



## Sphere 5: Beauty

## What Are Spheres?

Spheres are the levels of training that we offer for the initiatory process of the Tradition. There are 8 Spheres. Each Sphere contains information on the topics relevant to understanding at its level. These topics build on each other and give a foundation for being able to work in the Circle of the Dark Mother. Some of these areas may be something you've already experienced, and you may be very well-versed in. If that is the case, feel free to move quickly through the section. We ask that everyone complete all sections because this is also the training foundation for clergy in the Circle. It is important that everyone is on the same page and can speak the same language for the optimal communication.

After completing each Sphere, contact Mark H. Williams ([markw.ohio@gmail.com](mailto:markw.ohio@gmail.com)) with a description of what you've learned and what you've tried out in the Sphere. He will reply back with any additional questions, suggestions, and answers to any questions you have posed in your email.



### Sphere 5

This Sphere represents “Beauty” and is the balancing agent between all things. This Sphere is associated with enlightened beings and all sacrificial Gods because this is where we sacrifice our egoistic desires for those of who we truly are.

#### Correspondences

**Color:** Gold/Yellow

**Astrological Attribute:** The Sun

**Incense/Plant:** Frankincense, Sunflower, Acacia, Buttercup, Chicory, Marigold

**Virtue:** True Individuality

**Vice:** Lack of True Individuality



### **Personality**

This is the realm of the enlightened ones. He/She is the representation of those who have transcended human consciousness through self-sacrifice and love. This is also the realm of the Divine Son who merges with the Bride in enlightenment.

### **Greek Deity**



**Heracles:** born Alcaeus or Alcides was a divine hero in Greek mythology, the son of Zeus and Alcmena, foster son of Amphitryon. He was a great-grandson and half-brother (as they are both sired by the god Zeus) of Perseus. He was the greatest of the Greek heroes and a paragon of masculinity.



### **Spiritual Beings:**

**Archangel: Raphael**

The Archangel Raphael is considered the angel of healing. He gives spiritual, mental, and physical healing to those who seek him. It is not a coincidence that he manifests at Sphere 5 because of its property of balance.

### **Order of Angels: The Malachim**

The order of angels are the Malachim which are the messengers of deity who bring prophecy and messages from God to those who have reached the level of consciousness represented at Sphere 5.

### **Meditation:**

Meditation is an important part of any spiritual practice. For Sphere 5 we will focus on giving and receiving practice (as is called Tonglen in Buddhist Tradition).

The purpose of Giving and Receiving is to give positive energy to a person or situation. It is also a way of spiritually cleansing energy with your intention.

1. Get into a comfortable position.
2. Push all thoughts aside and begin to breath in a regular rhythm.
3. Breath in... and out... in... and out
4. As thoughts arise, gently push them aside and refocus on your breathing.
5. Picture your heart filled with light and positive energy – the energy of deity.
6. Bring to your mind a person, a situation, or an energy. See it clearly in your mind's eye.
7. As you breath in, picture black smoke coming from the object of your focus.
8. Breath this dark energy in and feel it entering the energy center in your heart.
9. As the darkness enters, see it transform to light and then breath it out back into the object of your focus.
10. As this process continues, keep breathing in the dark and see it continuing to transform to light.
11. As time goes on, less and less dark energy is present, until it is all gone and only light remains.
12. Sit in silence and focus on your breath.
13. Close with a prayer to whatever deity you feel is appropriate.

### **Ritual Topic:**

Ritual items need to be acquired as part of the process of working with the Spheres. If you do not have money to purchase items, don't worry – you can make do with what you have. For instance, a marble or anything spherical can be used for a crystal ball. It doesn't have to be anything fancy.

## Crystal Ball



The crystal can be any spherical object that can be used for scrying. It is typically made of crystal or stone but symbolically anything that is a sphere can be used.



## Chakra

**Throat (Located in the middle of the throat)** The throat chakra is the first of the upper chakras in ascent, corresponding with the causal body and causal worlds: the foundation of the karmic continuum, the “memory” that binds to the past, but that also anchors to facilitate the development and evolution of the soul-being. This is the center of sound-vibration and communication, speaking, and potentially may correspond with the living word, the Logos. It is the seat of chant and prayer, and the force of the body of vision, and with media, creativity and telepathy, it corresponds with Divine prophecy, the force of the element of space in the depth of depth (the downward direction in the sacred circle), and the entirety of the sacred circle below, what is manifest.

This is the center that initiates the actualization of the intelligence of the heart and that gives expression to the spiritual inspirations and influxes that come from within and above. It is the distinct divine power in the human one of naming and speaking creations into being. As Elohim spoke Creation into being in Genesis saying, “Let there be,” so the Human One (Adam) named every creature. The throat chakra is the active power of prophecy, speaking what shall come to pass or speaking the Word of God, communicating the knowledge, understanding and wisdom of the Holy Mother.

It must be said, however, that when speech is dominated by the three lower chakras, when the bestial nature remains unredeemed, speech becomes vain and futile, and is the cause of

great bondage, great sorrow and suffering. Unconscious speech or negative speech is the manifestation of the great co-creative power in us in habitual patterns of the past, the karmic conditioning that keeps us bound to the ignorance, the demiurge.

### Level of the Soul



**Neshamah (Eternal Soul)** – the part of the soul that reincarnates from incarnation to incarnation. This is the true “us” that exists forever. What is able to be kept stays from one incarnation to the next. This soul is asleep until we reach some level of spiritual realization and then awakens.



### Holy Day

**Litha (Summer Solstice)** – Although the name Litha is not well attested, it may come from Saxon tradition -- the opposite of Yule. On this longest day of the year, light and life are abundant. At mid-summer, the Sun God has reached the moment of his greatest strength. Seated on his greenwood throne, he is also lord of the forests, and his face is seen in church architecture peering from countless foliate masks.

### Completion

When you are finished with the course, Mark will send you a certificate stating that you are a full initiate of the Tradition. You will be then ready to start Adept training which contains more advanced topics.