

A TALISMAN FOR HEALTH

Recall the planetary attributions of the Hebrew letters---

ר	ג	כ	ת	פ	ד	ב
resh	gimel	Kaph	tav	peh	daleth	beth
☉	☾	♃	♄	♂	♀	♁

I. The Sephira on the Tree of Life should be---Tiphareth. This is because this sephira is associated with the Sun. The sun being the healer, the giver of life. Therefore, we can select a Tarot card from the major arcana or the trumps. Clearly, it should be the tarot card associated with ר (resh), the SUN.

II. Consider the System to be used:

If Egyptian we would invoke	RA
If Greek " " "	APOLLO
If Qabalistic " " "	(a) Divine Name of Atziluth
	(b) Archangel of Briah
	(c) Angelic Choir of Yetzirah
	(d) Physical Manifestation of Assiah

III. We would use the Geomantic Symbols of:

Fortuna Major



Fortuna Minor



note these are associated with ♋ (Leo) or: The Sun

from the Golden Dawn we find several syntheses of these figures, as follows:



IV. From the Golden Dawn, we find the Following:

Angel of the Sun:

Michael מיכאל

Seal of the Planet:

6 x 6 square

6	7	8	9	10	11
1	2	3	4	5	6
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30	31	32	33	34	35

adds to 111

Sphere of Sol:

ש ב ש (Shemesh)

Spirit of the Sun:

Sorath סורת (whose sigil is: ⚡)

Intelligence of the Sun:

Nakhiel נחיאיל " " " ⚡

Enochian Letter for Fortuna Major is:

ב (Verchiel, a figure of Sorath)

Enochian Letter for Fortuna Minor is:

פ " " " " "

Name and Sigil of Planetary Spirit (of Sun)

OCH



The Color Scale for Tiphereth is:

King (Atziluth) wands	Queen (Briah) cups	Emperor (Yetzirah) swords	Empress (Assiah) pentacles
CLEAR	YELLOW	RICH	GOLD
PINK ROSE (fire)	(GOLD) (water)	SALMON (Air)	AMBER (earth)

The metal of the sun is:

The Divine Name of Tiphereth is:

Gold יהוה אלוה ודעת (Atziluth)  
Yhvh Eloah Vedaath  
Ee Ah Oh IAO\*

The Archangelic Name " " " :

Raphael רפאל (Briah)

Choir of Angels of " " :

Melekem מלכאם (Yetzirah)

Physical Manifestation " " :

Shemesh שמש (the sun) (Assiah)

\* Dr. Regardie told me IAO was an acceptable substitute for Yhva Eloah Vedaath.

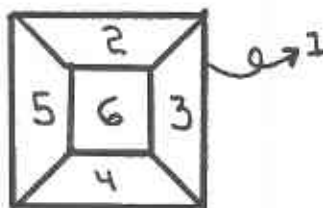


What we are going to do is make a Pyramid, out of cardboard, reasonably stiff so it will stand up by itself. The angles and dimensions of this pyramid must be those of the Great Pyramid of Cheops. Following are some dimensions that will be of help. (make a pyramid about 6" high at least) It is to be truncated at the top.

Height	Base	Side	Base	Side	Height
6"	9.42"	8.97"	6"	5.71"	3.82"
8"	12.57"	11.96"	12"	11.42"	7.64"
10"	15.70"	14.95"	24"	22.84"	15.28"
12"	18.85"	17.93"	120"	114.18"	76.40"

Note that the sides should form an angle of 51 degrees and 51 minutes to base. Since the Sephira Tiphereth (on the Tree of Life) is the sixth Sephira, use the dimensions involving six. (ie, six inch base or height, 12" base of height, etc)

Below is a "plan" of the truncated pyramid with the sides, base and top numbered. The base is number one (1) and the top is number six (6), the sides are two (2) which is South side, three (3) which is west side, (four (4) which is North side and five (5) which is East side. I = Inside of Pyramid and O= Outside of Pyramid.



Before proceeding with the actual construction, recognize that Tiphereth is on the Middle Pillar of the Tree of Life. It is in balance. Thus, this Talisman is also suitable for stability, balance or mental balance. With RAPHAEL being the "healer of God", this talisman is excellently suited for healing, especially drugless therapy. For other ailments, one can consider a "HOD" talisman.

MOTTO: The motto referred to herein is one that the maker of the talisman should come up with, if possible. A Biblical quotation (if one is strongly Christian) or one from the Quran (if one is a Moslem), etc. Something that comes in a dream or in an inspiration is always best. If none of the situations seem right, one can use the "standard" motto: "I AM the Resurrection and the Life".

HEBREW: Note that most of the Divine Names, Angelic Names, etc MUST be written in Hebrew. These will be written out together with the English phonetics for aid.

CHARGING: The Talisman is most effective when charged. For those familiar with the use of Magickal weapons (and have such made for themselves), follow the Golden Dawn methods for charging the Talisman. For those who have NO knowledge of these things, when the Talisman is complete, devise a ritual of your own. Bless the Talisman, invoking the help of the Lord, the healing power of Raphael and the goodness of Michael to imbue the Talisman with the healing power you desire.

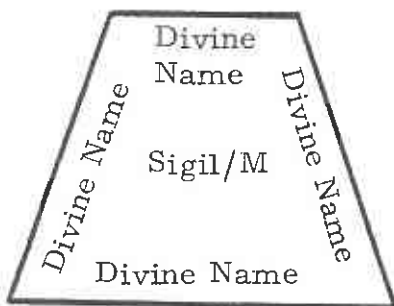
Follows now the description of what is to be done or written on each side of the Pyran First a general description, then side-by-side, greater details.

INSIDE	OUTSIDE
1. Photograph of person preferably taken outdoors.	1. Magickal Square of Sun with the Sigil.
2. Divine Name	2. Symbols of Fortuna Minor (South)
3. Archangelic Name	3. " " " " (West)
4. Angelic Choir Name	4. " " " Major (North)
5. Physical Manifest. (Sun)	5. " " " " (East)
6. Motto (play it up good!)	6. Tarot Card of the Sun

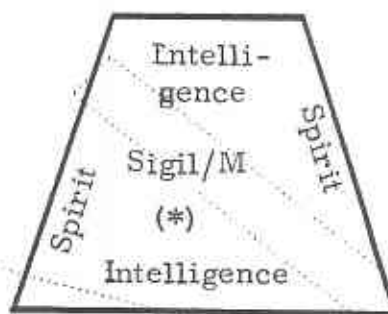
Note: For side 3- could use Banner of the West, instead of the Fortuna symbol.  
For side 5- could use Banner of the East instead of the Fortuna symbol.

For the inside of the pyramid, sides 2 through 5, the same general format is used. That is, in the center of each, the Sigil of Michael is drawn. (Taken from the Rose Cross) Around the edges is written, in Hebrew, the Divine Name (side 2), the Arch-Angelic Name (3), Choir of Angels Name (4) and for five, the Intelligence of the Sun above and below Sigil of Michael and Spirit of Sun to left and right of Sigil. See below.

Inside 2



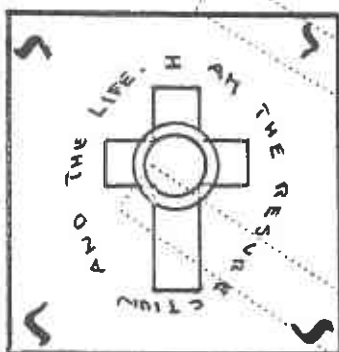
Inside 5



Illustrations of two of the inside sides of Pyramid Talisman for Health. Note that where it reads "Sigil/M" This means Sigil of Michael and one actually draws this Sigil. Where a Name is called for, one actually writes in the called for Name-in Hebrew. \* symbol of OCH.

Let the constructor use his or her own ingenuity in making this Talisman. It is always good to "put yourself into it". Note also, the letter resh may be used freely.

Inside 6



Outside 1

6	32	3	34	35	1
7	11	27	28	8	30
19	14	16	15	23	24
18	20	22	21	17	13
25	29	10	9	26	12
36	5	33	4	2	31

For Inside 6, this is a "condensed" version of the Rose Cross and can simply be a cross encircled. The background should be white here, the cross and circles in red and the letter resh in yellow. For Outside 1, the numbers could be written in a Clear Pink Rose color and the background a yellowish-green. (Yes, the lines can be drawn in, in black, india ink, pen, etc.)

The Rose Cross could be simply a line drawing, in red, on a white background so the interior of the cross is white as well. Note the square of Sol (sun) IS to be a real square. Around the Rose Cross is the motto. Shown here is the "standard" motto but, your own is always to be preferred. Do the letters in yellow or, better, gold paint or whatever media you use.

OUTSIDE: Side 2:	Symbol of Fortuna Minor	or synthesis (see below, figure 1)
3:	" " " "	or Banner of the West
4:	" " " Major	or synthesis (see below, figure 2)
5:	" " " "	or Banner of the East

Sides 2-5: The Motto (own or standard, on each outside side)

Color the Banners of East and West as indicated (if you choose to use them). Everything else you can use the yellow color. Or gold. For added effect use "flashing" color for contrast. For example, in figure 2, Hexagram and central Sun in Gold, other symbols in Clear Pink Rose. Motto in yellow or gold. (on all sides)



Figure 1

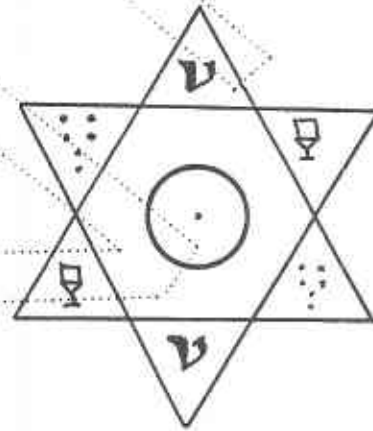


Figure 2

For side 4, could also use the Figure 1 type only use the symbology for Fortuna Major. Likewise for side 2, could use Hexagram of type shown in figure 2 with Fortuna Minor symbology. That is, two double circles or two Hexagrams, one of each with one each of the banners, etc etc. As you see fit.

Step one then, is to construct a pyramid from heavy cardboard. (You can buy the cardboard pyramids but they usually have no bottom and need the top truncated) Then, "do" each side, inside and outside. Put on picture, magic square, paint a tarot card (see illustration from which you can copy or trace. Probably have to copy as you will want it smaller or maybe larger depending on pyramid size, etc) paint the Names, other symbols and so forth, twelve sides in all. Then put it together as a pyramid. Glue or scotch tape. Note: On the Magickal Square of the Sun, (outside 1) you need to trace the sigil of the name of the person. See page with the instructions on how to do this. Once it is put together, in a private place or room, charge it with your Magickal Weapons, or, first doing the Banishing Ritual, bless the Talisman by your own prayers. Invoke God, Raphael, Michael and the Melekem (choir of Angels) asking them to charge the Talisman to allow it to promote your health and well being. Daily pray over it. Talk to God. The Archangels, etc. Ask for their help. Bless them. No set thing, make it up as you go. It WILL heal you!

There are several ways to make Sigils. One is to use the Rose Cross. However, since we are using a Magickal Square (of the Sun) it makes sense to use the square which is also used for Sigils. The process is to (a) "convert" the person's name (YOUR name) to Hebrew as best as possible. See the table of Hebrew letters and the English equivalent. Also, from this table, pick the numerical value of each Hebrew letter which equates to a letter in your name. As an example, Sean would be ש (shin) 300: א (aleph) 1: נ (nun) 700 . Why 700 instead of 50? Because the N or nun, is a FINAL nun. Note that Mem, Kaph, Tzaddi, Peh and Nun have special forms if they are the last letter in a name. Hank would be: ה (heh) 5: א (aleph) 1: נ (nun) 50: ק (kaph) 500 (final K or Kaph). Janet would be: י (yod) 10: א (aleph) 1: נ (nun) 50 (no "E" in Hebrew so it is omitted) ט (teth) 9.

Once you have this, it is necessary now to take any of the values and reduce them to a value less than 40 by removing final zeros. Shin for example becomes 30 and final nun becomes 7 and nun-itself reduces to 5. Mem would become 4. So, Sean would be 30 + 1 + 7. Hank would be 5 + 1 + 5 + 5. Janet would be 10+1+5+9. These are not to be added. But what is to be done is to start on the magickal square of the Sun on the box with the first value (for Sean start at number 30) and draw a line to the next number (for Sean to number 1) and from there to the next number (for Sean it would number 7) and on and on till all the values have been traced and you have now: The SIGIL of your name. On the first letter value, draw a little circle (to indicate "start" and on the last letter-value, place a little cross bar on the line to denote "end"). For duplicates, (of the number) stay in the box and make a little loop or hump. Below are examples of how the Magickal Square would look for people with the name shown. This whole thing, square with SIGIL of name traced on it, will be Side 1 outside.

6	32	3	34	35	1
7	11	27	28	8	30
19	14	16	15	23	24
18	20	22	21	17	13
25	29	10	9	26	12
36	5	33	4	2	31

ISRAEL

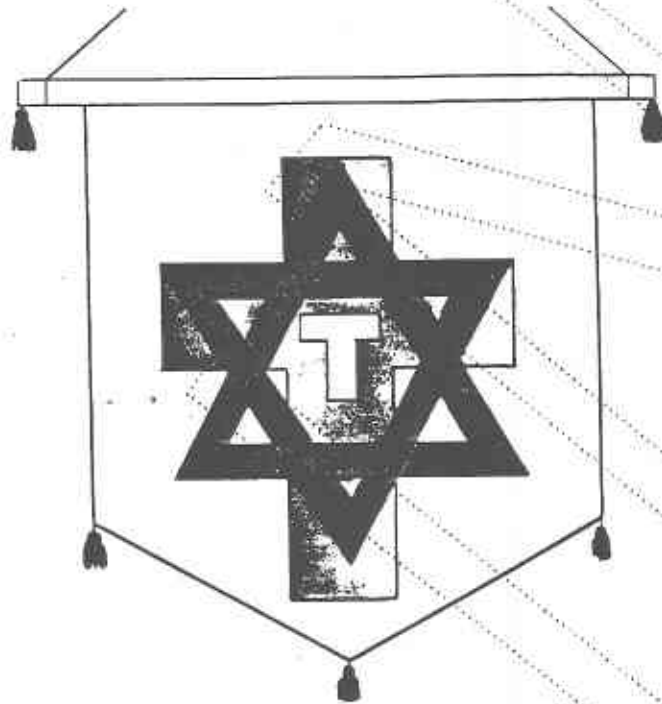
6	32	3	34	35	1
7	11	27	28	8	30
19	14	16	15	23	24
18	20	22	21	17	13
25	29	10	9	26	12
36	5	33	4	2	31

JANET

6	32	3	34	35	1
7	11	27	28	8	30
19	14	16	15	23	24
18	20	22	21	17	13
25	29	10	9	26	12
36	5	33	4	2	31

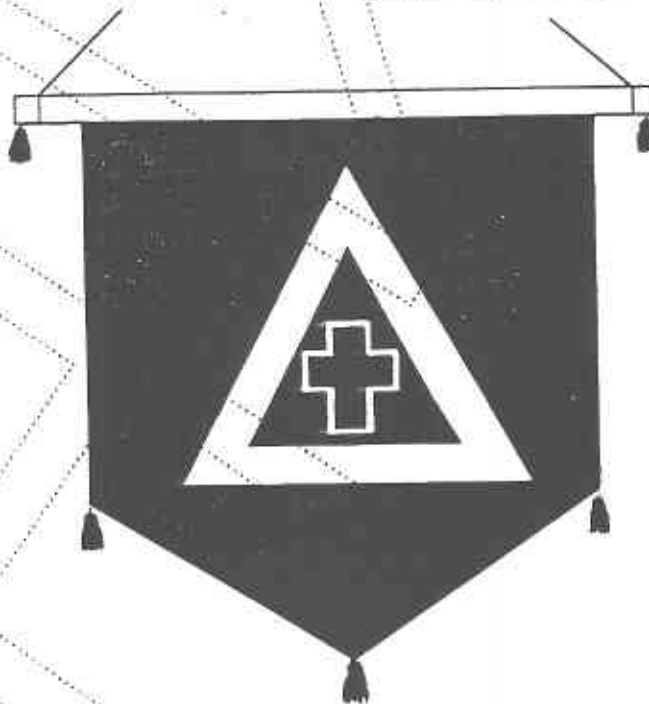
HANK

These may be used at your option. They add a little variation and color.



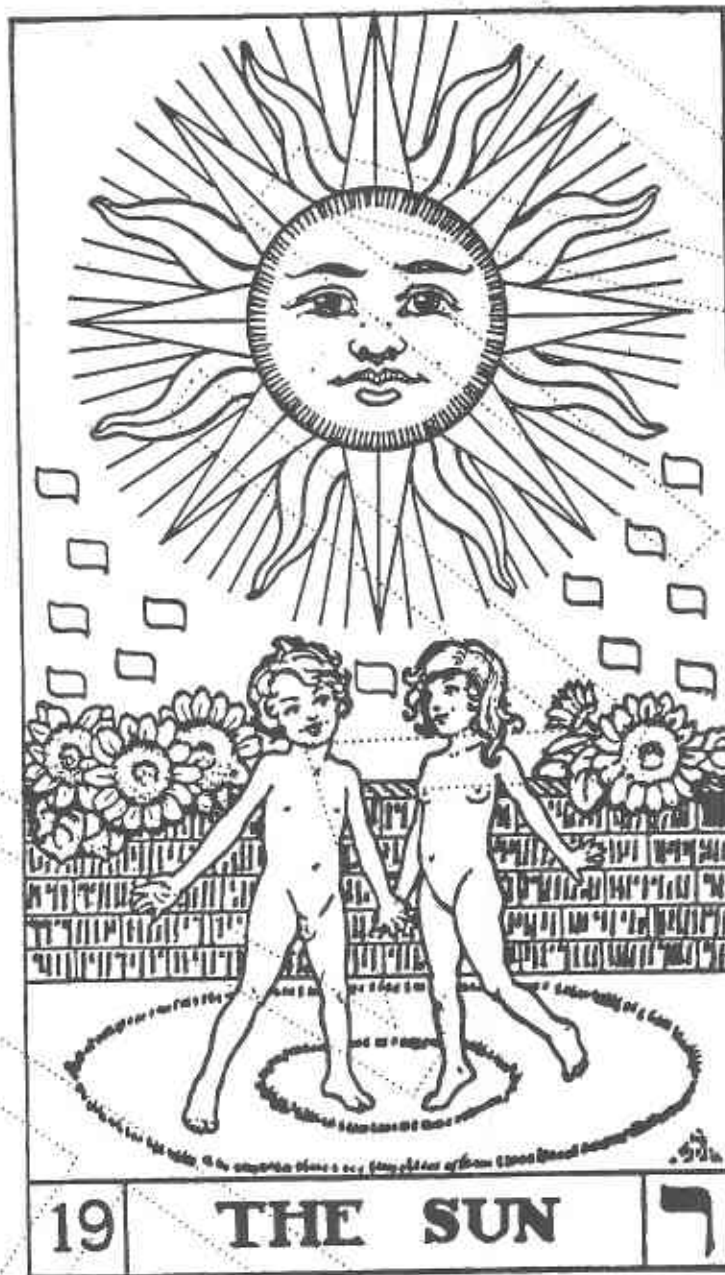
THE BANNER OF THE EAST

Yellow: Bar of Banner  
Red: Tassles and the  $\Delta$  with point up.  
Blue:  $\nabla$   
White: Background and small cross.  
Amber: Large Cross (Golden-Yellow)



THE BANNER OF THE WEST

Yellow: Bar of Banner  
White:  $\Delta$   
Black: Background and smaller  $\Delta$ .  
Red: Cross but the outline is in yellow. Tassles.



**COLORING INSTRUCTIONS:**

- Yellow: The Sun, Petals on Sunflowers, hair of children.
- Blue: Background except in-between rays of sun, which leave white
- Orange: The Hebrew letter Yod(s), 13 of them
- Brown: Centers of Sunflowers
- Grey: Stone wall in back of children. A dark grey.
- Green: Dark green are leaves on Sunflowers and large grass circle in which right foot of boy is. Light green is inner circle where left foot of boy is, also light green is reast of grass.
- Flesh: Boy and girl. (note: PRANG watercolors are excellent)



THE HEBREW ALPHABET

LETTER	NAME	LATIN & PHONETIC	NUMERICAL VALUE	WORD VALUE	EQUIVALENT	LETTER	NAME	LATIN & PHONETIC	NUMERICAL VALUE	WORD VALUE	EQUIVALENT					
	אֵלֶף	ALEPH AH'LEFF	1 M	OX OR BULL	A		לָמֶד	LAMED LAHM'ED	30	OXGOAD	L					
	בֵּית	BETH BAY'TH	2 D	HOUSE	BH or V B		מֵם	MEM MAM	40 M	WATER	M M					
	גִּמְל	GIMEL GĒMĒL	3 D	CAMEL	G H G		נוּן	NOON NOON	50	FISH	N					
	דַּלֶּת	DALETH DAH'LETH	4 D	DOOR	DH D		סָמֶךְ	SAMECH SAHM'EKH	60	A PROP	S					
	הֵ	HE HAY	5	WINDOW	H		עַיִן	AYIN AH-YEEN	70	EYE	O					
	וָ	VAU WOW	6	NAIL	W, V		פֵּה	PAY PAY	80 D	MOUTH	PH=F P					
	זַיִן	ZAIN ZAH'YEEN	7	SWORD	Z		צַדִּי	TZADDI TZAHDZI	90	FISH HOOK	TS X					
	חֵת	CHETH K'A'TH	8	FIELD	CH		קָף	QOPH QUOF	100	BACK OF HEAD	Q					
	טֵת	TETH TĀTH	9	SERPENT	T		רֶשֶׁשׁ	RESH RĀSH	200 D	HEAD OR FACE	R					
	יָד	YOD YÖDH	10	HAND	Y, I, J		שֵׁן	SHIN SHEEN	300 M	TEETH	SH SCH S					
	כַּף	KAPH KĀFF	20 D	CLOSED HAND	KH K		תָּו	TAU TAH'OO	400 D	CROSS	TH T					
FINAL LETTERS																
	KAPH	500		MEM	600		NOON	700		PAY	800		TZADDI	900		1000

NOTE: Hebrew reads right to left. Below are enlarged Hebrew letters to aid you with the Divine Names. The Hebrew is correct as you look at it.

YHVH ELOAH VEDAATH  
(YaHovah, El-O-ah, Ve-DaaT)

יהוה אלוה ודעת

RPhAL (RAPHAEL)  
(Rah-Fay-Ale)

רפאל

MLKIM (MELEKEM)  
(Mel-ay-keem)

מלכים

MIKAL (MICHAEL)  
(Mee-Kye-Ale)

מיכאל

## (TALISMAN FOR HEALTH)

SUMMARY:

This seems like a lot of work, and so it is. However, when you consider that such Talismans DO work, it is certainly worth the effort. Realize that the more you put YOURself into this effort, the better it is. The more exact, precise and painstaking you are, the more effective the talisman is. When it is finished, you will see what a thing of beauty it is. And a thing of power!

These instructions are simplified for the non-Magician. If you want more data and greater details on these matters, you can get a couple of books by Dr. Israel Regardie:

- "How to Make and Use Talismans"
- "The Art of True Healing"
- "The Golden Dawn"

In these you will also find information on how to make and consecrate Magickal Weapons. These are used in charging Talismans and are the most effective way of doing this. However, your invocation to God, the Archangels, etc, and your earnest and sincere supplication to them to imbue the Talisman with healing power WILL avail. Believe it!!

It would be well to first learn the Ritual of the Pentagram, Earth-Banishing. Or, as it is more commonly known, the Banishing Ritual. After you have laid out how you are going to construct this talisman, assembled the materials and then construct it, it is necessary to charge it. Have handy a piece of black silk to cover the Talisman.

I would suggest a meditation period of a half hour before charging. Meditate first on God and how He will help you achieve your ends. Then, open yourself to whatever thoughts or influences may come. Perhaps an intuition may come. Perhaps not. Then (if you know how to do the Banishing Ritual, if not, skip it) cover the Talisman with the silk, do the Banishing Ritual after placing the Talisman on your dresser "dressed up" with candles and burning incense, (or a table or what have you) then uncover the Talisman and perform whatever prayers, invocations or etc. YOU feel is suitable and appropriate. Your ATTITUDE is the important factor. Be trusting in the Higher Power, feel HIS presence and KNOW he will help you. Then, state your needs, after calling on God, Raphael, Michael, Sorath, Nahkiel and the Melekem to aid you. Make the Sign of the Cross or the Star of David over the Talisman. Conclude with whatever prayers you have welling up from the innermost part of your being. Then, cover with the piece of silk (wrapping it well with the silk as before) and once again do the Banishing Ritual. Blow out candles, put out incense, keep Talisman out of sight from all. Do not let ANYone touch it, or know you have it. (other than those who understand what it is you are doing)

Daily uncover the silk and invoke the Divine Name, and/or Raphael, and/or Michael, etc. Talk to them as if they were inside the Pyramid. (Talisman) Tell them you want them to help you. To restore your health. Know that they WILL help you. Say so. Aloud (If you know the Banishing Ritual, of course do it before and after your "conversation with the Talisman making sure it is covered in the silk as if not, the Ban. Rit. will de-magnetize or un-charge the Talisman). That is it. Do it. Be at peace.