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A Year Within The Tree of Life

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Yesod ~ FOUNDATION

Pathworking

Turn your focus and attention to your breath. Allow 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

You step out onto a well-worn path- and you smell the dampness of the earth and can make out the silhouettes of the trees surrounding you. Above, the sky is velvety black and the moon shines down like a spot light creating a circle of light around you. This is Malkuth; your physical world. Take a moment to look around. As you stand in this circle of moonlit space a violet mist swirls around you. It encircles and embraces you within its violet glow and you feel as though you are being lifted upwards.

You feel what appears to be soft ground beneath your feet and the swirling mist has now changed into ribbons of indigo colored cloth. The cloth is gauzy and light and is moving quite rapidly although there is no apparent breeze. You are unsure of the origins of this movement and as you begin to focus on this thought the swaths of indigo cloth appear to fade. As your eyes adjust to the dimness of light, you realize that what you thought were ribbons of cloth now are seen as beams of milky white light. You look down and see that what you thought was soft ground beneath is a cottony grey mist that does not seem dense enough to hold your weight. Things are not as they appear in this realm and you make mental note to give pause before making judgment of what you experience here.

As you become more accustomed to the surroundings your senses begin to heighten and you can feel an energy that seems full of many different particles of light, substance and although the form and shapes are not clear you intuit that there is great potential in what encloses you. You look down and see that what you are standing upon has no distinct shape and there appear to be rhythmic pulses within the misty grey depths of this landscape. Outlines of form move and rise to the surface- some contracting back into the greyness and others seem to rise upwards and fade out of sight- never taking solid form. You remember that in the

space of Malkuth color, shape and form took on more depth and detail. You could hear every sound. Everything here seems to be just a fleeting image or the muffled sound of something you are unsure of. Everything is just out of grasp of clearly defining its limits and extensions.

As these and many more thoughts pass through your mind you become aware of the light changing as the moon emerges from a frothy cloud of deep purple. 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 the see 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 interconnectedness of your being and the life that is contained within the quickening and potential of this space.

You sit down and wafts of soft grey mist respond to the movement. You close your eyes and soften your breath moving into a deep contemplative state. As you sit quietly memories flood through your mind. Pictures move like a slide show on your inner screen and all the wishes and dreams you have experienced in this lifetime bubble up to the surface. This is your storehouse of subconscious. Some are directly of your own creation and others have been colored and changed by the co-mingled energies of the collective consciousness. Some are useless day dreams and others hold the potential for new and inventive action.

As these images pass before you the urge to reach out and grasp one - to hold it and feel its weight and strength in your hands takes hold. The images begin to slow and one attracts your attention. You gently reach out and are surprised at the ease with which you were able to draw it to you. You make a mental note of how its energy feels in your hands- and what emotions it may stir within you. You seem able to see more clearly what this image truly is and where the illusion of the situation may have been at the time of the first creation of this image. As you begin to give more attention and definition of clarity to this image you see that it is responding to this outpour. The color is now becoming a golden yellow. Within its core are flecks of azure, violet and deep purple. Each a spark of energy within- a seed of growth- a possibility and potential for manifestation. The energy forms more clearly into a sphere, the continuum of all that is contained within and the connection with all that is without. It glows and pulses within your hand with life. A flood outward of golden yellow and the sphere opens in spirals of the seeds of light that were within. Scattering like the seeds of the dandelion bulb as you blow on it and grey strands are caught within the winds embrace. You sit for a moment in the glow of this new birth and you feel transformed and changed. Moved to a place of greater understanding of how the Universe works and what is the driving and compelling force of the creative urge for life.

You stand and look once again upwards towards the moon. You now see with clearer intent and the mysteries of her nature will slowly reveal themselves as you continue to visit this realm of dreams and potential. But, for now you must return to the world of the physical. A mist of violet swirlings moves about you and you feel a gentle descent. Slowly and with great ease your feet touch down upon the damp soil of Malkuth.

As you stand once again at the place of your physical being, the swirling of time and space encircle you, the violet color giving way to the earthy colors of the physical realm. This is the receiving place of the combined energy of all the spheres above, emanating downward into the Kingdom of the Four – who find their strength in the return to the One. You smell the earth upon which you make your home and feel the soft breeze of the winds. You see the silhouettes of the trees of the woods and hear the sounds of life all around you. Stand for a

moment in this place.

The woods 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 ~

[Optional Reading](#)
