

# Ritual of Balance

## A Ritual in Class D

Early in the Morning, before one begins their day:

1. Face East towards the Rising Sun in honor of Asha'el, Lord of Fire.
2. Stand with your right foot turned outward 45° and your left foot turned outward 45° with the heel within your right instep, you are now standing at the cross quarters of the compass. Your feet now make the Sign of Teomin, Lady of Water. Plant your feet firmly on the ground to connect yourself to Phrath, Lady of Earth.
3. Closing your Eyes, breathe in through your nostrils and exhale through your mouth. As you do, see in your mind's eye your lungs filling with golden light: the embrace of Eôth, Lord of Air.
4. Take three deep breaths; as you inhale and exhale, feel yourself grow taller and rise up to Makoresh, The Quintessence and All.
5. Take your right hand, reach up into infinite and draw it closed into a loose fist, and place your thumb between your index and middle fingers making the Sign of Asha'el, Lord of Fire and of Eôth, Lord of Air.
6. Drawing your hand down, touch your forehead and say "Heaven"
7. Draw you hand down in a line and touch above your groin saying "and Earth"
8. Come up and touch your right shoulder saying "Justice"
9. Come across and touch your left shoulder saying "and Mercy"
10. Come to the center of your chest, and bring your left hand up to join the right. Keep your right hand in The Sign of Asha'el and Eôth and have your left open, fingers pointed up. Say "All have found balance within me" Close with the tone of creation "Aumgn."
11. Then with your right hand, still in The Sign of Asha'el and Eôth, draw a pentagram of Earth in front of you. (In your mind's eye you should see the pentagram drawn in fire.) Take a deep breath. As you inhale bring your hands up to head height, drawing energy up from the earth and through yourself and cast them out in front of you (through the pentagram) as you simultaneously take a step forward with your left foot and intone "Asha'el."
12. Step back with your left foot, returning to the Sign of Teomin. As you do, bring your left hand back to your lips in the sign of silence, crossing your right hand over your left. Realize this moment of holiness.
13. Turn to your right by pivoting on your left heal until it is on the new quarter, then swing your right foot back reforming the sign of Teomin. Your feet should be on the cross quarter lines as you now face South. Repeat the motions 11 and 12 above, but this time intone "Eôth"
14. Turn to your right (West) Repeat but intone "Teomin"
15. Turn to your right (North) Repeat but intone "Phrath"
16. Turn to your right to face East.
17. Stand with your Arms outstretched at either side, in the Sign of the Shining Star, with your feet on the cross quarters. Say "Before Me Shachoreben, behind me Amphrodias. On my right hand Mephrazel'sysem and on my left hand Cocytus. About me flames the pentagrams and upon the column stands the six-rayed star."
18. Repeat the opening benediction. (Motions 5 to 10)

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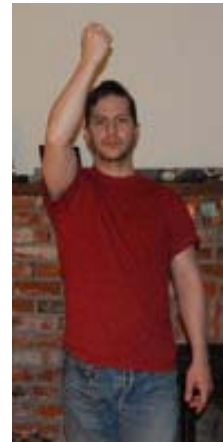
A Ritual in Class D



Feet Position in Sign of Teomin



Reaching Toward Makoresh



Forming the Sign of Asha'el and Eôth



The Sign of Asha'el and Eôth



Heaven



And Earth



Justice



And Mercy



All

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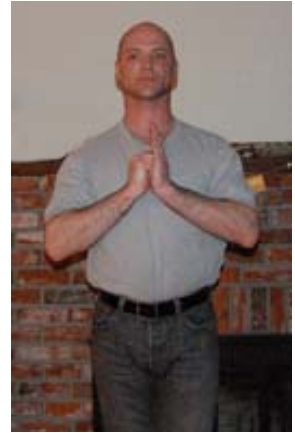
A Ritual in Class D



Have



Found



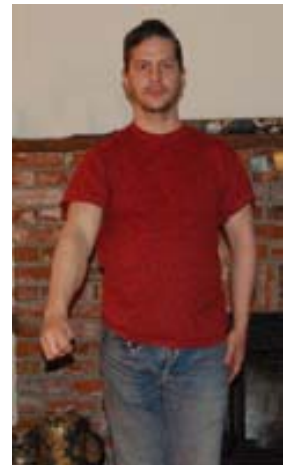
Balance Within Me



Pentagram - Earth  
Starting Position



Pentagram - Spirit  
Second Position



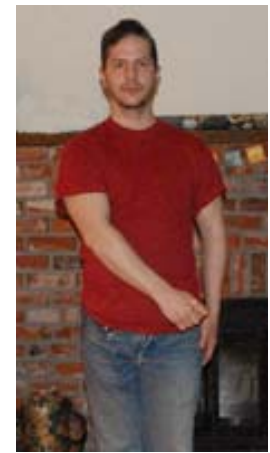
Pentagram - Fire  
Third Position



Pentagram - Air  
Fourth Position



Pentagram - Water  
Fifth Position



Pentagram - Earth  
Final Position

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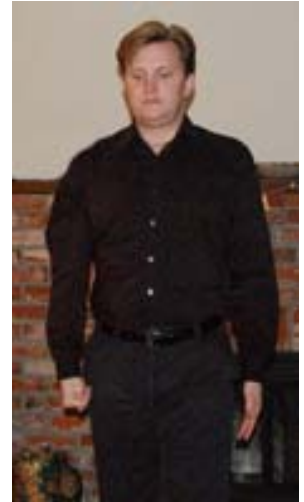
A Ritual in Class D



Sign of Silence  
Front View



Sign of Silence  
Side View



Tri-Fold Breath (1)



Tri-Fold Breath (2)



Tri-Fold Breath (3)



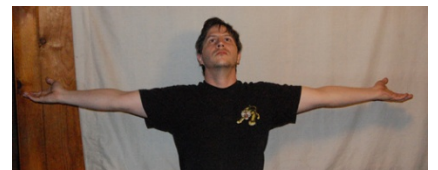
Holding the Energy,  
Preparing to Intone



Dive through Pentagram  
Side View



Dive through Pentagram  
Front View



Sign of the Shining Star