons concerned.