

Meditation Study Guide for Initiates and Members
of
Circulos Tenebris Matrem Arcanas
Circle of the Dark and Mysterious Mother



Meditation

Meditation is an important part of the Circulus Tenebris Matrem Arcanas path. The purpose of meditation is to go within and then live within so that we can take our consciousness toward Liberation and the Supernal Realm. Our path is to raise our consciousness toward elevated consciousness so that we can realize our unity with the All and reach enlightenment.

The following practices are meditative techniques that you can use. Meditation is a habit that should be practiced regularly. That being said, the best method is to start slow and build up to longer periods of meditation. It is common for someone to try to do too much too quickly and give up. So, it is recommended that you start with a slow and consistent practice.

Primordial Meditation

Primordial meditation is the type of meditation that is present in many traditions as the basis for all mindfulness training. The purpose of this meditation is to clear the mind, learn to manage thoughts and emotions, and listen.

1. Get into a comfortable position.
2. Push all thoughts aside and begin to breath in a regular rhythm.
 - a. Breath in... and out... in... and out
3. As thoughts arise, gently push them aside and refocus on your breathing.
4. It is important not to get upset or agitated over thoughts that arise. Our minds are pretty noisy, and it takes time and practice for longer periods of silent mind.
5. Start with a short session. It is much more important to have consistent practice than to have long practice. You can work your way up.
6. If you have trouble not thinking about time – set a timer for even 5 minutes for the start of your practice.

Primordial Meditation With An Object

Primordial meditation with breath is usually practiced with eyes closed, but you can also practice with eyes open and focusing on an object instead of breath.

- Perform the primordial meditation as above but keep your eyes open and focus on an object.
- Ideas of objects to focus on:
 - Candle flame
 - Statue
 - Picture
 - Or anything that holds significance to you

Silent Witness Practice

The Practice of the Silent Witness is a practice of observing our mental and emotional states. The key to silent witness is non-judgemental self-observation. The practice is to take some time and think about your day or a particular event. The purpose is to understand yourself better and consciously choose how to react in the future. It's important to think about your intention ahead of time – which should be about examining your emotions, thoughts, and reactions.

1. Get into a comfortable position.
2. Clear your mind and focus on your breath.
3. Fill yourself with light and take the intention that you are not going to judge – just observe.
4. Replay the interaction or day that you want to review in your mind.
 - a. It is helpful to think of it as a movie or play instead of your reality – to get distance from yourself personally and to alleviate judgement.
 - b. You can also think of it as someone else's experience – maybe someone that you care deeply about. How would you react to them instead of yourself?
 - c. We tend to be harder on ourselves than others that we care about.
5. Look at the motivations behind your reactions during the event.
 - a. What were the emotions?
 - b. What events in your past came up?
 - c. How is this connected to other aspects of your life?
 - d. What would that a loved one get out of the interaction if it was them?
 - e. What would you do differently if it happened again?
6. Let the emotions and ideas settle.
7. Find peace that what has happened, has happened and see this as a learning experience.
8. Sit in silence and focus on your breath.
9. Close with a prayer to whatever deity you feel is appropriate.

Giving and Receiving (Tonglen in Buddhist practice)

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.
 - a. Breath in... and out... in... and out
3. As thoughts arise, gently push them aside and refocus on your breathing.
4. Picture your heart filled with light and positive energy – the energy of deity.
5. Bring to your mind a person, a situation, or an energy. See it clearly in your mind's eye.
6. As you breath in, picture black smoke coming from the object of your focus.
7. Breath this dark energy in and feel it entering the energy center in your heart.

8. As the darkness enters, see it transform to light and then breath it out back into the object of your focus.
9. As this process continues, keep breathing in the dark and see it continuing to transform to light.
10. As time goes on, less and less dark energy is present, until it is all gone and only light remains.
11. Sit in silence and focus on your breath.
12. Close with a prayer to whatever deity you feel is appropriate.

Middle Pillar Meditation

1. Get into a comfortable position.
2. Push all thoughts aside and begin to breath in a regular rhythm.
 - a. Breath in... and out... in... and out
3. As thoughts arise, gently push them aside and refocus on your breathing.
4. Picture your heart filled with light and positive energy – the energy of deity.
5. Envision a sphere of brilliant white light, a diamond-like light that sparkles with rainbow hues, translucent and clear, above your head. Visualize and feel this center of supernal light there, above your head. Awaken this center of divine energy with the intonation of the divine name **Eheieh**.
6. Then envision the light descending through your head down to your throat, forming another sphere of light at your throat, a sphere of translucent lavender light, brightly shining. Awaken this center of divine energy with the intonation of the divine name **Yahweh Elohim**.
7. Let the light continue its descent down through your body to form another sphere of light in the middle of your torso at your solar plexus, a sphere of translucent golden light that shines brightly like the sun. Awaken this divine center with the intonation of the divine name **Kallah, Yeshua, or Messiah**
8. Envision the light naturally and spontaneously continuing its descent, forming another sphere of translucent violet light at your groin, a vibrant and brightly shining center of divine energy. Awaken this divine center with the intonation of the divine name **Shaddai El Chai**.
9. Let the light complete its descent, passing down to your feet and forming a sphere of radiant darkness there, as though a radiant indigo or obsidian black translucent light, all receiving. Awaken this divine center of energy with the intonation of the divine name **Adonai**.
10. Having brought the supernal light down, envision and feel an awakening and up rushing of divine energy from the depths of your consciousness, as though from the secret center of the Earth there is a response from below to the power coming from above. Envision yourself becoming like an exhaustless fountain of this energy, the light rushing up in ascent from the base of your feet, through your spine and out the top of your head, as though through a pipe of light formed in your

subtle body.

11. Circulate this light through your aura through your breath. As you exhale visualize and feel the light pouring down the front of your body and as you inhale visualize and feel it ascending up the backside of your body. Continue this focus until the current flowing down the front of your body and up the back is well established, as though the flow continues on its own.
12. Then shift to a focus upon another current of light simultaneously flowing down your left side and up the right side of your body, using your breath, as before, to circulate the energy, your exhalation bringing it down the left side and inhalation bringing it up the right side. Continue in this focus until the current is fully established.
13. Now envision your body as a body of light, as though every particle is self-luminous. And visualize and feel a sphere of brilliant light completely surrounding you, a radiant aura of golden-white translucent light.
14. When this is complete you can proceed to further prayer, meditation or ritual, or close the session by completely absorbing and grounding the energy-intelligence generated by the practice. This, then, completes the Middle Pillar Meditation.

Union with the Mother

The basic aim in all meditations with the Mother (in any of her forms) is to embody her in yourself and to commune with her, receiving messages that she has to give.

1. Sit in a place where you will not be disturbed and let yourself settle in. Perform the Kabbalistic Cross and abide in primordial meditation, letting your heart return to the place (the present moment).
2. Perform primordial meditation.
3. From this ground, shift your focus to the light in your heart, envisioning it illuminating your whole body. Let your mind and heart turn to the Mother and pray that she might come and be with you. Then, envision a ray of light streaming forth from your heart – leaping out of you like a shooting star – and the Image of the Mother appearing in the space before you.
4. Select any embodiment of the Mother that you wish to work with (Lilith, Hecate, etc.). Chant the name of the Goddess. Picture her reaching out to you and giving you messages and teachings that are only for you. When she is finished speaking, envision her turning to light and pouring back into your heart as light. Thank her for her presence and what she has told you.
5. At first don't focus on any surroundings or any detail beyond the Mother's presence with you. Once you have practiced this meditation you can begin to add details to the environment, location, and details of the experience.
6. Close in prayer