

## Sphere 2: Foundation

## **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 2**

This Sphere is called Foundation and is the conduit where energy passes between Sphere 1 and everything else. This is the funnel that moves the energy back and forth.

### **Correspondences**

**Color:** Purple

**Astrological Attribute:** The Moon

**Incense/Plant:** Jasmine, Comfrey, Camphor, Aloes

**Virtue:** Emotional Stability

**Vice:** Overly emotional



### **Personality**

This is the realm of the Teacher or Healer. He/She is the representation of our teachers and healers both internal and external to us. He/She is the part of us that understands our connection to all and is often depicted as a God/Goddess of sexuality. The myth cycles involve this sphere as being the place of sexual union between the Bride (Sphere 1) and the upper realms.

### **Greek Deity**



**Dionysus:** The ancient Greek god of wine, winemaking, grape cultivation, fertility, ritual madness, theater, and religious ecstasy. His Roman name was Bacchus. He may have been worshiped as early as 1500-11000 BCE by Mycenaean Greeks.



## **Spiritual Beings:**

### **Archangel: Gabriel**

The Archangel Gabriel is the prophet who is over messaging. Since Gabriel is located at Sphere 2, this is where all messages from deity flow into creation.

### **Order of Angels: The Kerubim**

It is not surprising that the order of angels, the Kerubim, are doorways. They are associated with any doorway or gateway including physical doors within buildings. They control the flow of energy in both directions.

## **Meditation:**

Meditation is an important part of any spiritual practice. For Sphere 2 we will focus on ecstatic worship which is a type of mediation that involves losing oneself to spirit.

Ecstatic worship is the process of losing oneself into deity. This can be done through music, dance, chanting, etc. The idea is to go into a place of praise for the deity and then letting go of consciousness by focusing on whatever activity can take us out of ourselves. Many will sing or dance, but other forms of worship such as chanting or even painting can be used.

1. Turn on music
2. Release yourself into a place of praise
3. Focus on a spirit of thankfulness
4. Sing, move, whatever you are called to do
5. When you feel you are done, turn off the music and reflect on your experience.

## 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 wand can be made by simply going outside and picking up a small branch.



## **Wand**

The wand can be a traditional wood branch, or it can be made of crystal. It is whatever you are more comfortable using. It is typically made of wood, stone, crystal, or bone, but symbolically anything that can point can be used.



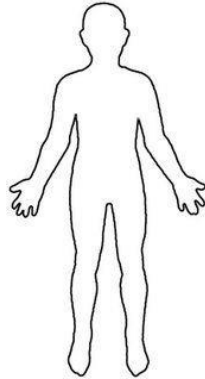
## Chakra

**Navel (Located in the stomach)** - The navel chakra corresponds to our astral body and astral worlds, and to the dreamtime. Corresponding with emotions, pleasure and sexuality, movement, change and polarity, it is the play of duality and opposition necessary for individuation and self-realization, socialization and exchanges of energy, nourishment and nurturance, the power of clairsentience, as well as to the elemental force of water and the direction west in the sacred circle. This is the dynamic center of life and vital energy, the lower vital, which, when joined to the higher vital in the heart becomes the vehicle of self-actualization and self-realization. When joined to the heart the navel or belly becomes like a womb through which we conceive, gestate and give birth to something of our true and natural being, our holy soul, and yet, when divorced from the intelligence of the heart it is the “belly of the Great Beast,” a play of extreme selfishness, egoistic desire and fear, bound up in cosmic ignorance, self-consuming and self-destructive.

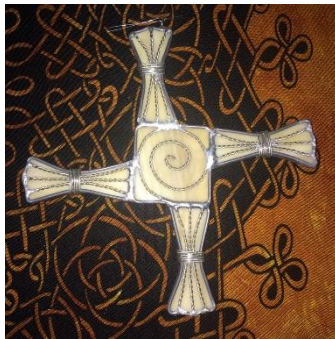
This is the energetic center through which we are able to become aware of the subtle energetic dimension within and behind the physical or material dimension, and through which we contact and interact with the world of spirits. In spiritual work affecting changes or shifts in the material reality, this chakra is key, a principle center of focus. of matter-energy-light, pure energy, light or spirit manifest in material form.

### **Level of the Soul**

**Nefesh Elokit-** Nefesh Elokit is the ego or personality, but when it is pointed upward and toward the soul's true self.



The Nefesh becomes “heavenly” when it is aware of our unity with all creation and begins to search for what is beyond. The soul is not static so as humans, we do flicker between Nefesh Elokit and Nefesh Behomet (the bestial personality).



### **Holy Day**

**Imbolc (Middle of Winter)** – Imbolc is still during the winter months, but the days are becoming longer and there is hope and a promise of Spring to come. This is a transition period between Winter's desolation and the rebirth of Spring.

### **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 has more advanced topics.