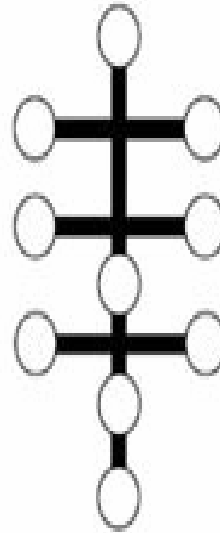
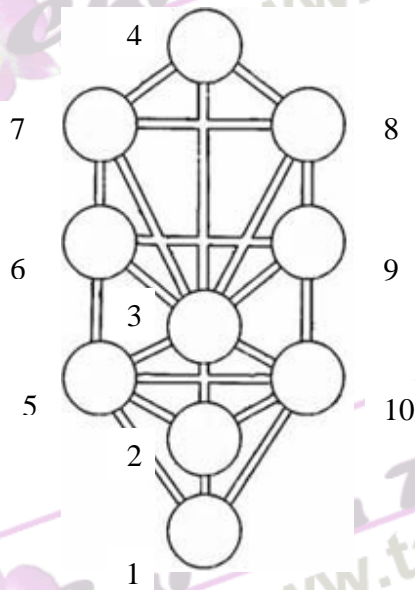


Kabbalah Tree of Life Symbols



Both of these ancient symbols are representations of the meditation you are about to learn. Each sphere represents a four-layered aspect of kabbalic teaching. For the purposes of this meditation, we will consider only one of those aspect layers. On one symbol you will note that it has been numbered 1- 10, these numbers relate to an aspect of your meditation. Below you will find the explanation of these numbers:

1. Feet = Earth/ world
2. Lower Dantien = Foundation of life/earth energy
3. Mid Dantien = Vision of self/ Self awareness
4. High Dantien = Spirit awareness/ heavenly energy
5. Glory of existence
6. Justice and equity
7. Understanding for all
8. Eternity of existence
9. Mercy for all things
10. Wisdom to see

These aspects represent parts of you, your life and also your aspirations, things you should include in your life to fill your potential and also understandings you need to attain to further your inner self.

The central line of the symbol represents you as a person and the three dantien are the energy centres of the body, with the feet being the anchor to the earth and temporal energy. The six remaining spheres are the aspects mentioned before.

This ancient meditation uses numerology in its application and the numbers are three plus three plus three equalling nine and a repeat of three equalling 27, two plus three equals nine.

The number nine is considered to be the perfect number as it can divide itself by its own component i.e.; three, in ancient numerology it is the prime number for positive energy. Therefore this meditation has the potential to be very powerful in terms of positive application in your life.

Kabbalah Tree of Life Meditation

Level One

In this level, you will learn the route for the visualisation of your meditation, the route taken by the energy and the reasons behind it. This part of the meditation deals only with the primary channel of the three dantians.

The energy will follow your breath as you breathe in the new energy will enter your body and as you breathe out old and stale energy will exit your body, if it helps you can use the visualisation of light entering and smoke leaving your body for this level.

First relax and take the posture you have been taught, before you begin try to clear your mind by taking some deep slow breaths as you push away the thoughts of the day.

The first set of three breaths will bring energy into the lower dantien, as you breathe in you should visualise energy coming up from the earth, entering your feet at the bubbling well point and travelling up the front of both legs and then meeting in the lower dantien. As you breathe out you should visualise the old energy leaving the lower dantien and flowing down the back of both legs and returning to the earth. Repeat this three times. In this first series, you should calm the mind.

The second set of breaths will bring energy to the upper dantien. As you breathe in you should visualise heavenly energy entering your body through the Baihui point at the top of the head, travelling around the back of the head, under the jaw and up to the higher dantien, as you breathe out you should visualise the energy travelling up the forehead and back out of Baihui. You should repeat this three times. In this second series you should relax the body.

The third set of breaths will mix the two energies together, as you breathe in you should visualise the breath travelling through the same points as before, but this time they will travel at the same time in unison with each other, the destination is the central dantien. Heavenly energy will travel down enter through Baihui and travel down the back and into the dantien on the 'in' breath and will travel through the chest and up the face and exit Baihui on the out breath. Earthly energy will travel up the legs as before and then the

stomach and into the dantien on the 'in' breath and out through the back, down the spine and then the legs to leave at the bubbling well point on the 'out' breath. In this third series you should 'listen' to the breath.

This whole series is repeated three times.

For this level only use natural breathing through the nose only, make all breaths as slow and full as possible.

Level two

On level two you repeat the same sequence as in level one but at this point you will now involve the first three spheres, 5 6 & 7.

As you begin this series you visualise the three spheres as spinning spheres of coloured light. The lower light is coloured red, the middle light is coloured green and the highest light is coloured white, each light sits inside the corresponding dantien for the first breath series. So using what you learnt in level one, you breathe the same and in addition, you visualise the spheres of light inside the dantien. At the end of your nine breathes you move onto series two.

For this series you will visualise the spinning balls of light resting on the skin just outside the body, the breaths follow the same route but also go through the spheres on the way in, they follow the normal path on the way out.

On the third series you need to visualise the balls at the limit of your Peng energy space (about two thirds of your arms length from your body) and in a line in front of you, use the same breathing and paths but also include the energy passing through the spheres on the way in to the dantien.

When you have finished level two you should be able to visualise three dantiens inside your body and also three coloured spheres of spinning light in front of your body.

Level Three

In level Three, you will now visualise three more spheres of light energy. They will sit in the same places but as you perform this part of the meditation they will leave through the back of the body, on the first set of breaths they stay in the dantiens, on the second set they move to the skin surface opposite the dantiens and on the third set they will extend out to the edge of your rear Peng space.

At the end of level three you should be able to visualise three dantiens, three spheres in line to the front of your body and also three spheres in line to the rear of your body. If you look back to the symbol of the tree of life, you will also see the same configuration represented there.

Breathing for level two and three at this stage should remain as normal and deep as possible.

As you progress through this meditation, you will find that the spheres of light energy will change in alignment to represent more fully the alignment of the tree of life, you should let this happen in its own time as it is a natural phenomenon of this meditation.

It is important to note that this meditation should be approached in a light hearted and relaxed manner, do not struggle to perform it, let it happen in its own time. When you have achieved the true alignment of the symbol, you can then progress onto specific meditation on each of the spheres.