Academy of Reflection Fellowship Ritual

(Confidential, not to be shared outside the AOR)

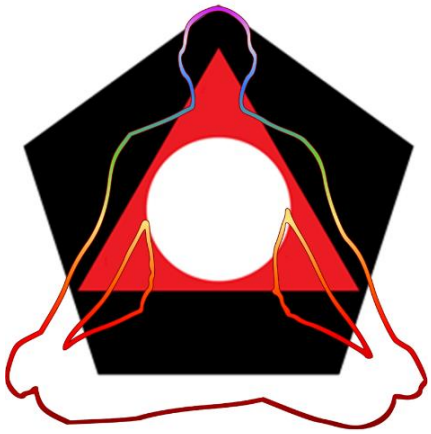
You are encouraged to *privately* perform this ritual whenever and as often you wish to do so. It is recommended that special effort be made to perform it on the 9th day of each month, and preferably at 9:00am and/or 9:00pm in your local time zone. If possible, face the east.

If you wish, begin by lighting a candle and/or some incense. You may use any scent you wish, but frankincense is recommended.

1. Standing, take a moment to set aside all other concerns and to be aware that other AOR members and associates are performing the same ritual. Recall some of their names and/or faces with feelings of brotherly love. Then, with three batteries of three, strike a gavel, or ring a bell, or clap your hands.
2. Read/Recite the opening prayer (may be silent): "Supreme Consciousness and Creator of All, we turn within, gratefully remembering your mysterious presence. We open our minds to your wisdom, our hearts to your beauty, and our spirits to your strength. We proceed with faith and hope that, in doing so, we shall better serve as your instruments in this world. Amen. So mote it be."
3. *Inducted members* read/recite the AOR vows (may be silent): "I, (state your name), in the presence of the Supreme Consciousness and Creator of All, vow to abide by the bylaws of the Academy of Reflection; to join in the spirit and engage in the work of the Academy; to encourage and support my Academy brothers in doing the same; and to represent the Academy through the five virtues of generosity, compassion, perseverance, thoughtfulness, and reverence. So mote it be."
   Associates read/recite the following (may be silent): "I, (state your name), in the presence of the Supreme Consciousness and Creator of All, affirm my intentions to learn more about the Academy of Reflection, to investigate contemplative practice, and to carefully consider the possibility of induction as a member. So mote it be." (Associates may instead compose their own affirmation of intentions).
4. Sit down in a comfortable position, relax and center yourself. Find your pulse in your wrist or neck, and begin timing your breath with it, inhaling through your nose for nine beats,

pausing for three beats, exhaling through your nose for nine beats, and then pausing for three beats. Repeat this pattern two more times. These three complete breaths should be full, but also gentle and quiet. With each inhalation, visualize drawing cleansing healing energy into your body as white light from all directions. With each exhalation, visualize expelling impurities from your body as dark smoke that harmlessly dissipates into the air.

5. Resume breathing in a peaceful natural rhythm, and then visualize a black pentagon forming through your body, with the upper point at the crown of your head, and the lower edge at your pelvic floor. (See illustration below.) Try to feel its presence with a cooling effect on your body, calming your emotions and mind.
6. Once the black pentagon is well established, visualize a red triangle forming through your body, with the upper point within your brain, and the lower edge across your abdomen. Try to feel its presence with a warming effect on your body, energizing your emotions and mind.
7. When the red triangle in the black pentagon is well established, visualize a white disk forming within your chest in the triangle. Try to feel its presence with a harmonizing effect on your body, emotions, and mind.



8. Continuing to visualize and feel the presence of the AOR emblem, chant *AUR* (Hebrew for "light," and pronounced *or*) at least nine times (may be silent). Imagine the vibrations radiating out from the center of the white disk as you chant. Attend to the vibrations in your body.
9. With the chanting completed, sit in recognition that others are performing the same ritual, visualizing the same image, conducting the same chant, and experiencing the same energies. Recall some of their names and/or faces with feelings of brotherly love.
10. Allow all the imagery to fade as you focus on your breath flowing in and out in a peaceful natural rhythm, gradually reconnecting with each of your physical senses, ending with sight.
11. Stand and read/recite the closing prayer (may be silent): "Supreme Consciousness and Creator of All, we are grateful for the wisdom you have breathed into our minds, the beauty you have poured into our hearts, and the strength you have fired into our spirits. Be with us as we go forth from this ritual to share these blessings with others. Amen. So mote it be."
12. With three batteries of three, strike a gavel, or ring a bell, or clap your hands.