The Enochian Invocation Of The Light Ritual

Step 0:

Perform the Enochian Cleansing Bath Ritual; the Enochian Seven-Fold Breath Ritual; and the Enochian Relaxation Ritual.

Step 1:

Stand erect, feet shoulder-width apart. Lift your arms straight above your head. Close your eyes and focus them on the space between your eyebrows. Say the following with all the determination and resolve possible:

I AM CREATED BY THE LIGHT OF THE DIVINE.

I AM SUSTAINED BY THE LIGHT OF THE DIVINE.

I AM PROTECTED BY THE LIGHT OF THE DIVINE.

I AM SURROUNDED BY THE LIGHT OF THE DIVINE.

I AM ALWAYS GROWING INTO THE LIGHT OF THE DIVINE.

Step 2:

Use your imagination and creative visualization to see yourself standing in a shower of brilliant white light. See the Light pouring down upon you -- into your body through the top of your head -- and filling your entire being.

Step 3:

Lower your arms slowly to the sides of your body. Concentrate on feeling a warm glow of Light suffuse your entire body -- outside as well as inside. Say the following:

"Every atom of this, my physical body, is filled with the Light. Every level of my consciousness is illuminated with the Light. The Light penetrates every single atom of my being, every level of consciousness. I have become a channel of Pure Light. I am One with the Light."

Step 4:

Stand quietly for several minutes and bask in the warmth of the Light. Meditate upon the Light. Be receptive to the Light and accept that your are now a channel of Divine Light. Merge yourself into the source of the Light and become one with the Light.

Step 5:

Stand quietly for several minutes and feel the energy of the Light pulsing throughout your entire body.

Step 6:

Sit down cross-legged in the center of your altar area and meditate quietly on your purpose for conducting this ritual, and the results you are seeking to obtain. When you have this securely in your mind, proceed with the Enochian Tarot Contemplation Ritual.