

## A Visualization Exercise

1. Settle into a comfortable meditation position, and then read through this exercise carefully.
2. When you feel comfortable and ready, close your eyes. Visualize a circle of pulsing white light just over your head.
3. When circle of light grows stable in your mind, see the light spilling over to form a second circle of white pulsing light at your throat. Join the two with channel of light.
4. Having stabilized the circles of light, imagine a third circle at your solar plexus. Then another one over your genital area, and another at the soles of your feet. Remember that each circle should spill over from the one before it, and that all the circles are attached to each other by channels of light.
5. Having stabilized all the circles, make yourself conscious of a pleasant rhythmic sensation throughout your body. You are now set to start the next part of the exercise: Surround yourself from head to toe with an “egg” of white light.
6. Having stabilized all five circles and your “egg,” turn your attention to the circle above your head, and set it *spinning*.
7. With your topmost circle spinning, see it again spilling over, but this time as a flood down your left side round under your feet, and up your right side, working within your “egg”. When it joins the circle over your head again, start the the entire process again, and keep it up for five or six turns. This should create a prickling sensation in your limbs, so if you experience this sensation that is fine.
8. When you have finished your “turns about” you should stop the circulation, and then start putting out “fingers” of the light energy you have pulled in, sending them *outwards* to the walls of your room. ***Make sure they stop at the walls of your room. Do not direct them at any other person. Do not put out too many in quick succession.***
9. Carefully watch the lines. You will see that they bounce from the objects at which you direct them and return to you - and the energy you receive is far greater than that you put out.
10. Record the results of this exercise and *remember* them.

***It may take you a several tries to get this exercise right, but it is worth working at because you can do this to replenish your energy and protect yourself from “psychic dirt” as well as serving as an illustration of the behavior of force.***



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