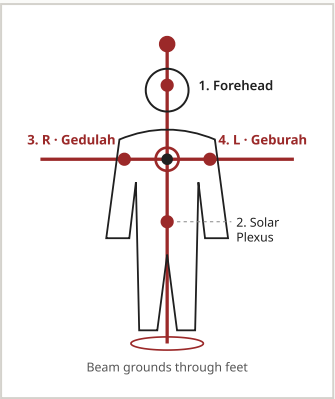
GOLDEN DAWN ALIGNMENT · 30–60 SECONDS

The Qabalistic Cross

Israel Regardie Orientation
Right = Gedulah · Left = Geburah



#	TOUCHPOINT	HEBREW & PHONETIC	MEANING
1	Forehead (Crown light above)	**Ateh** אתה AH-TEH	Thou art
2	Solar plexus (beam through feet)	**Malkuth** מלכות MAHL-KOOTH	The Kingdom
3	Right shoulder	**Ve-Gedulah** וגדולה VEH-GEH-DOO-LAH	And the Glory
4	Left shoulder	**Ve-Geburah** וגבורה VEH-GEH-BOO-RAH	And the Power
5	Heart (clasp hands over chest)	**Le-Olam, Amen** לעולם אמן LEH-OH-LAHM, AH-MEN	Unto the Ages, Amen

Posture & Light: Stand tall with feet flat. On *Malkuth*, touch your solar plexus (do not bend over) while driving the vertical shaft of white light through your feet into the floor. Sweep the horizontal beam from Right Shoulder (*Ve-Gedulah*) across to Left Shoulder (*Ve-Geburah*), then clasp your hands at the blazing heart intersection.

Date: _____ Note: _____

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CUT ALONG DOTTED LINE · TWO IDENTICAL POCKET ALTAR CARDS

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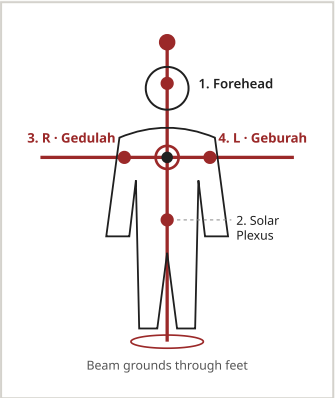

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