
SHAMANIC QABALAH

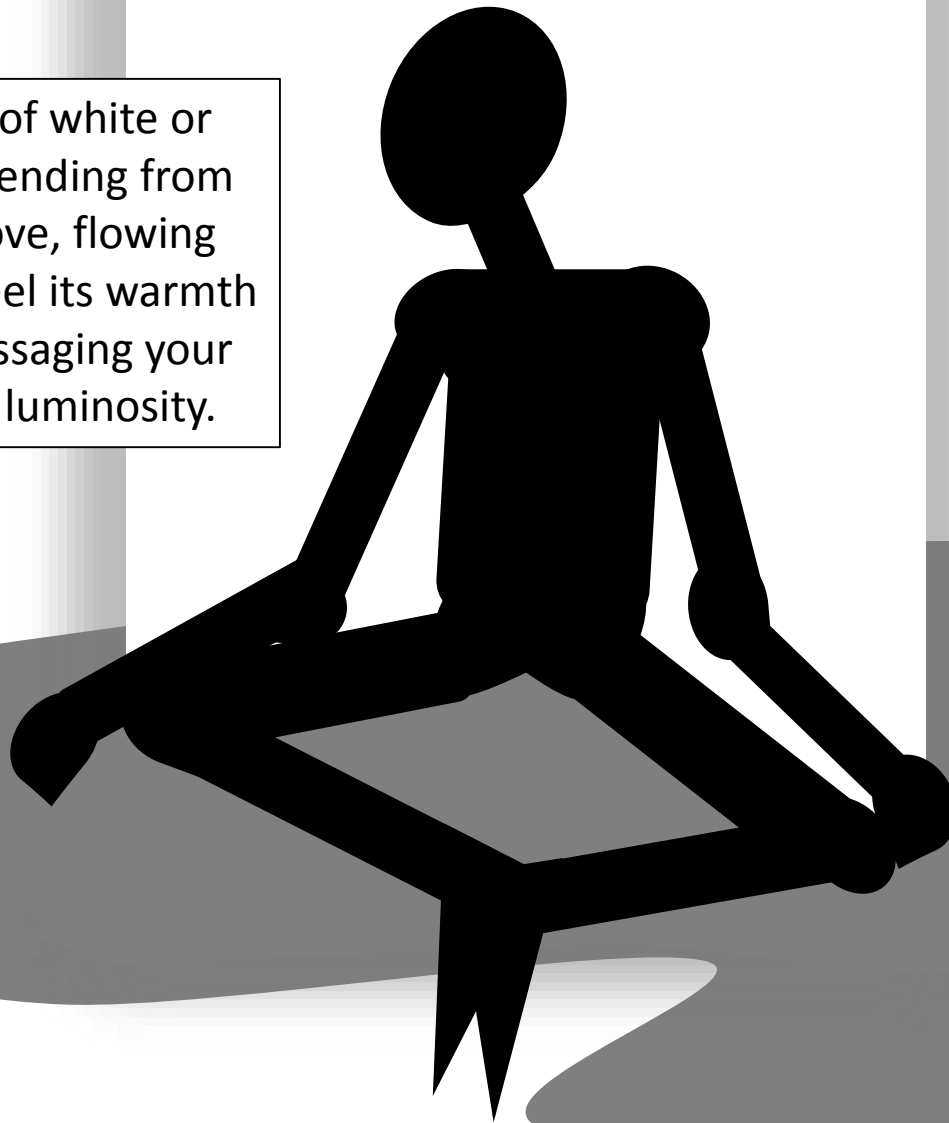
A Mystical Path to Uniting the Tree of Life & the Great Work

Light Body Exercise

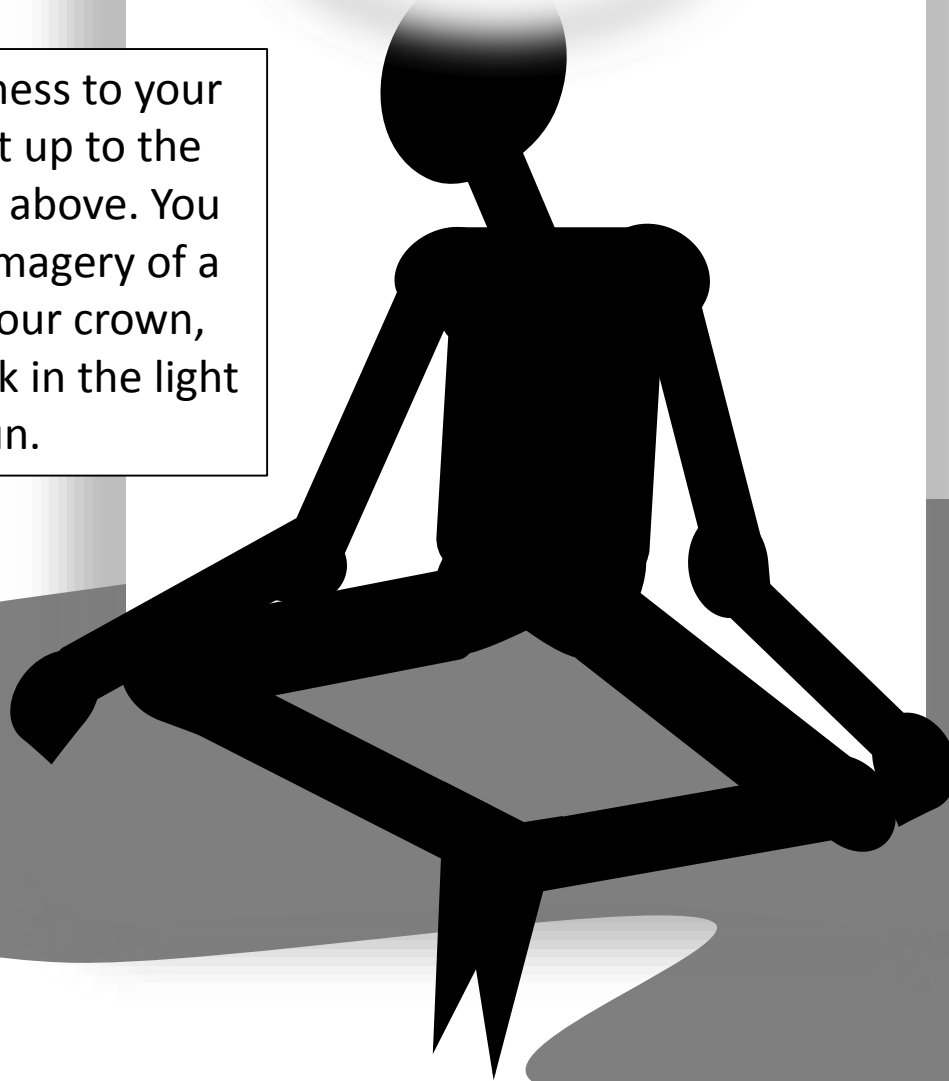
This is a step-by-step visual guide to the light body exercise. You can do it either sitting (as the images show) or standing. This exercise is like weight-lifting for the body's energetic body. The energetic body has been called many things from many cultures: the mind field, the aura, the poq'po, and more. Whatever term fits your fancy, the energetic body is the culmination of our other experiences of consciousness: mind, emotion, physicality, and spirit. It all intertwines into a matrix of information that flows through every atom of our being.

Exercising one's energetic body is key to initiation. One's palette must be pure and strong. Using the light from the Upper World as that cleansing salve is an ages-old practice all initiates have used, whether in the jungles of the Amazon or the pyramids of Egypt. Remember, as stated in *Shamanic Qabalah*, light is not to be taken literally. It is a metaphor for the spark of inspiration springing forth from the Great Originating Mystery that has initiated all of Creation. It is our role to be that spark of Creation ourselves, to use it and channel for the good of humanity and Mother Earth.

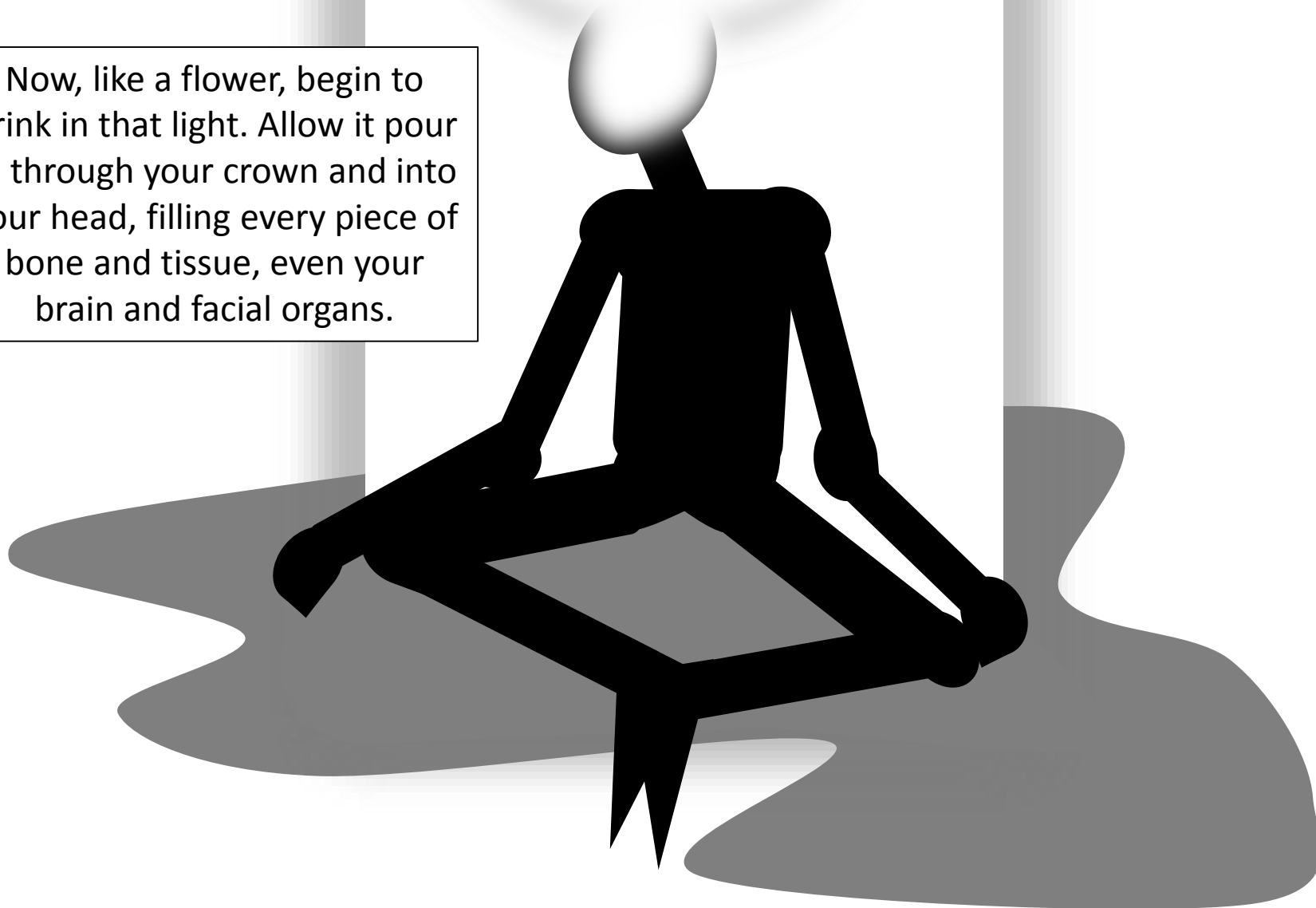
Imagine a pillar of white or golden light descending from the heavens above, flowing over your body. Feel its warmth and radiance massaging your form. Bask in its luminosity.



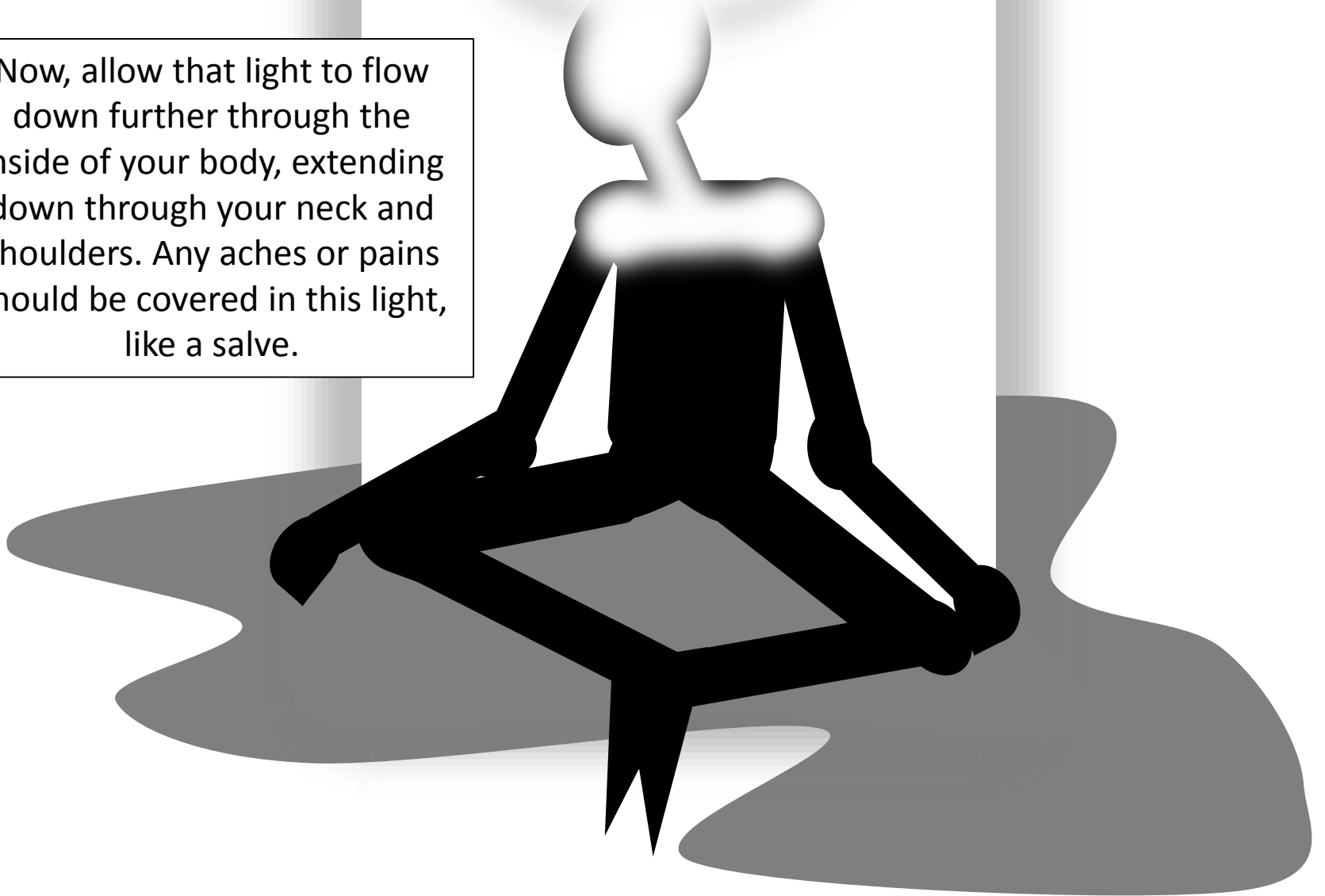
Bring your awareness to your crown, opening it up to the light coming from above. You can also use the imagery of a lotus flower on your crown, opening up to drink in the light of the sun.



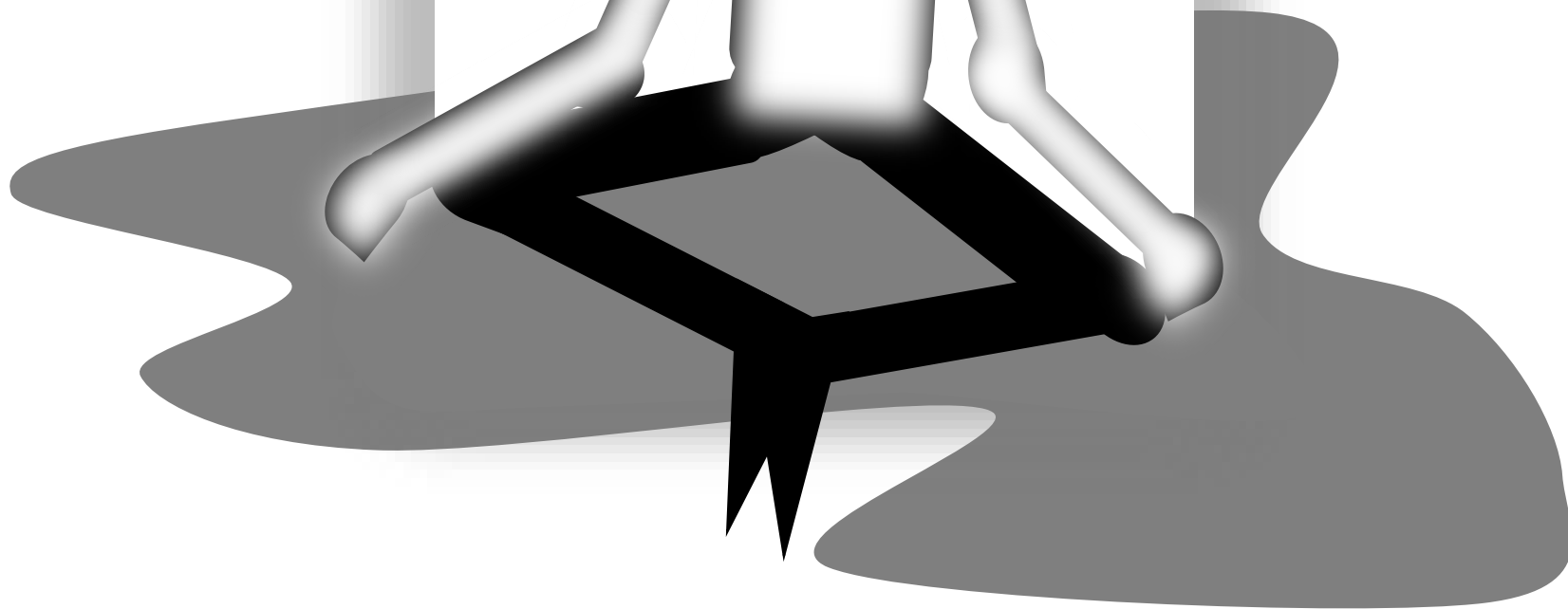
Now, like a flower, begin to drink in that light. Allow it pour in through your crown and into your head, filling every piece of bone and tissue, even your brain and facial organs.



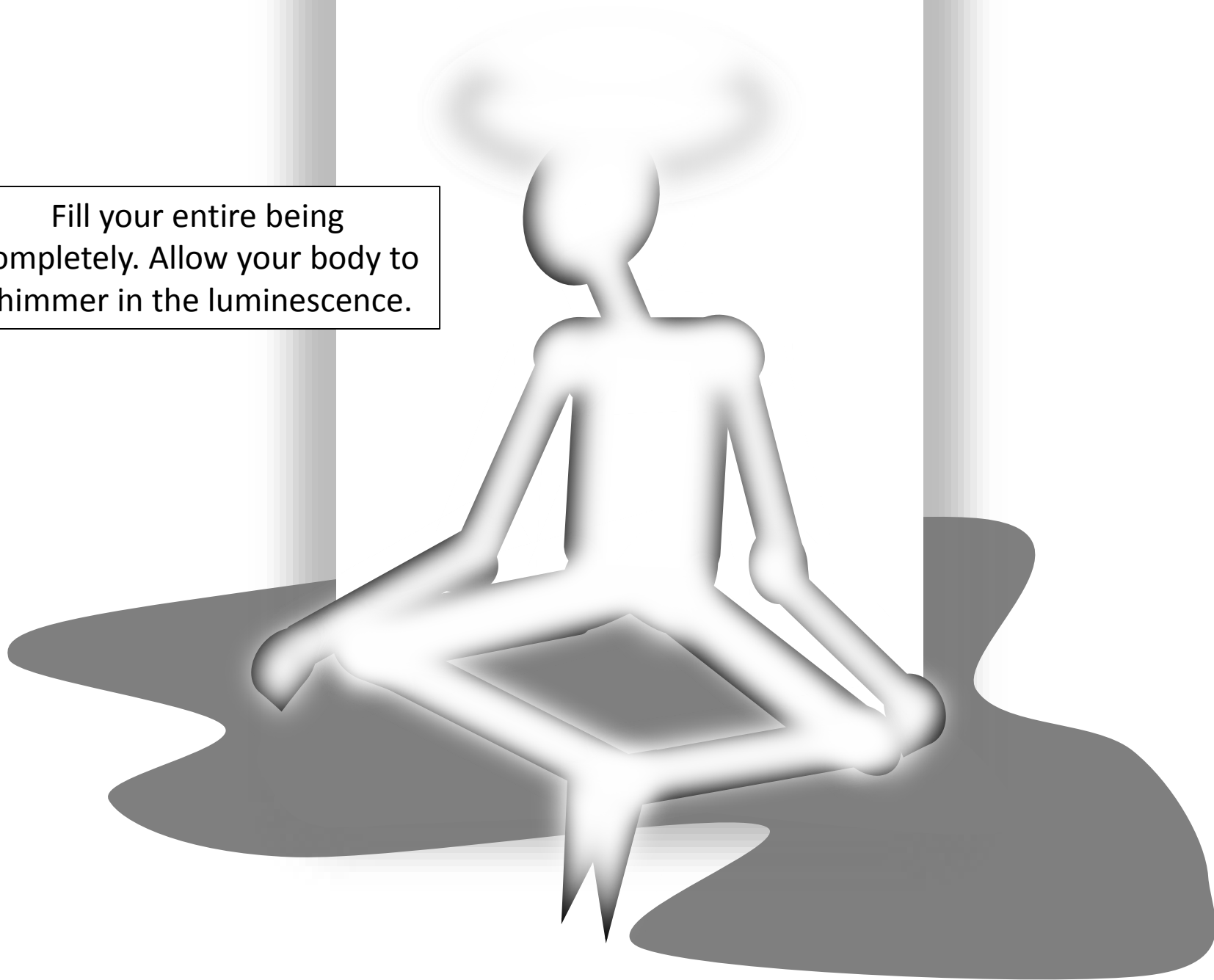
Now, allow that light to flow down further through the inside of your body, extending down through your neck and shoulders. Any aches or pains should be covered in this light, like a salve.



Allow that light to extend further, through your arms and your entire torso. Any heaviness you may be feeling either needs to be dissipated by the light or pushed downward.



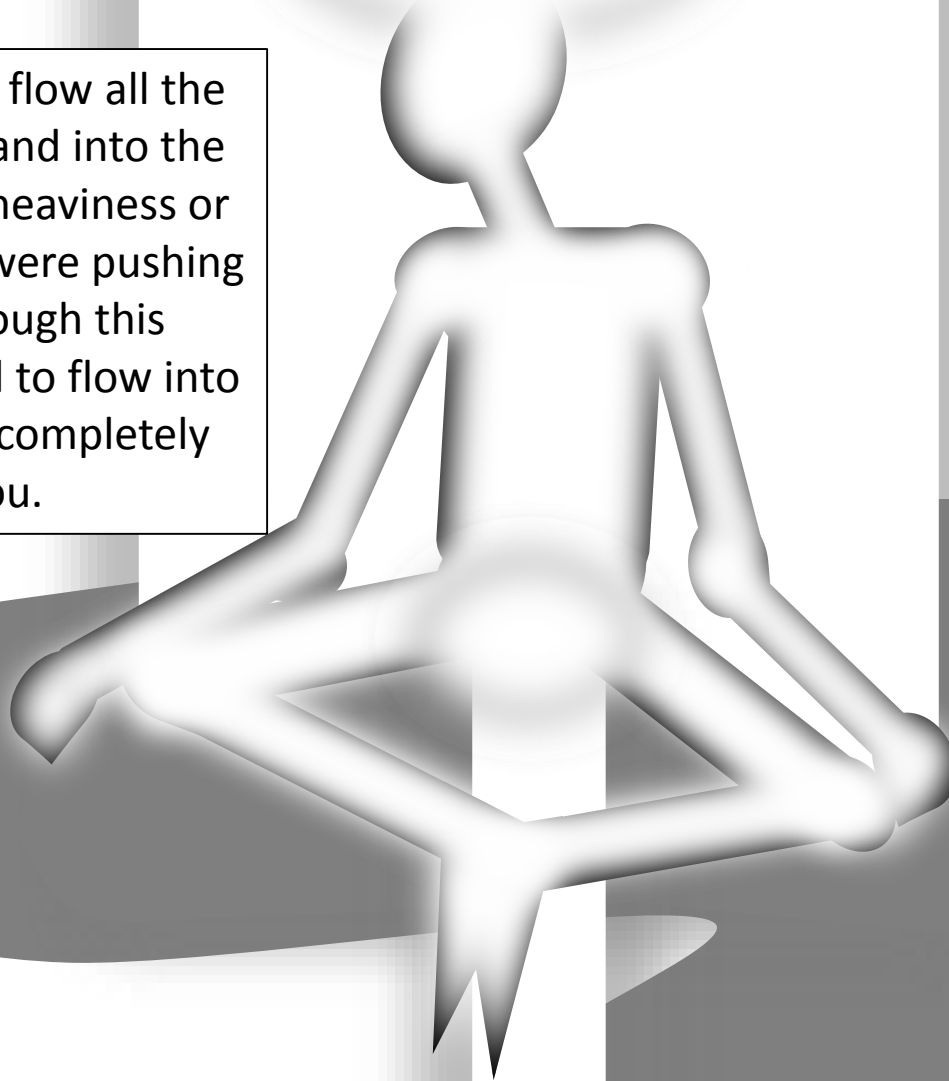
Fill your entire being
completely. Allow your body to
shimmer in the luminescence.



Now make an opening in this energetic body at your perineum. You can imagine it like roots going into the earth. If you are standing, make this opening at your feet.



Allow that light to flow all the way through you and into the earth below. Any heaviness or dense feeling you were pushing downward through this process, allow it all to flow into the earth below, completely out of you.



UMA



While allowing that light to flow through you, like a clear channel between the Above and Below, bring your awareness back to your crown. Allow that particular area to radiate fully and intone “UMA” in a low tone, focused on the quality of vibration. “UMA” means head or crown in the Quechua language of Peru.



UMA

SONQO

Now bring your awareness to your heart area, allowing another sector of that light to radiate and swell into a sphere of its own. Intone “SONQO” in a low tone, focused on the quality of vibration. “SONQO” means heart in the Quechua language of Peru.



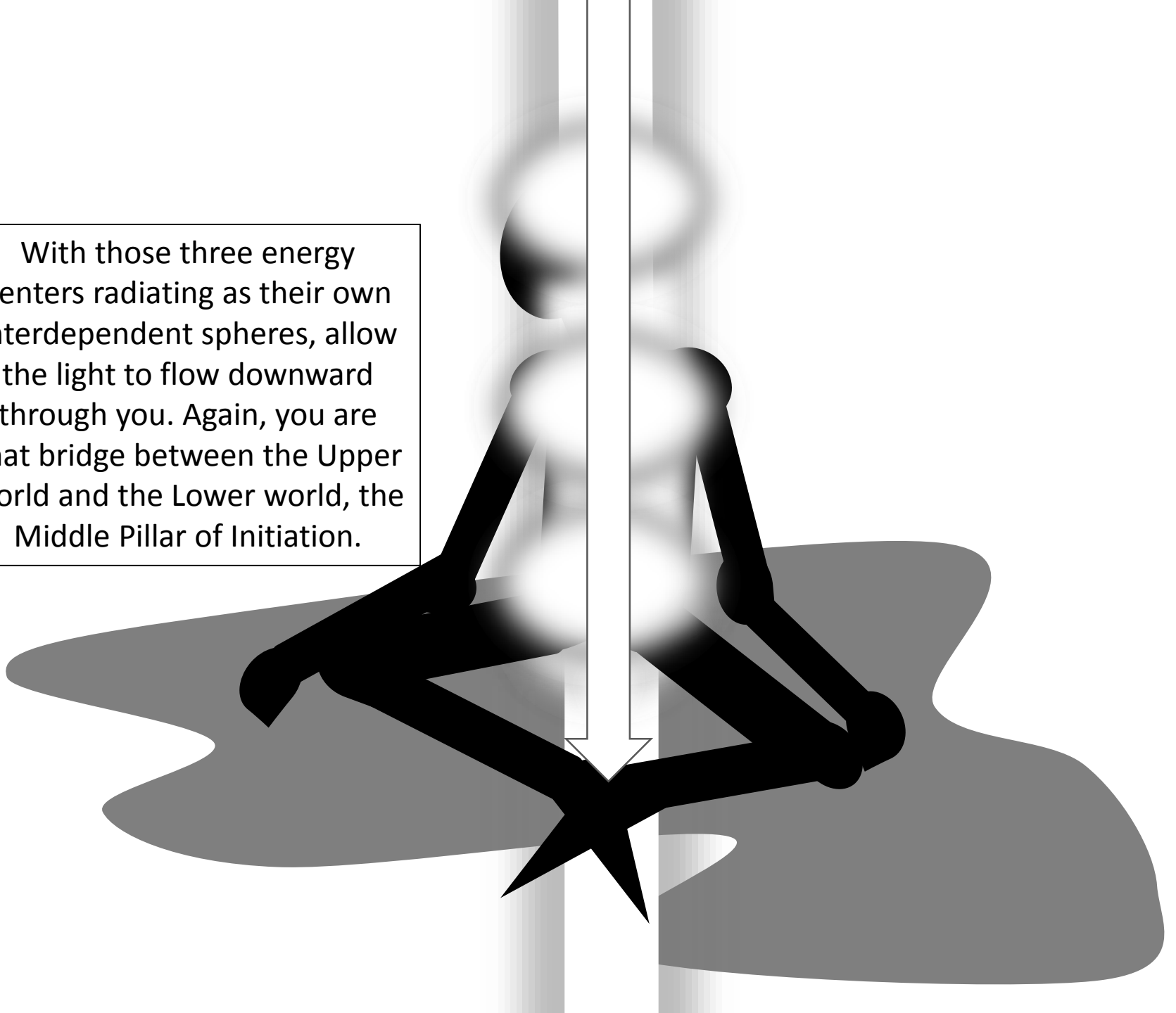
UMA

SONQO

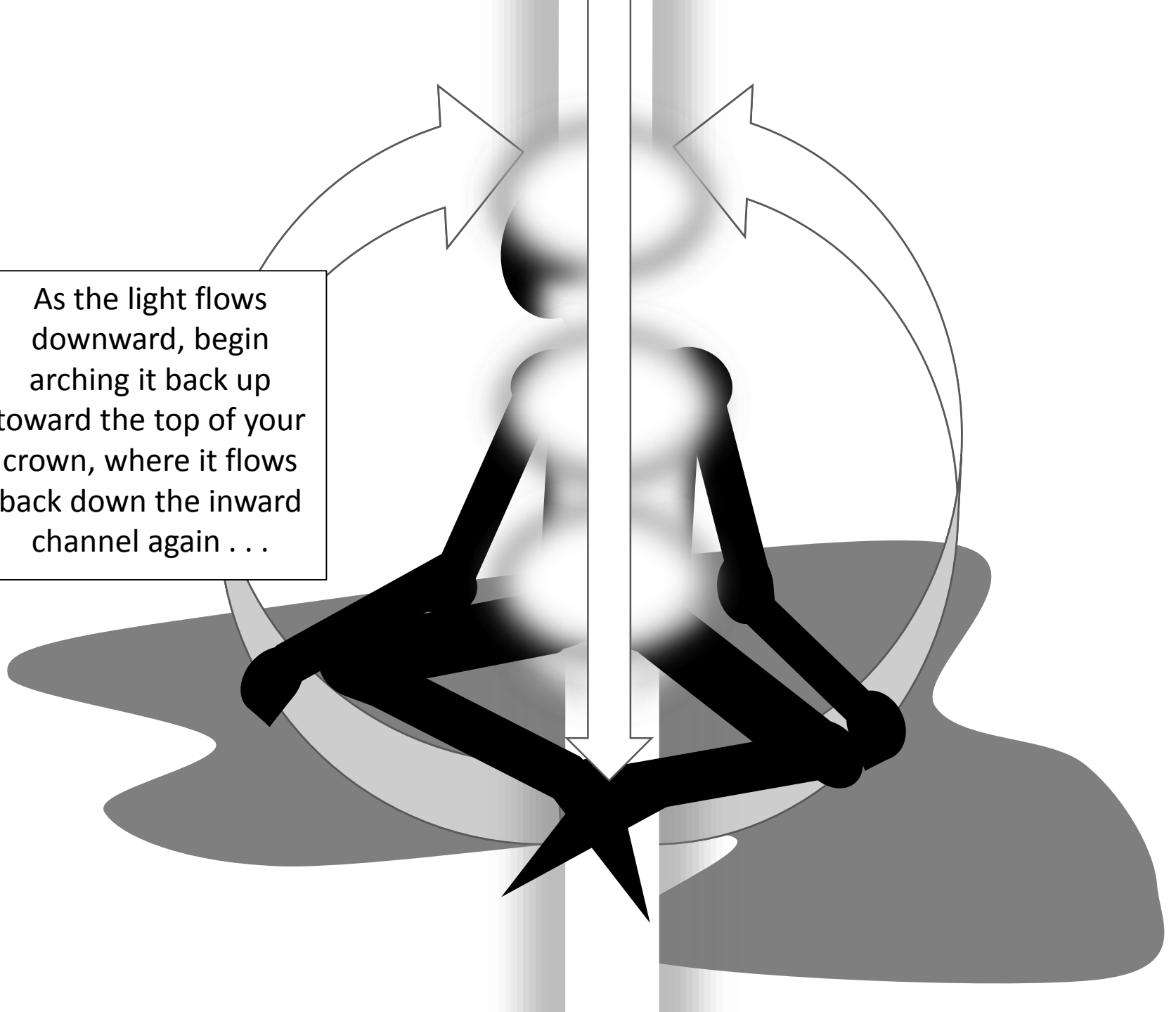
QOSQO

Finally, bring your awareness to your belly/pelvic area, allowing another sector of that light to radiate and swell into a sphere of its own. Intone “QOSQO” in a low tone, focused on the quality of vibration. “QOSQO” means the belly in the Quechua language of Peru, but is also synonymous with the capital of the Inca empire, Cuzco, the center of all civilization.

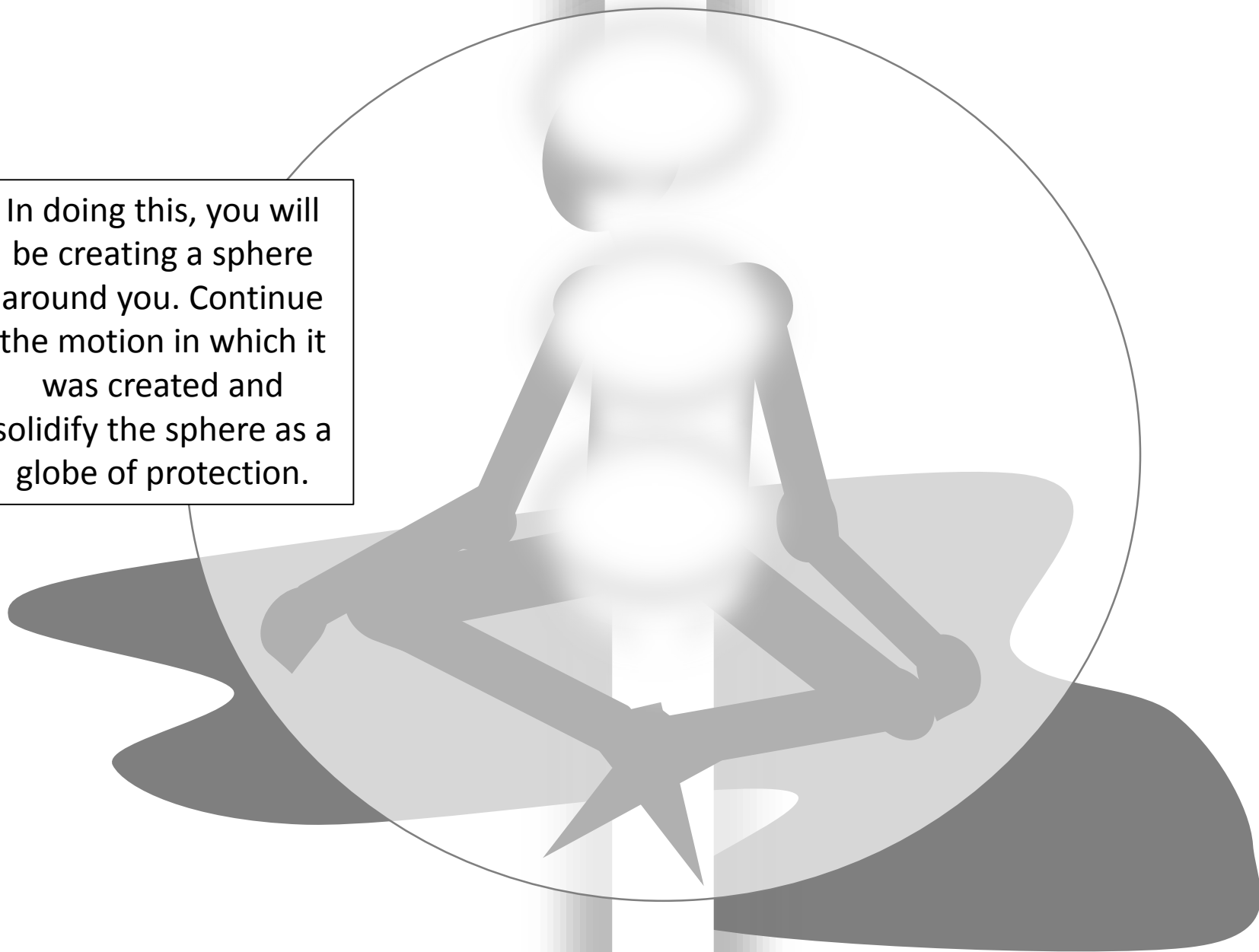
With those three energy centers radiating as their own interdependent spheres, allow the light to flow downward through you. Again, you are that bridge between the Upper world and the Lower world, the Middle Pillar of Initiation.



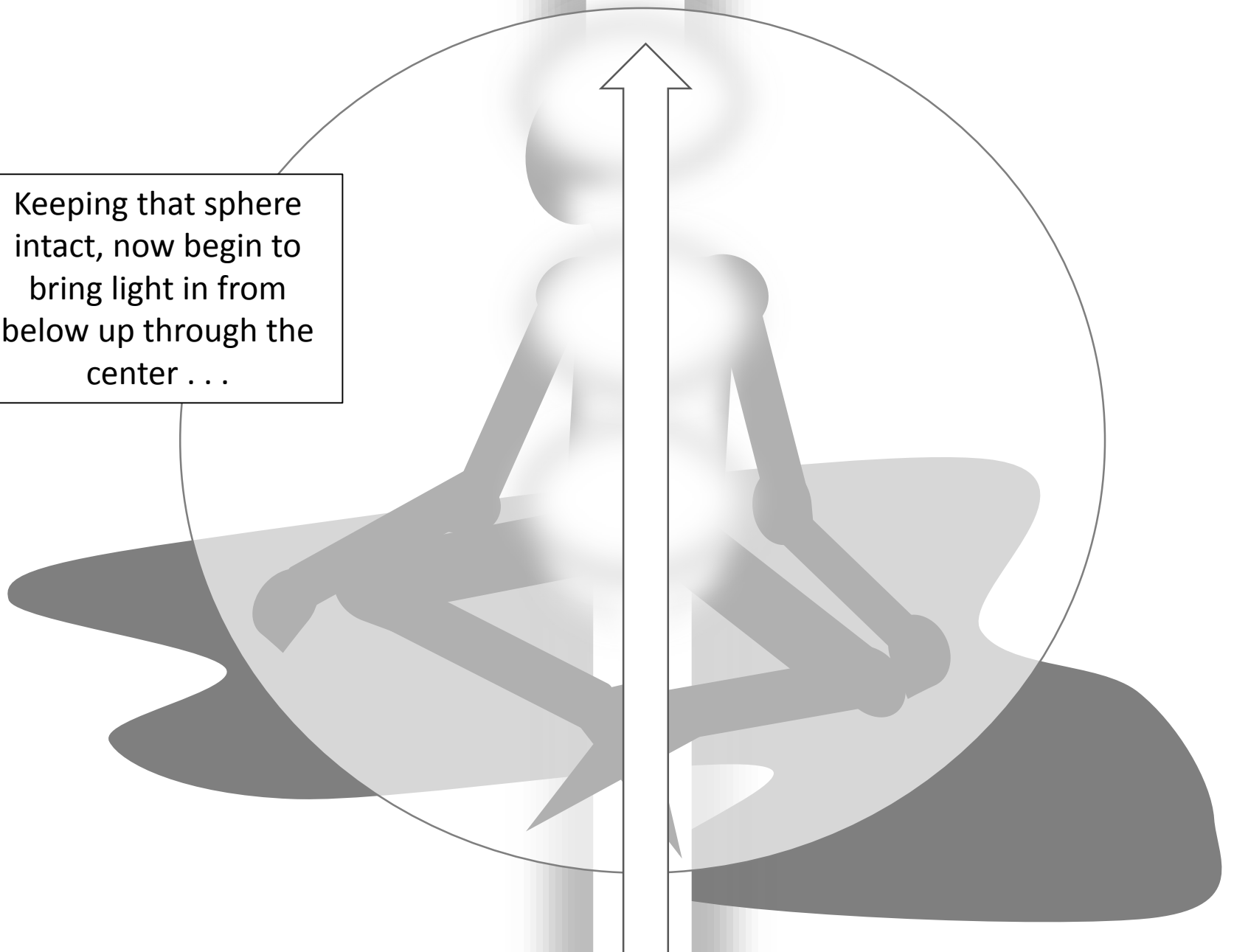
As the light flows downward, begin arching it back up toward the top of your crown, where it flows back down the inward channel again . . .



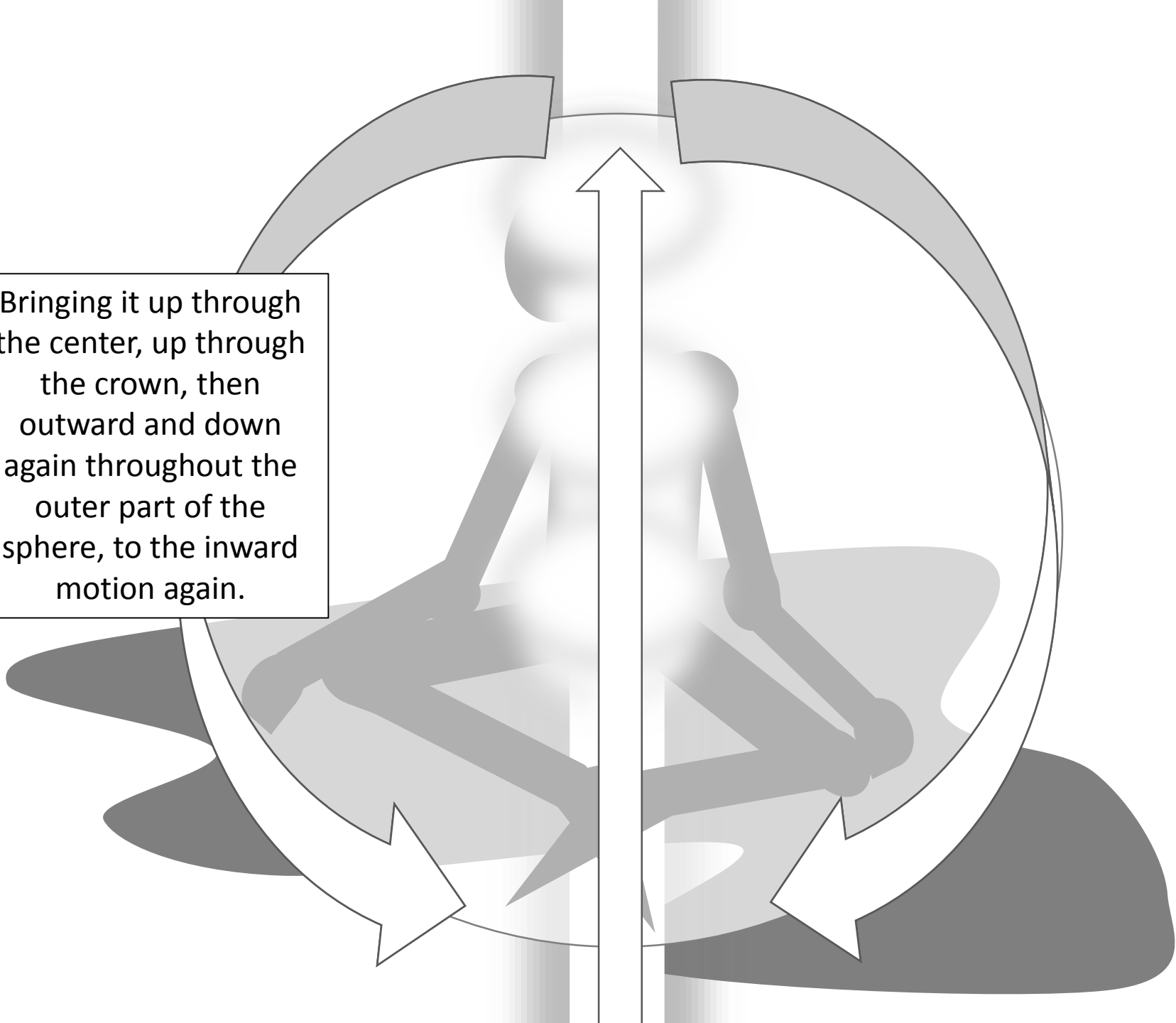
In doing this, you will be creating a sphere around you. Continue the motion in which it was created and solidify the sphere as a globe of protection.

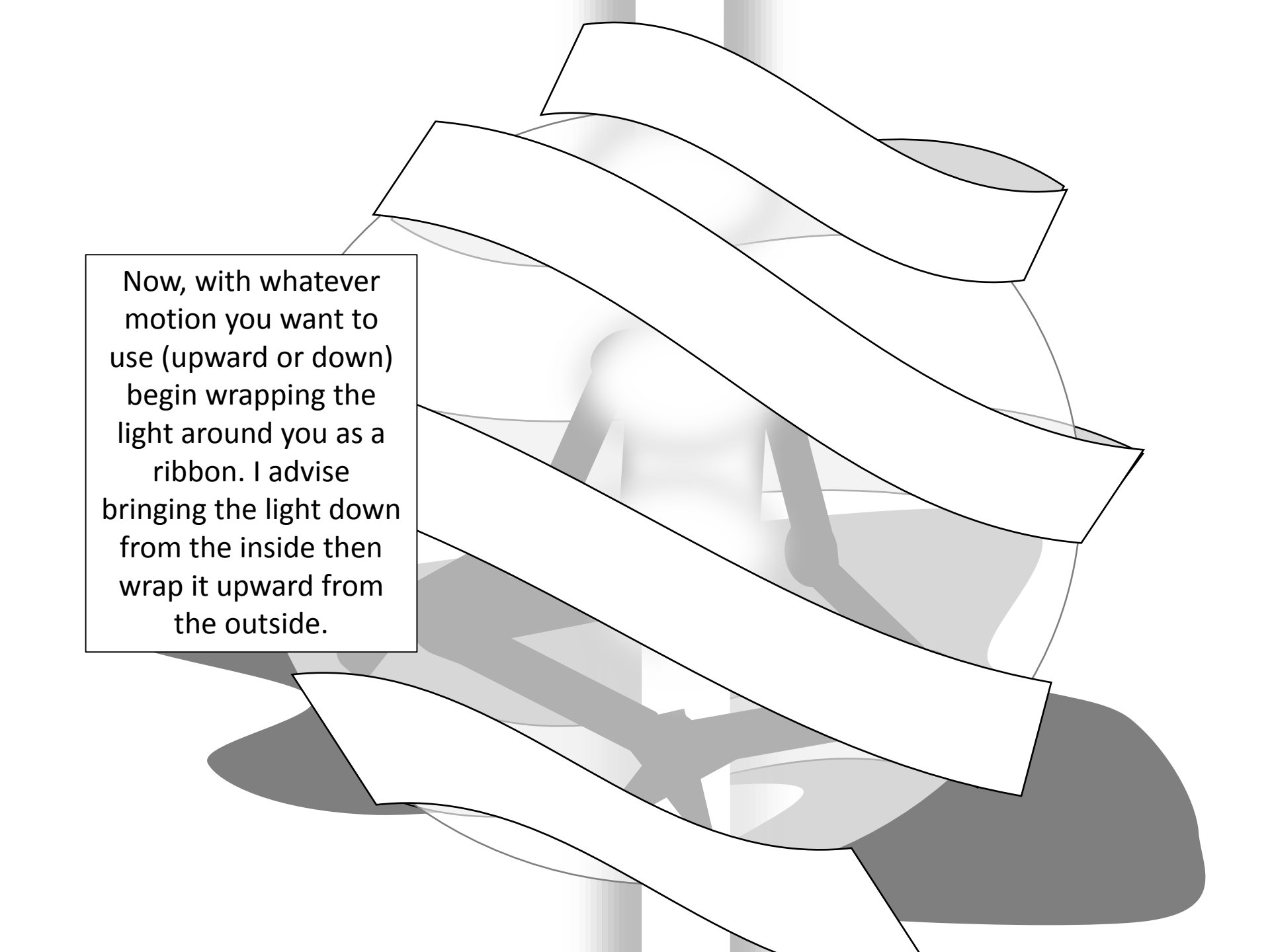


Keeping that sphere
intact, now begin to
bring light in from
below up through the
center . . .



Bringing it up through
the center, up through
the crown, then
outward and down
again throughout the
outer part of the
sphere, to the inward
motion again.





Now, with whatever motion you want to use (upward or down) begin wrapping the light around you as a ribbon. I advise bringing the light down from the inside then wrap it upward from the outside.

Reinforce that outer shell. This is the protective form of your light body that will keep your energy intact throughout your ceremonial processes.

