A Ritual of Protection

This deceptively simple ritual can be used to cleanse the room you are in from any negative or interfering energies. It originates from the Golden Dawn Society that was at its peak at the turn of the century in England. The Golden Dawn studied many ancient cultures to try and create a Western School of Mystery from the integration of their studies. This is one of their most popular and arguably useful rituals.

It is used by many magick-users to cleanse their working area, and to mentally ground the individual. It is usually carried out before any magickal working, or when spiritually/psychically out of sorts. In terms of the psychonaut, some might find it useful to perform this ritual right before dosing, once the room and other affairs has been prepared to the needs of their particular trip.

The complete ritual of protection is composed of The Qabalistic Cross, followed by The Lesser Banishing Ritual of the Pentagram, both found below.

The Qabalistic Cross

- Stand and face East and imagine a brilliant white light coming from above and touching the top of your head.

- With the blade of a dagger (or your index finger) reach up and touch the light and bring it down to your forehead.
  - Touch your forehead and vibrate* “Atah” (Ah-tah, “Unto you”).

- Touch your chest, and bring your dagger (or index finger) down until it is in front of the heart or abdominal area with the blade (or finger) pointed down towards the ground. Imagine the light descending from the forehead down towards the feet.
  - Once the light reaches your feet, vibrate “Malkuth” (Mahl-kooth, “The Kingdom”).

- Touch your right shoulder and imagine a bright point of light there.
  - Vibrate “ve-Geburah” (v’ge-boorah, “The Power”).

- Touch your left shoulder and imagine a point of light. Now imagine a beam of light coming from the right point and joining the new point of light on the left.

- Stretch your arms out away from you and imagine a completed cross of light, running from the tip of the head to the feet and shoulder to shoulder
- Clasp your hands together at your chest as if praying or with hands interlocked.
  - Vibrate “le-Olahm, Amen” (lay-oh-lahm, ah-men, “Unto the ages, so let it be”).
The Lesser Banishing Ritual of the Pentagram

- Stand facing east. Perform The Qabalistic Cross (see above).

- While still facing east, use the tip of the dagger (or your index finger) and trace and visualize a large yellow pentagram in the air in front of you. Make sure that the pentagram is complete and closed properly, like so:

![Pentagram Diagram]

- Thrust the tip of your dagger (or finger) into the centre of the pentagram and vibrate “YHVH” (Yod-Heh-Vav-Heh).

- With your arm still extended in front of you, (and keep the arm extended throughout, never let it drop!) turn south, clockwise. Trace and visualize a large red pentagram, the same way as before.

- Again, thrust the tip of your dagger into the centre of it and vibrate “Adonai” (Ah-doh-nye, “Lord”)

- Now turn to the west, clockwise. Trace and visualize a large blue pentagram, in the same manner as before.

- Once again, thrust the tip of the dagger in the centre of it and vibrate “Eheieh” (Eh-hay-yay, “I am”).

- Now turn to the north, clockwise. Trace and visualize a large green pentagram, otherwise identical to the ones before.

- For the last time, thrust the tip of the dagger in the centre and vibrate “AGLA” (Ah-gah-lah, Hebrew acronym for “Atah Gibor Le-olam Adonai” or “You are mighty forever Lord”).

- Now turn to the east, clockwise with the dagger still extended in front of you.

- Extend your arms out from you in the form of a cross and say:

- “Before me, Raphael” (Rah-fai-el), and visualize the archangel coming out of the clouds before you in flowing yellow and violet robes holding a wand.

- “Behind me, Gabriel” (Gah-bree-el), and visualize the archangel rising out of the sea behind
you, in blue and orange robes, holding a cup.

- **“On my right hand, Michael”** (Mee-kai-el), and visualize another being at your right, wearing flaming red and green robes, while wielding a sword.

- **“On my left hand, Uriel”** (Ur-ee-el), and visualize another figure stepping out of the dense forest at your left, in glistening robes of deeper greens and black, carrying stems of ripe wheat, or ears of corn.

- With arms still extended, say “**For about me flame the pentagrams,**” and imagine the four pentagrams you drew, glowing where you traced them earlier. “**And in the column shines the six-rayed star,**” and imagine the shimmering six-pointed star directly over you shining its light down on you.

- Repeat **The Qabalistic Cross** (and according to some, stamp you right foot once when you are finished).

Note: If you are not comfortable with the Judeo-Christian imagery, it is not unheard of to replace the four images with equivalents from another tradition. Some replace the Qabalistic imagery with the Chakras or the four archangels with the First Nations’ Medicine Wheel. The key idea is to visualize and honour the four directions and the four elements and to ask for their protection. With a bit a research, you can create your own ritual of protection that is personally effective.

*A Note on Vibrating Words*

There is no universally agreed upon method on vibrating names. Many say that it is up to the student to find their own method of “Vibration.” Some intone the words in the very low registers of their voice, while others employ higher octaves that are shrill and nasal. The key thing in either case is that one feels the words vibrating throughout their entire body as they say it, particularly in the hands and soles of the feet.

Aleister Crowley, infamous practitioner of Magick, offers specific instruction in *Liber O, Part III*:

A) Stand with the arms outstretched.

B) Breathe deeply through the nostrils, imagining the name of the god desired [or sacred word] entering with the breath.

C) Let the name descend slowly from the lungs to the heart, the solar plexus, the navel, the generative organs, and so to the feet.

D) The moment it appears to touch the feet quickly advance the left foot about 12 inches, throw forward the body, and let the hands (drawn back to the side of the eyes) shoot out, so you are standing in the typical position of the god Horus [this is also called “The Enterer Stance”], and at the same time imagine the name as rushing up through the body, while you breath it out through the nostrils with the air which has been till then retained
in the lungs. All this must be done with all the force of which you are capable.

E) Withdraw your left foot, and place the right forefinger upon the lips, so that you are in the typical position of the god Harpocrates.

F) It is a sign that the student is performing this correctly when a single “Vibration” entirely exhausts his [or her or their] physical strength. It should cause him to grow hot all over or to perspire violently, and it should weaken him [or her or them] that he [or she or they] will find it difficult to remain standing.

Please keep in mind that these are Crowley’s guidelines only, and not the only method of achieving this. [Square brackets are mine.]