Middle Pillar Study & Practice Card

Upright practice · Gentle even breathing · Shortened guided version

Kether · Crown
Eheieh | Eh-heh-yeh

Da'ath · Throat
YHVH Elohim | Yod Heh Vav Heh — Eh-loh-heem

Tiphareth · Heart / solar plexus
YHVH Eloah ve-Da'ath | Yod Heh Vav Heh — Eh-loh-ah veh-Dah-ath

Yesod · Pelvic centre
Shaddai El Chai | Shah-dye El Chye

Malkuth · Feet
Adonai ha-Aretz | Ah-doh-nye hah Ah-retz

Circulation
1. Exhale down your left; inhale up your right.
2. Exhale down the front; inhale up the back.
3. Imagine light spiralling upward from feet to crown.
Finish quietly. Notice your feet and the room. Stop if dizzy or strained.

Date: _____ Practice note: _____

Based on Regardie, The Middle Pillar, chapters IV–V. Our 11-minute pacing is an adaptation; the source describes longer practice. Phonetics are approximate.

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