I passed the sticker on a car that said student, driving student driver please be patient. And realize that applies to all of us all the time as we are students on the road of life.

## **Reading from the Zohar:**

- "...(F)or when a man strives to purify himself he certainly receives help. He can rely on the Holy One, blessed be He, if he relies on Him alone and does not place his strength elsewhere."
  - IE: Depend upon the Divine, the Tree, the basic structure of reality

#### The Psychic Triad on the Tree:

- Sphere 7: the feeling of what you want
- Sphere 8: the mental image or idea of what you want
- Sphere 9: blends the two together and projects them into Malkuth.

### Yesod in Yod-Heh-Vuv-Heh:

Psychic world is Vuv, transmitting the images and vibrations from above into physical form.

# Sphere 9: Yesod, The Foundation

- The first realm of eternity, above time:
  - As you master your time, you master your life:
    - Enter time mastery "above"
- realm of psychic images, impressions, delusion
- endless strength/immortal strength
- where your new psych comes from
  - o after a death
- your subconscious
- the soul (psyche) of the world
- animal soul: nefesh, the animal drives and intelligence of the body
- automatic soul: where your subconscious, automatic programs and patterns are stored
- container of your seed pattern for your self-unfoldment and destiny

#### **Psychic Self-Defense:**

- avoid psychic pollution
- take in spiritually uplifting influence before sleep, when at rest, when tired
- avoid negative rapports, particularly when tired
- get ALL the rest you need
- use
  - o the method
  - temple meditation
  - banishing ritual

## There are two basic ways that your psyche develops:

- 1. Horizontal: psychic abilities develop
- 2. Vertical: making the psyche an appropriate vehicle for the Christos.

## The psychic development process the entire universe is engaged in:

• The universe is like a womb in which the psychic level is being transformed into a vehicle for the Christos.

# From Ancient Egypt:

# North half and south half: Establish yourself solidly in the North Half

- North: the chakras from the heart up
- South: from the solar plexus down

### Yesod, The Subconscious and Water

• As you master of the "waters of your mind", your psyche reflects higher regions, through the four worlds

#### **Sphere 9 represents your spiritual foundation:**

- It builds stronger as you practice living in the manifestation wisdom of tree
- Daily living sends you the challenges you need to build a stronger foundation;
  - o as you do, your consciousness refects heavenly heights and you manifest more heaven on earth.

# <u>Practice living as a conduit for the tree of life divine energy system.</u> This practice makes you stronger. Devote one day to each sphere:

- 1. Contemplate your deepest will/intention for your life
- 2. Remember to tune into wisdom before responding
- 3. Open your mind to deeper comprehension / understanding / insight into what is happening.
- 4. Practice being kind, merciful, easy on yourself with an optimistic attitude
- 5. Identify where you need discipline, the "weeds" you have to pull from your functioning, where you need to establish firm boundaries
- 6. Practice maintaining your inner balance and harmony no matter what happens
- 7. Drop ideas of defeat; tune into victory and take steps in the direction of the victorious outcome you desire.
- 8. Form magical images in your mind of a glorious life
- 9. Practice the above ENDLESSLY, through thick and thin
- 10. Thus you manifest the kingdom of heaven on earth

#### **Supporting Others:**

As your foundation strengthens through practice in your own life, you gain the stability to support others through their challenges.

## Yesod is the first "place" you go when you die.

- The psychic world is the world above asiah,
- below briah; it is called the world of form and illusion.
- It is here that you digest your life-experiences and let go of your attachments

#### The Practice of Yesod

- "cleave unto God"
  - Live in awareness of the Divine Presence

<u>Yesod is the essential, elemental substance</u> of the universe that you shape with your mind (hod) and feelings (netzach).

# Yesod is the storehouse of all of the mental images ever imagined, including all memory

- See Key 2 of Tarot
- It is where you go when you dream (at the lower levels)

<u>Yesod generates the vital force that fills your body</u> with life-energy, at it maximum when you live your life in balance.

## Yesod is home to the soul during your incarnation.

• You must return there in rest and sleep and live meditatively to be fully conscious and energized.

## The Foundation is the center of reproduction:

- It is the power of sexual drive
  - The highest application of sexual energy is to give birth to the Christos

     your Divine True Self
- It is the power to give birth to what you imagine
- It is the power to give birth to other humans
- It is the power to give birth to the Christos, the Divine True You in Assiah.

#### **Your Foundation is practice of the fundamentals:**

- See Tarot key 6:
  - Maintain peace and poise:
  - stay aware in the now;
  - drop negative mental visions;
  - stay clear of negative moods and attitudes;
  - o drop emotional reactions;
  - tune into wisdom as your guide;
  - o connect with the deepest intention within you.

# Sphere 9 represents the eternal support of the universe.

## All manifestations come from the activities in Yesod.

- Yesod receives all of the influences from above, unites them, and in Yesod you correct your thoughts and feelings to align with them.
- All of your mental images are deposited and stored in Yesod.
  - When they are nurtured with attention, they organically bloom into physical form.
  - The higher your energy-level the more quickly and easily your images manifest – but make sure they are aligned with your true intention, your FEELINGS of alignment with the universe.

# <u>Archangel of Yesod: Archangel Gabriel:</u> The strength of God. Ruler of water (including the "waters" of the mind).

• Water is the symbol of the elemental "stuff" of the universe that we form into manifestation with thought and feeling.

### <u>Astrological Association: The Moon</u>

- Both Sphere 9 and the moon represent the subconscious, which we are at work transforming in Tarot key 6.
- As the subconscious transforms, so does the body become a more perfect vehicle for higher conscious functioning on the earth plane (Malkuth) – see Tarot Key 18.
- The moon is the light of the night as psychic awareness is the sensing of the unseen.
- As the moon shines by reflected light, so does the psyche.
- The moon waxes and wanes: we are to overcome the waxing and waning of moods, memories, and automatic subconscious habit patterns.
  - Moon in Aries: too quick to habitually react and combat
  - Moon in Taurus: too automatically slow to respond, to automatically possessive and stuck in ways
  - o Moon in Gemini: too much automatic thought and speech
  - Moon in Cancer: too moody, hypersensitive, and oriented to the past
  - Moon in Leo: too automatically domineering and attention seeking
  - Moon in Virgo: too automatically subservient, analytical and critical
  - Moon in Libra: too automatically indecisive, making others responsible for decisions, too diplomatic (to the point of being unclear), too quick to judge as unjust
  - Moon in Scorpio: too automatically focused on the dark side, on the negative and on sexual gratification
  - Moon in Sagittarius: too automatic in overlooking small details, too generous, too magnanimous, freedom-loving to the point of lacking structure and focus

- Moon in Capricorn: too automatically bossy, unconsciously using people, driven by unconscious ambition
- Moon in Aquarius: too automatically rebellious, rejecting the tried and true, overly innovative, impractically inventive
- Moon in Pisces: too automatically dreamy, vague, unrealistic or impractical visionary patterns.

# Water is the symbol of the psyche: when it is still it reflects the higher realms of consciousness.

#### **Mastering Yesod**

- means mastering the waters of the mind to reflect the light of Tiphareth, Truth.
  - Tiphareth represents TRUE MIND, the Noetic Light, the Mind of The Christ.
  - "I baptize thee with water, but one comes after me who will baptize the with fire." – this is the second birth, giving birth to your consciousness at a higher level.
  - The process begins "in the manger" where the animal-drives (see Tarot key 8) feed on all the energy, leaving none for higher consciousness.

## Angels of Yesod: Cherubim: The Strong

• When you connect with your inner foundation these angels bring you all the support you need.

### <u>Divine Name: Shadai El Chai: Almighty God or Divine Strength</u>

• This is the strength of eternal support provided to you by the Divine.

#### See: Key 9 of Tarot

- This represents the master of Yesod, identified with the bearer of the True Light
- He stands on the peak of the foundation to provide you with the inner light you need to traverse the spiritual heights.
- This is the same foundation pictured in the Tower, but here the foundation is gray, representing wisdom.

#### Insufficient connection with the Foundation

A lack of recouperative rest, sleep and meditation causes low moods, negative attitudes and thoughts, lower drives and desires, openness to negative rapports, health issues, and even early death, as connecting with Yesod within is the source of your vitality.

# The foundation represents the substance of your personality, not its form.

- As you let the form of your old personal identity melt away, the foundation creates a new personality, aligned with the true self; see Tarot key 18, The Moon.
  - See the long path of evolution that leads the moon (personality) into alignment with the sun (true light, true self, christos)

#### Type of Intelligence: The Pure Intelligence

- It carries the pure and perfect pattern of your essential seed-pattern (formed by Kether) that guides you along your true path, into your Divine Birth.
  - We course-correct based on our feeling-intuition of this pattern's alignment with the universe (Divine Will, Kether).

## What to do when you die:

let go of the form of the personality; return to your root, and open to the light above.

#### Where The Psychic realm fits into the overall scheme of creation:

- The Four Worlds: The World Above Rules The World Below
- 1 The Divine World: Atziluth 2 The Creative World: Briah
- 3 The Psychic or Formative World: Yetzirah
- 4 The earth plane of visible manifestation: Assiah

To awaken to Yesod (the psychic world), pay closer attention to your thoughts and your feelings.

### The universe is designed for your psychic development.

What happens gives you the opportunity to course-correct

## Symbol of Psychic Development: The Cross:

symbol of horizontal and vertical psychic development.

#### **Alchemy of psychic Development:**

- 1. Putrifaction: being molded by the unconscious patterns in childhood
- 2. Purgation: recognizing what works and what does not work
- 3. Purification: eliminating what does not work
- 4. Regeneration: the second birth, the resurrection, the true self emerges (see Tarot key 19
  - a. What to do on Resh ha shunnah (The Head Of The Year) Submit your mind to Higher Will (Kether).