



[Index](#)

A Year Within The Tree of Life

Pathworking



Going Up?

Kether ~ Crown

Turn your focus and attention to your breath. Allow the space of your consciousness to move with the rise and fall of your chest and the filling and release of the lungs. Continue in this manner for several breaths; allowing each to become softer, smoother and slower. With each breath your physical body appears to become lighter and your center of consciousness floats upwards towards the inner eye. You feel enveloped by the mist of transition between the Physical and Astral. And as this veil thins you step through the swirling of white mist and find yourself standing at the end of a long, brightly lit hallway.

The floors are made of sparkling white marble and the walls are painted a luminescent white. The hall feels alive with brilliant energy and you walk towards the end of the hall stopping at a silver colored elevator just in front of you. It is lit with a bright light overhead and reflections of your image pass over the shiny silvery metal of the sides and door as you walk closer.

You push the button and the doors open into what appears to be a glass walled cabin. You take a deep breath and decide you will see where this elevator takes you. The doors close and you now see that the walls have become crystal clear and glass-like. You can see 360 degrees around and outside of the cabin. You look out into the sheer clean whiteness which begins to fade and change color.

A yellow glow of mist surrounds the enclosure, as though looking out through a filter of brilliance that appears to reflect hundreds of sunbeams. You can see the tall full green trees, which form a canopy through which strands of early morning light gently stretch and extend to light the way. You now see just ahead of you a clearing of open field and brilliant sunlight. The noonday sun has arrived and feathery shoots of wheat fill this space. They are ochre in color with variations of tan and brown interspersed in accord with their readiness for harvest. You remember the rich woody smell and softness of the earth below your feet. The pulse of life that surrounded you in this space and the feeling of truly being alive and connected with all that is contained within the physical world you inhabit. You stand, silently and with awe taking in all that you see. You feel a gentle movement and realize that the enclosure is moving upwards.

As you continue on this gentle ascent, a mist of Indigo energy surrounds the enclosure. You realize that you

are ascending on the Tree and this is the sphere of Yesod you are moving through. As you look out you see that you are surrounded by the velvety darkness of night. The moon is luminescent and you can almost feel the magnetic energy of its pull moving within you. You sense the resonance of the waters within your being and recognize them now as tides of time and change, ebbing and flowing in accord with the natural cycles of the moon and the stars. You feel the inter-connectedness of your being and the life that is contained within the quickening and potential of this space. Dreams and images of long past memories pass through your mind and there is a feeling of rest and calm that moves over you. The energy is fluid around you and the brilliance of a moonlit night surrounds your enclosure.

You continue to rise, slowly upwards and as you turn and look out to the right you see a sphere that is veiled in a mist of Violet Purple. This is the sphere of Hod. You take notice that there is a pool- spherical in shape- in the center of the room and its water casts a shimmering reflection mirrored back on russet-colored glass walls. On each, a prism of gold-flecked light dances on their crystalline like surface from the pool's reflection. Just near the edge of the pool is the chair upon which you sat. You remember the comfort of this chair and the work that you created as you sat in this Think Tank. You also remember the disappointment you felt after all the hard effort you had given to the assigned project. But you also remember how much more you had learned from looking at the task from a different perspective.

As these last thoughts cling foremost in your mind, you turn and look out to the left. This is the sphere of Netzach and it is veiled in a mist of Amber. You can see crystal and gold chandeliers hanging from finely mural painted ceilings and remember how the air was fragrant and wonderfully scented with sandalwood. Gemstones sparkle from velvet-lined cases; and there is an emerald and amber glow from the case which held the beautiful gemstone that revealed it's innermost secrets to you. The memory of the single rose and the beauty and grace that you felt seeing it floods your senses and for a brief moment you are sure you can smell the intoxicating and heady scent that permeated the room in which it was found. You close your eyes as the scent and feelings of this sphere envelope you and can feel the gentle rise upwards of the enclosure.

As you move upwards and enter the sphere of Tiphareth a mist of clear pink rose energy surrounds the enclosure. Through the energy of this veil you begin to see a swirling pool of color and you can make out streams of red and sky blue, green and violet, gray and black, orange and within the very center a pure crystalline stream of white light. There is a golden yellow glow to the room and you feel the energetic connection to your solar plexus. Color and flow of energy seems to be drawn towards you from every direction, swirling about the enclosure of the elevator. An ebb and flow of return and release and you remember the strength of the magnetic pull you felt as you traveled through this sphere to its solar core. The energy pulses through you and you can feel the circuit of energy it is creating. You feel energized, alive and aware of everything in more detail. This pulse of energy moves with you as you rise upwards.

You turn and look out to the right and see the sphere of Geburah veiled in a mist of Orange energy. You look into the core of this space and see in the center of the sphere an ill-defined shape and form that you remember as the unproductive energies you once released. As you observe them with clarity and intent they begin to rise upwards creating a veil of blue flame, the hottest part of the Fires of Will and transmutation. From the center most part of this flame a flash of light emerges, the orange flames rise, filling the space and from their midst the Phoenix rises once again. His wings stretched outward and open and you hear his call lest you forget the power you hold within. The site is both beautiful and frightening in its power and every cell within your body vibrates with the intensity of its vibration. Although this was the harshest of your lessons, you know that it was required and perhaps the most transformative.

Unable to look any longer, you turn away, looking out to the left and relieved to see the sphere of Chesed. It is veiled in a mist of Deep Violet and you remember the comfort you felt upon entering it's realm. You see within the sphere the ornately carved throne of gold and dark wood. You look towards the upper corner of this space and see that its ceiling is made of crystal clear glass and looks out to beautiful clear blue sky. The floor is constructed of 4-sided tiles of azure with flecks of gold glistening back. Directly in front of the throne, and centrally placed is a four-sided altar placed juxtaposed to each connecting corner of the walls of the room. It is draped with four colored cloths of the finest materials. Each layered one on the other and slightly smaller creating a multi-layered palette of deep violet, cobalt blue, deep purple and azure blue. You recognize these colors as being the four worlds of the sphere of Chesed and you marvel at their beauty when all are combined, yet singular in design. Each quarter end of the altar contains 4 beautifully decorated and distinctly different wooden cubes. You remember the lessons of this sphere and the call to memory of your own foundation and strength. You feel powerful and joyous. Your ascent continues.

A mist of Lavender surrounds the enclosure as you pass through the darkness of the Abyss. AS you move through this space, feelings of foreboding and a sense of being out of place in a time that is neither here nor

there and in a place that is both upwards and down simultaneously flood your emotions. You are disoriented and feel as though all the joy and even the dis-ease that was felt in Geburah are shallow in comparison to the depths of sadness and loneliness that is felt in this space. Your only thoughts are the hopes that you will pass quickly and easily through this space. Quite the contrary, time seems to slow and the angst seems to become greater. And, just as you are about to scream out in sheer frustration, you remember the lesson of surrender. You remember the call to trusting and the lessons of the "Fool". You take a deep, cleansing breath and as you allow yourself to just simply "be" open and receptive, non-resistant and assured, the enclosure begins to rise more quickly.

The veil and weight of the space seems to lift as you climb higher and the Lavender gives way to the energy of rich crimson red. You look out to the right and the sphere of Binah is veiled in this vibrant hue of color. As you look more closely, the red deepens and you see this as the space of darkness that is the Great Mother's womb. You hear the rhythmic pulse of sound that is HER heartbeat and it reminds you once again of the gentle inhale and exhale of breath and the sound of the air as it fills lungs and gives life and then is released back into the atmosphere. You feel safe and secure in this place of night sky, and all the feelings you had of dread and discomfort leave you with each breath. You find that as the sound increases, your rhythm of breath has become a mirror reflection of this pulse that surrounds you. You breathe gently and easily, each breath folding into the pace that surrounds you. You are breathing the life of the universe. You are inhaling the first swirl of the void and breathing out the stars, planets, form and force. You are at once creator and co-creator. You remember the comfort and ease with which you settled into the embrace of HER waters and the brilliant flash of Light as she stared back at *You* - the image of HER creation.

Feeling immense love and gratitude you turn and look out to the left. The sphere of Chokmah is veiled in a mist of Pure soft blue and the glyphs of the Zodiac float circularly and centrally within the sphere. You remember walking through each of the archways and the information about yourself that was experienced. Each sign is held in its place of order of evolution from Aries all the way around to Pisces. As you continue to watch, they become larger and move away from the wall. Each symbol resonates with you in some way. Again you notice that some, more than others, are predominant and catch your attention more fully. You stand quietly remembering the energy and the growing depth of gnosis that you are feeling about your place in the cosmos. This is the wisdom of your place among the stars, and the stellar blueprint that you carry within. You feel the motion of the ascent upwards again.

As you move upwards Light surrounds you. It brightens with each movement of the enclosure. It seems to penetrate the structure with energy that is refined and pure. All at once the space is filled with brilliance and the presence you feel in this space is unspeakable. You are filled with its energy and what was form and shape gives way to merge and blending. You realize that you are no longer within the enclosure of the elevator, and even with your eyes closed the brilliance of Light cannot be diminished. You stand strongly and fully in the space of this healing Light of creation. You open fully to the experience. The "*you*" that you have known is no longer separated from the Divinity from which you were created. Stand in this power for as long as you need.

You have received all that is needed at this time and you must return to your daily activities. Your heart is filled with gratitude and all that you thought you knew about your place in this world has changed. You are renewed, transformed and ready to embrace all of Life. As these thoughts and feelings linger and circulate within your Being, you feel yourself gently descending and you are surrounded by swirling white mist as you move downwards. This is the veil of transition and juncture between your visioning and the manifest world. You feel yourself enveloped in the veil of transition between the Physical and Astral world. You feel yourself finally coming to a rest and standstill and take a deep breath in, feeling changed and renewed by your experiences.

The veils of transformation and all they contain gently fade from your sight and you begin the descent back into your physical state of being and the room and space in which you began this pathworking. Return to awareness of the rhythm of your breath and the rise and fall of your chest. Become aware of the physicality of where you are sitting or laying... your body pressed against cushion, chair or floor.

~ And when you are ready, gently flutter your eyes open ~

Blessings of the Wisdom of the Tree of Life

Optional Reading
