

**Kabbalistic Cross for Initiates and Members
of**
Circulos Tenebris Matrem Arcanas
Circle of the Dark and Mysterious Mother

The Kabbalistic Cross

- Standing or sitting, envision light above your head.
- Touch your forehead and say or intone ATOH <pronounced “Ah-toe”>
(Thou art)
- Touch your breast and say or intone MALKUT <pronounced “Mal-koot”>
(the Kingdom)
- Touch your right shoulder and say or intone VE-GEVURAH <pronounced “Vay Ga-voor-ah”
(and the Power)
- Touch your left shoulder and say or intone VE-GEDULAH <pronounced “Vay Ga-doo-la”
(and the Glory)
- Clasp your hands before you and say or intone LE-OLAM <pronounced “Lay Oh-Lom”>
(forever)
- Say or intone AMEN.