

Sphere 6: Restriction

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 Tau Yonas (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 6



This sphere represents restriction and severity. This is the act of bringing the divine energy into creation and tempering it so it can be used. Being restriction Sphere 6 lets darkness and shadow enter creation, but its extreme becomes cruel, controlling, and hellish.

Correspondences

Color: Red

Astrological Attribute: Mars

Incense/Plant: Tobacco, Cactus

Virtue: Self-empowerment, courage, passion, resolution of conflicts

Vice: Bullying, overbearing, cruelty



Personality

This is the realm of warriors and dark Gods & Goddesses. He/She is the representation of those who fight for their enlightenment and the enlightenment of others.

Greek Deity



Ares: Greek god of war and perhaps the most unpopular of all the Olympian gods because of his quick temper, aggressiveness, and unquenchable thirst for conflict.



Spiritual Beings:

Archangel: Kamael

The Archangel Kamael is the “burning” angel. He is depicted as a being on fire. Kamael forces us to look at ourselves and decide what is good and what is not. If we are ready for Kamael then he is loving, but if we are not, he will burn us.

Order of Angels: The Seraphim

The Seraphim are “firry snakes” and are involved in the process of kundalini within our consciousness. They assist us in raising our consciousness and bringing it up through our chakra system.



Meditation:

Meditation is an important part of any spiritual practice. For Sphere 6 we will focus on a meditation of introspection.

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.
5. 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.
6. 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?
7. We tend to be harder on ourselves than others that we care about.
8. Look at the motivations behind your reactions during the event.
9. What were the emotions?
10. What events in your past came up?
11. How is this connected to other aspects of your life?

12. What would that a loved one get out of the interaction if it was them?
13. What would you do differently if it happened again?
14. Let the emotions and ideas settle.
15. Find peace that what has happened, has happened and see this as a learning experience.
16. Sit in silence and focus on your breath.
17. 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 picture or rock representing deity can be used instead of a statue.



Statue

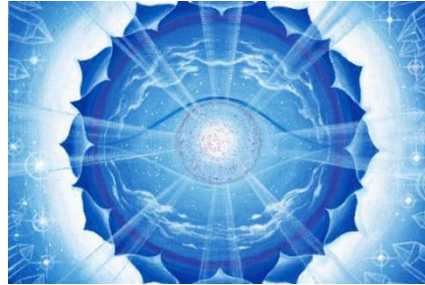
The statue or statues on the altar are representations of deity. Pick one that is either your patron or one that fits the intent of the ritual you are about to perform. These can be from any culture and can even be statuary not designed to be deities, but something that represents your idea of God or Goddess.



Candle

In ritual there is typically at least one candle for light and to represent the Mother Spirit and her magic as part of the ceremony. Many times, three candles will be used. Symbolically this

could be white on the right, black on the left, and red in the center. These three colors and placements stand for the three pillars of the Tree of Life – Mercy, Severity, and Compassion. However, you can use as many or as few candles as you wish as long as the symbology makes sense to you.



Chakra

Brow (Located at the third eye): The brow chakra corresponds to our spiritual body and the spiritual worlds. We come into contact and communion with the world of angels in the heart, and with the world of souls, and of great cosmic forces and archangels. This is the center of cosmic consciousness, the peak of mental consciousness, and it is the center of sight into the World of the Holy Spirit. Corresponding with light, color, seeing, envisioning, creative imagination, clairvoyance, divine vision, divine thought, the brow is the “seat of the Gnosis Mind,” the Divine Mind. The brow chakra also corresponds to the force of the space element in infinite expansion, the circumference of the sacred circle nowhere to be found, being the sacred circle in the ideal, depth of above (the upward direction in sacred circle).

This is the center of Divine Illumination, the full actualization and illumination of the mental being and consciousness, and it is the center of spiritual knowledge, understanding and wisdom, yet remaining within the subtle dualism of the mental being and consciousness. As the ceiling of cosmic consciousness, apart from the full breakthrough to the Supernal and union with the Divine I Am, Supernal or Supramental Being, the illumination of the brow is not Supernal. This center is the guiding or directing principle of the chakras below it, receiving and interpreting the Divine and supernal influxes from above, facilitating their actualization and realization. It is the center that translates the Divine potential into the actual, providing the body of vision to be worn, spoken and enacted.

The full clarity and force of the intelligence of the heart comes into being when it is joined to the brow chakra, the center within the head. This is the center of illumined spirituality and the actualization of our full capacity as co-creators, consciously directing our development and evolution, and fulfilling our soul's destiny.



Level of the Soul

Neshamah (Eternal Soul) – When the Neshamah is awakened the individual begins to orient everything in their life toward spirituality. Their true self begins to reign, and they enact their



true will. This does not mean that the bestial soul does not rise from time-to-time, but the person is able to recover quickly and refocus on their spiritual path.

Holy Day

Lammas (Fall) – Lammas is a holiday celebrated in some English-speaking countries in the Northern Hemisphere, usually between 1 August and 1 September. It is a festival to mark the annual wheat harvest and is the first harvest festival of the year.

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.