

Alchemical Adorations **by Soror ML**

In living a life of transformation, it is important for a magician or alchemist to feel a link with the Divine Source of the Universe every single day. In our modern society that is proliferated with use of technology (which is actually the mirroring of our inner selves wanting a greater connection), we can easily become detached from that which is spiritual by focusing on the material. In order to reaffirm our awareness of ourselves as beings who are a part of a greater Divine Self, it is important to make a ritual gesture confirming a link between the Eternal and ourselves. This Eternal Self is readily symbolized by the Sun; the symbol of both Light and Life on Earth. We receive the Light of the Sun so that we may live.

Israel Regardie stated that "Although the Divine Self is encompassed by the idea of One, Sol, as a visible representation of the Divine is referred to four daily positions: East-Dawn, South-Noon, West-Sunset, and North-Midnight. Consequently, adoration is directed towards Sol at each of these four positions."

In the Traditional Golden Dawn, the four adorations are said four times daily to correspond to the four elemental tides of air, fire, water and earth which stream forth from our Sun at given times during each day. To do so is also to align the elements within the alchemist or magician.

Many religions and paths also feel that it is good to express gratitude to the Divine for the grace and abundance experienced by meditation, prayer and spiritual studies, because as you do these things, spiritual growth does occur. Some believe in the power of three, which is form, and do them morning, noon, and night. It works whether you believe it or not.

One of the major excuses as to why people fail to do the adorations is the time requirements. In this day and age with our hectic life styles, many people either don't get up at sunrise or they are unconscious around midnight. It seems that everyone's schedule is different and, typically, one of the four adorations is always impossible to do.

However, it's more important to do the adorations rather than worry about the time constraints. If the normal times are unable to be reached, the adorations of sunrise should be performed when you wake up and the adorations of midnight when you go to bed. Be flexible. The exact moment is not necessary.

Also, many cannot connect to the traditional Golden Dawn deity names of Ra, Tahuti, Ra-Hoor, Ahathoor, Tum, or Khephra. Therefore, we suggest that each initiate come up with their own adorations that have heart and meaning for you, no matter what path you travel, using this procedure:

Every Morning.

- Either outside or inside, turn to face the Sun in the East.
- You may light a candle or burn incense to signify that you are entering into a prayerful state.
- Do the Elemental or Qabalistic Cross you learned in the 0=0 lessons.
- Call to your Deity and give thanks for another day.
- Ask that you be filled with illumination with clear vision. Ask that your heart be open to Light and that you are able to share the Light within wherever you travel.
- Close with the Qabalistic or Elemental Cross, if you wish.



Example:

Ateh, Malkuth ...Ve Geburah, Ve Gedulah, Le Olam ... Amen

I ask for the Presence of the Divine. Oh Great Spirit, hear my voice. Thank you for another day and the Light that shines upon me. May I see with your eyes, hear with your ears, speak with your voice, know with your mind and touch with your hands. May my free will be aligned with your free will today. May light shine from my heart upon all that I meet. Amen.

Every Noon:

- Either outside or inside, turn to face the Sun in the South.
- You may light a candle or burn incense to signify that you are entering into a prayerful state.
- Do the Elemental or Qabalistic Cross you learned in the 0=0 lessons.
- Call to your Deity and give thanks and add your personal prayer.
- Close with the Qabalistic or Elemental Cross, if you wish.

Example:

Ateh, Malkuth ... Ve Geburah, Ve Gedulah, Le Olam ... Amen

I lift up my heart to you Oh, Sacred One. I ask that you awaken the songs of my heart. Speak to me of your Sacred Creative Energy and of Passion for Life. May I know and understand my personal and sacred dream. May I know how I may serve You by serving others. Thank you for hearing my voice. Amen.

Early Evening:

- Either outside or inside, turn to face the Sun in the West.
- You may light a candle or burn incense to signify that you are entering into a prayerful state.
- Do the Elemental or Qabalistic Cross you learned in the 0=0 lessons.
- Call to your Deity and give thanks and add your personal prayer.

Example:

Ateh, Malkuth ... Ve Geburah, Ve Gedulah, Le Olam ... Amen

I call to You, oh Divine, as darkness falls. Thank you for this day. May I learn to flow thru Life like Water. May I be resilient like a blade of grass and know that that You are with me always. I ask that You drive away my fears so that I may live joyfully and walk in Beauty. May I feel your Divine Presence with me always. Amen

Late Evening:

- Either outside or inside, turn to face the Sun in the North.
- You may light a candle or burn incense to signify that you are entering into a prayerful state.
- Do the Elemental or Qabalistic Cross you learned in the 0=0 lessons.
- Call to your Deity and give thanks .

Example:

Ateh, Malkuth ... Ve Geburah, Ve Gedulah, Le Olam ... Amen

Sacred One, I now prepare myself to be renewed. Thank you for this day that you have given me. I ask for Your forgiveness as I forgive others. I ask that all of our wounds heal and that my body be made whole as the Stars watch over me. While I sleep may my soul be protected by the Angels, and may I receive teachings so that I might find harmonic resonance and balance in my life. May I awaken to another day. Amen