

Building the Tree of Life In the Aura

A Magical Exercise

This exercise can be done at any time of the day or night, but it is most effective when done in the early morning, facing East while the Sun is rising. There is a continuous flow of vital energy around the Earth from east to west.

When anyone faces East, with awareness, they are facing into that flow. It is as refreshing to the spirit to stand facing East, especially at dawn, as it is refreshing to your face and body to stand facing into the wind on the edge of a sea-cliff. Read through the whole exercise, before you attempt to do any of it.

Beginning the exercise

Standing with your feet about two foot-widths apart, and facing towards the East, make your Intention and the Qabalistic Cross:

"It is my Intention to link myself with those forces and forms which are building the universe, so that I might be a part of evolving life, in Community with all Life, with Compassion for all Life, in Co-operation with all Life.

Atah ha-Malkuth we-ha-Gevurah we-ha-Gedulah le'olam. Amen."

Breathing

Take a few, slow complete breaths in and out before you begin the exercise itself. All breathing throughout the Tree of Life exercise should be both slow and Complete.

Preparation ends on an out-breath, the exercise itself begins on an in-breath.

I. KETHER "OLAM - The Crown of Life

1. Breathing in slowly: Raise both your arms in front of you, palms facing inwards, until your hands are at the level of the crown of your head. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Visualise a ball of Brilliant White Light held between your hands, about the size of a basket-ball. As you breathe out, imagine that you can feel it in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of brilliant White Light just above your head. As you continue to breathe in slowly, imagine that White Light is pouring from the ball down through your whole body.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: Kether "Olam.[KEE - ther O - laam] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with brilliant White Light, about 3 metres above the ground, at the top of the Tree of Life a couple of metres in front of you.

II. CHOKMAH ABBA - The Wisdom of the Father

1. Breathing in slowly: Slowly move your extended arms down and to the right until they are level with and opposite your right temple or ear. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of brilliant Swirling Light, which is glowing with all the colours of a rainbow or a flashing opal. As you continue to breathe out, imagine that you can feel it in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of brilliant Swirling Opalescence close by your right temple. As you continue to breathe in slowly, imagine that the Many-coloured Splendour of the Light is pouring from the ball like a water-fall from the right down through the whole of your body.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Chokmah Abba" [HOK - maah AB -aa] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with brilliant Many-coloured Light, in its place in the Tree of Life a couple of metres in front of you.

III. BINAH 'IMA - The Understanding of the Mother

1. Breathing in slowly: Slowly move your extended arms to the left, parallel to the ground, until they are level with and opposite your left temple or ear. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of Blackness, which gives out no light at all. Imagine that you can feel light pouring into the ball from all over the universe, until it is filled with Black Light, swirling and rich, but unseen to human eyes.. As you continue to breathe out, imagine that you can feel it in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of Swirling Blackness close by your left temple. As you continue to breathe in slowly, imagine that Black Light is pouring from the ball like a water-fall from the left down through the whole of your body.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: Binah 'Ima" [BEE - naah EE - maa] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with gleaming Black Light, in its place in the Tree of Life a couple of metres in front of you.

IV. GEDULAH CHESEDH - The Magnificence of Steadfast Love

1. Breathing in slowly: Slowly move your extended arms across and down to the right, until they are level with and opposite your right shoulder. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of brilliant Sky-blue Light, which is sparkling like the sea on a cloudless day, clear and cool in your hands. As you continue to breathe out, imagine that you can feel it in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of cool Sky-blue Light close by your right shoulder. As you continue to breathe in slowly, imagine that the cool and refreshing Sky-blue Light is pouring from the ball like a water-fall from the right, down through the whole of your body.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Gedulah Chesedh" [Ge - DOO - lah HES - edh] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with sparkling Sky-blue Light, in its place in the Tree of Life a couple of metres in front of you.

V. GEVURAH HADINAH- The Strength of Good Judgement

1. Breathing in slowly: Slowly move your extended arms to the left, parallel to the ground, until they are level with and opposite your left shoulder. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of glowing, warm Blood-red Crimson Light. As you continue to breathe out, imagine that you can feel it in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of warm Blood-red Crimson Light close by your left shoulder. As you continue to breathe in slowly, imagine that warm and invigorating Blood-red Crimson Light is pouring from the ball like a water-fall from the left down through the whole of your body.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Gevurah Hadinah" [Ge - VOO - raah HAA - di - naah] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with Blood-red Crimson Light, in its place in the Tree of Life a couple of metres in front of you.

VI. TIFARETH RACHAMIM - The Beauty of Compassion

1. Breathing in slowly: Slowly move your extended arms across and down to the right, until they are level with and opposite your heart. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of brilliant Golden Light, like the Sun, warm and glowing in your hands. As you continue to breathe out, imagine that you can feel it in your hands.

3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of the Golden Sun against your heart. As you continue to breathe in slowly, imagine that the warm and invigorating Golden Light is radiating out from the ball in all directions to fill and heal your whole body with its Golden Warmth and Light.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Tifareth Rachamim" [TEEF - a - reth RAH - ka - meem] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with brilliant Golden Light, in its place in the Tree of Life a couple of metres in front of you.

VII. NETSACH ha-NETSACH- The Triumph of Eternity

1. Breathing in slowly: Slowly move your extended arms across and down to the right, until they are level with and opposite your right hip. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of sparkling Emerald Green Light, which is glistening like dewy grass and trees in the clear light of dawn, cool and refreshing in your hands. As you continue to breathe out, imagine that you are holding it quite firmly and that you can feel it in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of Emerald Green Light close by your right hip. As you continue to breathe in slowly, imagine that the cool and refreshing Emerald Green Light is pouring from the ball like a water-fall to refresh and energise the muscles of your legs.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Netsach ha-Netsach".[NETS - aak - haa - NETS - aak] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with sparkling Emerald Green Light, in its place in the Tree of Life a couple of metres in front of you.

VIII. HODH HADAR- The Majesty of Resounding Glory

1. Breathing in slowly: Slowly move your extended arms to the left, parallel to the ground, until they are level with and opposite your left hip. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of brilliant Flame-red Light, leaping and dancing like a fire, hot in your hands. As you continue to breathe out, imagine that you can feel the heat in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of brilliant Flame-red Light close by your left hip. As you continue to breathe in slowly, imagine that the fiery, dancing Flame-red Light is pouring from the ball like a water-fall from the left to invigorate and strengthen your legs, until you feel like running.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Hodh Hadar"[HODH - HADH - ar] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with Brilliant Flames of Fiery Red Light, in its place in the Tree of Life a couple of metres in front of you.

IX. YESODH "OLAM - The Foundation of the Universe

1. Breathing in slowly: Slowly move your extended arms across and down to the right, until they are level with and opposite your sexual organs. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding a ball of brilliant Gleaming Silver Light, like the Full Moon on a cloudless night, as it rides high in the heavens. As you continue to breathe out, imagine that the Silver Light waxes and wanes every few seconds, like the waxing and waning of the Moon around its month. As you hold the ball of Silver Light, you can feel it pulsing in your hands.
3. Breathing in slowly: Slowly draw your hands towards you, until you seem to be holding the ball of the gleaming, pulsing Silver Light against your body. As you continue to breathe in slowly, imagine that the pulsing Silver Light is radiating to fill your whole body with vibrating Light.
4. Expelling your breath strongly and whispering the name of the Sefirah or Energy Centre: "Yesodh "Olam" [YES - odh - O - laam] Toss your hands quickly forward, as though you are throwing the ball into the air; and imagine that it is hanging, splendid and glowing with gleaming Silver Light, waxing and waning in its place in the Tree of Life a couple of metres in front of you.

X. MALKUTH ha-'ERETS - The Kingdom of Earth

1. Breathing in slowly: Slowly raise your extended arms vertically, until they are level with your shoulders, and extended straight in front of you. Your palms should be facing inwards as though holding a basket-ball. Your hands should be about 25 cms [10 ins] apart. Your arms should be extended, but not rigid, your elbows slightly bent.
2. Breathing out slowly: Imagine that you are holding the Earth in your hands, like a ball. Visualise the Earth as you have seen pictures of it taken from space: Sea Green, Sky Blue, Earth Brown and swirling White Clouds. Continuing to breathe out slowly, bend down slowly to place the Globe of the Earth on the ground at your feet.
3. Breathing in slowly, while you remain bent over, holding the Globe of Earth at your feet, imagine shafts of light, each in its proper colour, pouring light and energy from all the other Sefiroth into the Globe of Earth you hold between your hands.
4. Expelling your breath strongly, whisper the name of the Sefirah or Energy Centre: "Malkuth ha-'Erets"[MAAL - kooth - haa - E - rets] As you expel your breath, straighten up and toss the Globe of the Earth high into the air, brilliant and glowing with all the Lights of the Sefiroth. Slowly lower your arms sideways in a great circle until they are at your side. As you lower them, imagine the Globe of the Earth descending through the Sefiroth of the Tree of Life in order, until it rests on the ground beneath all the others, in its proper place in the Tree of Life, a couple of metres in front of you.

Concluding the Tree of Life Exercise

As you stand quietly, breathing in and out for a few minutes, imagine that you can see the whole Tree of Life, with its Ten brilliant Spheres of Light, suspended in the air a couple of yards in front of you. After a couple of minutes, take a step forward so that you and the Tree of Life which you have built merge together, each Sphere of Light now in its proper place in the energy field that surrounds you.

Conclude by again making the Intention and Qabalistic Cross:

"It is my Intention to link myself with those forces and forms which are building the universe, so that I might be a part of evolving life, in Community with all Life, with Compassion for all Life, Atah ha-Malkuth we-ha-Gevurah we-ha-Gedulah le'olam. Amen."

Do not work too hard with the visualisations and sensualisations in the beginning. Keep the illustrations by you as a reminder, and let them grow in your mind with practice. If you are having difficulties with sensualisation, put this advanced exercise aside and return to your regular practice of the Breathing the Aethers exercise, until you can sensualise readily.

When pronouncing Sefirah names, the accent is on the syllables in capitals; the sound dh is voiced th, as in this. This is a very powerful magical exercise and should not be done too often in the beginning. An excellent regular routine is to do it on the day of the New or Full Moon. If you are learning or doing it in a group, all should face East, rather than standing in a circle. The Tree of Life exercise is the fullness of which a well-known G.D. technique, the Middle Pillar exercise, is a fragment. In its more advanced versions, certain Angel and God-Names are also pronounced and visualised within each Sphere.

Copyright Society of Guardians, 1982.