



DAILY PRACTICE

UNIVERSAL KABBALAH®

STUDY & CERTIFICATION PROGRAM



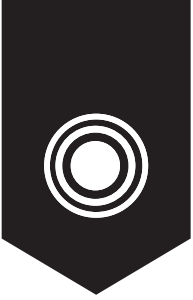
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DAILY PRACTICES FOR SPIRITUAL GROWTH

SHORT PRACTICE

Kabbalah Cross

Gospel of St. John

Psalm 23

IESCHOUAH - 8 times

Blessing

Prayer of Love, Peace and Light (Giving back to the Universe)

Kabbalah Cross

MEDIUM PRACTICE

Kabbalah Cross

Opening Prayer

Gospel of St. John

Psalm 23

Put Pentagram above your head

Light bulb meditation OR Middle Pillar Exercise

IESCHOUAH - 8 times

Prayer to the Guardian Angel

Application of Lord's Prayer with Positive Affirmations

Blessing

Prayer of Love, Peace and Light (Giving back to the Universe)

Kabbalah Cross

DAILY PRACTICES FOR SPIRITUAL GROWTH – *cont'd*

LONGER PRACTICE

Kabbalah Cross

Blue Circle around yourself (remind yourself of Circle throughout)

Opening Prayer

Gospel of St. John

Psalm 23

“May the God of my heart sanctify this attunement with the Divine, so be it be.
So it is. It is done.”

Menorah Breath (hold breath out at end focusing on crown)

Remind yourself of the Circle

Put Pentagram above your head

Light bulb meditation OR Middle Pillar Exercise

Ruach Elohim

8-Fold Path

IESCHOUAH - 8 times

Prayer to the Guardian Angel

Application of Lord's Prayer with Positive Affirmations

Kodosh Kodosh Kodosh Adonai Tzevaot Meloh Kol ha – Aretz K'vodoh La 'Olam Voed

Blessing

Prayer of Love, Peace and Light (Giving back to the Universe)

Kabbalah Cross



OPENING PRAYER

“Oh Lord of the Universe, the Vast and Mighty One, ruler of the Light and the Darkness, we adore Thee and we invoke Thee.

Oh Lord, my power is in Thy Name,
Thou who hast made Heaven and Earth.

Grant, O Lord, my prayer,
And may my cry ascend to Thee!

Peace be with Thee,
And with Thy Spirit.

Look thou with favor upon me, your humble servant, who seeks to invoke your Divine Glory, so that your Light may transform us, change us into instruments of love, light, and healing, so that we may be able to accomplish the Great Work. May this be done in your Name for your Glory on this planet Earth.

So be it. So it is. It is done.”



GOSPEL OF ST. JOHN

In the beginning was the Word, and the Word was with God, and the Word was God.

2 The same was in the beginning with God.

3 All things were made by Him; and without Him was not anything made that was made.

4 In Him was life; and the life was the Light of man.

5 And the light shineth in darkness; and the darkness comprehended it not.

6 There was a man sent from God, whose name was John.

7 The same came for a witness, to bear witness of the Light, that all men through him might believe.

8 He was not that Light, but was sent to bear witness of that Light.

9 That was the true Light which lighteth every man that cometh into the world.

10 He was in the world, and the world was made by him, and the world knew him not.

11 He came unto his own, and his own received him not.

12 But as many as received him, to them gave he power to become the sons of God, even to them that believe on his Name.

13 Which were born not of blood, nor of the will of the flesh, nor of the will of man, but of God.

14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.



PSALM 23

O Lord, my power is in Thy Name,
Thou who hast made Heaven and Earth.

Grant, O Lord, my prayer,
And may my cry ascend to Thee!

Peace be with Thee,
And with Thy Spirit.

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures:

He leadeth me beside the still waters.

He restoreth my soul:

He leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death,

I will fear no evil:

for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies:

thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life:

and I will dwell in the house of the Lord forever.



BLESSING

The following blessing should be memorized and recited by the entire group at the conclusion of any work.

Our Father in Heaven, Infinite Spirit of Life and Love and Wisdom and Power, in whom we live and move and have our being, whence cometh our help, manifest Thyself in us.

Help us to open ourselves to the Highest Wisdom and Insight and Love and Power, that we may serve Thee and our Fellowmen, and all our Fellow creatures faithfully, and that we may have the Divine Guidance and Care, and that all our needs be supplied.

Oh Christic Force (or Light) Within, enfold and lead us and reign supreme, that the One Life that is our life, we may realize and manifest ever more fully.

We are strong in the Infinite Spirit of Life and Love and Wisdom and Power. We have and shall have the Divine Guidance and Care; for it is the Father that worketh in us - Our Father works and we work.

May the benefits of this work lead to the complete liberation and supreme enlightenment of all beings, everywhere, pervading space and time, so be it. May the benefits our practice, along with those of others, come to fruition, ultimately and immediately, and we remain in a state of divine presence.



THE PRAYER OF LIGHT

Love before me

Love behind me

Love at my left

Love at my right

Love above me

Love below me

Love in me

*Love in my
surroundings*

Love to all

*Love to the
universe*

Peace before me

Peace behind me

Peace at my left

Peace at my right

Peace above me

Peace below me

Peace in me

*Peace in my
surroundings*

Peace to all

*Peace to the
universe*

Light before me

Light behind me

Light at my left

Light at my right

Light above me

Light below me

Light in me

*Light in my
surroundings*

Light to all

*Light to the
universe*



PENTAGRAM VISUALIZATION

Practice this sacred work until pure in love, with wisdom.

Visualize above yourself a flaming Pentagram.

Mentally review yourself now, and clearly see yourself completely surrounded by a sphere of light.

Actually feel it about you.

See the flaming Pentagram above you and hear the flames hissing. Feel their warmth.

Silently and softly intone Ieschouah 8 times.

After a short while, using your feeling nature, try to be connected with all the past Masters and brethren in the initiatic chain.

If time allows, call to mind someone near and dear to you.

Family member, friend, or someone you wish to help, world leader, a nation or group of people.

Visualize them surrounded by light.

Visualize the Pentagram flaming above them.

Intone Ieschouah silently once or more times. And send thought of love.

Remember the higher powers care little for the shallow values of the profane world, but love, peace, kindness, charity, humility, sincerity, beneficence, consolation, and compassion.

Use this mystic prayer as you move through the day, silently blessing all those you observe saddened, distraught, sick and in need.

Your meditation will indicate how to use your meditation and prayer in other ways.



THE LIGHT BULB MEDITATION

1. Visualize yourself as a being contained in a light bulb, that bulb being your outer spiritual body.
 2. Turn your thoughts inwardly to the exact central point that is the real you, the awareness of you, the ground of your being.
 3. Think of this central condition as being heart shaped and that it is finally attuned with your physical heart.
 4. Then as you meditate, concentrate upon this sphere being absorbed in the scintillating Omneity of the supreme light, petitioning that its will be done.
 5. Visualize this love feeling and power filling your whole nature and temperament. Insure your desire with likeness unto this universal sphere, and know the loving power of God, the ineffable essence and center of all.
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PRAYER TO THE GUARDIAN ANGEL

O divine spirit! Spirit of strength, wisdom and light!

Powerful being with whom I desire to have the closest unity.

...I call you and invoke you!

Come to my aid; guide me throughout this day along that of salvation. Kindle me with that divine love with which you are aglow. Send me your wisdom at all times. Give me the weapons I need to conquer my enemies. Guide my steps in truth; I surrender myself with the greatest confidence to your leadership. O divine word! Who has sent your angels to protect and guide us; grant that I may benefit from their powerful acts and be protected from all sin this day. May I get to know intimately this spirit who you have assigned to me personally.

I ask this grace through your precious blood which has become the seal of my atonement with you.

Amen.



THE LORD'S PRAYER with Positive Affirmations

Our Father, who art in heaven.

I am now conscious of the infinite and eternal presence in whom I live and by which I think and create.

Hallowed be thy name.

This presence in me is whole and complete. It is the activity of health that heals, of intelligence that inspires, of substance that prospers, and of love that harmonizes.

Thy kingdom come, thy will be done, on earth as it is in heaven.

I am a God, glorious possibility. I now let His perfect idea of me unfold in me and through me. My desire for betterment is God's desire to perfect that which he is expressing as me, and I let Him have His way. I see myself doing that which He sees me as being.

Give us this day our daily bread.

I have no existence outside God's presence, for I am that presence expressing as me. Therefore, I can never be separated from the all-sufficient substance of the opulent universe. I claim my divine inheritance and I daily, perpetually, manifest abundant supply.

Forgive us our debts as we forgive our debtors.

The presence in me is my potential for dissolving all conflicts or transgression. The presence is love, and it loves in me and through me as I forgive. It releases me as I lose and let go of all my limited thoughts about myself or others.

Lead us not into temptation, but deliver us from evil.

The presence in me is my light and my deliverance. There is no darkness in the light, and there can be no darkness in me when I am established in spiritual unity with the presence within me, which is "better than light and safer than a known way."

For thine is the kingdom and the power and the glory, forever. Amen.

In all that I seek to be or do or have, I humbly realize that in the presence is my power to think my very thought of aspiration, my will to commence, my strength to keep on, my power to achieve, and the glory of all my accomplishments.

This is the truth, and it is now done.

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*“The Spirit of Man is a candle of Love,
Wisdom and Truth of the Lord. When
you light this candle and surround
yourself with the positive vibrations of
Love, Faith and Hope you are able to walk
through any darkness.”*

- DR. JOSEPH MICHAEL LEVRY