The Enochian Opening Ritual # 1

Step 1:

Light the main Altar candles and the incense. Then leave the Temple area and perform

the Enochian Cleansing Bath Ritual.

Step 2:

Take a hot shower to get the dirt off of your body.

Step 3:

Run a warm bath and add some bath salts or epsom salts and some nicely scented oil

or perfume.

Step 4:

Get in the water and soak for a few minutes, making sure you slowly splash water on

the upper part of your body. Now, feel all of your problems, worries and negativity going

into the water.

Step 5:

Pull the plug and let the water drain "while you stay in the water." As the water slowly

drains, you will feel all the negative things which were troubling you go down the drain

with the water. "REMAIN IN THE TUB UNTIL ALL THE WATER IS GONE."

Step 6:

Get out of the tub and allow your body to AIR DRY. (If you are pressed for time, you

may dry off with a clean, fresh towel. However, "air-drying" is more beneficial.)

Step 7:

While "air-drying" meditate on the upcoming ritual you are going to perform.

Step 8:

When "DRY" wrap your body in a towel or a clean robe and then proceed to the altar

area. Since you will performing this ritual alone, immediately discard the towel or robe.

Step 9:

Sit down in the chair and relax for a few moments. Once you feel totally relaxed and

comfortable proceed with the Seven-Fold Breath Ritual.

Step 10:

Sit in the chair in your altar area and place your feet flat on the floor and your hands in

your lap.

Step 11:

Empty the lungs and remain thus while counting to 7.

Step 12:

Inhale, counting to 7 so that you feel filled with breath to the throat.

Step 13:

Hold this breath while counting to 7.

Step 14:

Exhale, counting to 7 till the lungs are empty.

Step 15:

Repeat steps 11, 12, 13, and 14 consecutively until done fifteen (15) times.

Step 16:

Once you have completed the above, proceed with the Enochian Relaxation Ritual.

Step 17:

While still sitting in the chair, make sure that your feet are flat on the floor and that your

legs are not crossed. Rest your hands, palms down, in your lap. Your eyes should be

closed.

Step 18:

Visualize a golden ball of beautiful, warm light surrounding your feet. The ball of golden

warm light brings peace and total relaxation. Wherever the ball of light goes, tension

departs. Let it go, and as it goes, feel your feet filled with the warm, golden glow of

peace and total relaxation.

Step 19:

Now, allow this ball of light to rise up your legs and up your torso. Then allow it to go

down your arms to your fingers, and finally up your neck and into your head until you are

completely covered with the warm, golden glow of total peace and relaxation, and all

tension is gone. If you notice tension anywhere, send the ball of light there and the

tension will vanish.

Step 20:

Stay in this state of total peace and deep relaxation for five (5) to ten (10) minutes.

Step 21:

When you are ready to come out of this state of deep relaxation, take seven (7) deep

breaths and feel fresh life and energy coming into your body with each breath.

Step 22:

Once you have completed the above, remove the chair from your altar area and proceed

with the Enochian Invocation Of The Light Ritual.

Step 23:

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 24:

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 25:

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 26:

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 27:

Stand quietly for several minutes and feel the energy of the Light pulsing throughout

your entire body.

Step 28:

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 Banishing Pentagram Ritual.

Step 29:

Stand up and face the North. Touch your forehead with your right index finger and say:

ZAH (Zod-ah).

Step 30:

Touch your left breast and say: ONDOH (Oh-en-doh).

Step 31:

Touch your right shoulder and say: MIH (Mee-heh).

Step 32:

Touch your left shoulder and say: BUZD (Bueh-zeh-deh).

Step 33:

Touch both hands together on your right breast and say: PAID

(Pah-ee-deh).

Step 34:

Pick up the Wand from the Altar with your right hand. Turn to the East, trace the yellow

Banishing Pentagram of Air before you with the Wand, and say:

EXARP (Ehtz-ar-peh):

Step 35:

Turn to the South, trace the red Banishing Pentagram of Fire before you with the Wand,

and say: BITOM (Bee-toh-meh):

Step 36:

Turn to the West, trace the Blue Banishing Pentagram of Water before you with the

Wand, and say: HCOMA (Heh-koh-mah):

Step 37:

Turn to the North, trace the Black Banishing Pentagram of Earth before you with the

Wand, and say: NANTA (Nah-en-tah):

Step 38:

Still facing the North, extend your arms outward in the form of a cross, with the Wand

pointing straight up in the right hand, and say:

Before me ICZHICAL (Ee-keh-zeh-hee-kah-leh)

Behind me EDLPRNAA (Eh-deh-leh-peh-reh-nah-ah)

On my right BATAIVAH (Bah-tah-ee-vah-heh)

On my left RAAGIOSL (Rah-ah-gee-oh-seh-leh)

Behold the four Flaming Pentagrams

And I alone in the midst.

Step 39:

Replace the Wand on the Altar.

Step 40:

Still facing North, touch your forehead with your right index finger and say:

ZAH (Zod-ah).

Step 41:

Touch your left breast and say: ONDOH (Oh-en-doh).

Step 42:

Touch your right shoulder and say: MIH (Mee-heh).

Step 43:

Touch your left shoulder and say: BUZD (Bueh-zeh-deh).

Step 44:

Touch both hands together on your right breast and say: PAID (Pah-ee-deh).

Step 45:

Stand quietly for several minutes to feel the energy you have just put into action.

Step 46:

PERFORM YOUR DESIRED INTENTIONS