

# Enochian Foundation Meditation

## TERMS and CONDITIONS

There is nothing dangerous in this meditation yet the building up of psychic energy can be intense. It is recommended that you should be already familiar with the practice of meditation and have been working on developing your conscious awareness through Meditation or therapy, before using this technique.

A lot of care has been taken to emphasize the importance of being emotionally healthy before experimenting with the material presented in this manual and Enochian.com, That means being emotionally stable, grounded and free from the addiction to alcohol or drugs of any kind.

If you have any mental health issues, are in a counselling program, experience depression, severe mood swings or use alcohol and, or drugs on a frequent basis, then do not attempt this meditation.

## DISCLAIMER

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## INTRODUCTION//

# THIS MANUAL WILL PROVIDE THE FIRST STEPS TO LEARN HOW TO COMMUNICATE WITH ENOCHIAN ANGELS.

*Angels are aspects of the intelligence governing existence and the life we see all around and experience every moment of every day.*

*We live in an intelligent Universe. and there is so much to learn.*

*The approach of this work is experiential.*

*Belief is too easy. To experience and know is another matter.*

There are many facets to this system which are drawn from the keys communicated by the Angels to Dr John Dee in the 16th century.

The source material, much of which still exists today, contains transcripts of the skrying sessions conducted by Dr John Dee and Edward Kelley. It is beyond the scope of this manual to go into the source material in detail. There have been many books published on this topic a listing which can be found on the website. (<http://enochian.com/learn/source/>)

This manual will introduce a simple approach to the Enochian system to provide the opportunity for you to validate and explore Enochian for yourself.

For hundreds of years the Art of Angelic communication has been cloaked in secrecy, hidden from the un-initiated and shrouded with unclear and complicated teachings. This manual gives a pure and a direct step by step instruction to start to practically explore and experience Angels.

Like all truth, it is fundamentally simple and only requires the curiosity, will and passion to approach this subject with an open mind, heart and honest intention.

The rewards for those who would persevere are wonderful. We have approached a time where we can take a jump, where we can experience a quantum leap in consciousness.

Enjoy!



## WHERE TO START//

ON PAGE EIGHT THERE ARE DETAILED INSTRUCTIONS ON THE FOUNDATION RITUAL IT TAKES APPROXIMATELY FIVE MINUTES. THIS MEDITATION IS THE FIRST STEP AND WILL GROUND, CLEANSE AND PREPARE YOU MENTALLY, EMOTIONALLY AND SPIRITUALLY.

*This is not a work of the imagination. It comes from a sincere longing to know 'who I am'.*

*The approach is one of a profound search for Truth. It is a scientific exploration to experience, understand and fulfill your potential.*

*We are all powerful Creators, Magicians of the highest order. That is your birthright and your nature.*

The best results will come from practicing the Foundation Meditation every day. No special Temple is required, just enough space to stand where you won't be disturbed. You may of course prepare by showering and meditating before and by making sure the space is clear and clean. Candles and incense can add atmosphere and help in establishing a still and peaceful state.

Do not try the Foundation Meditation if you are feeling tired, ill or emotionally upset. Otherwise it can be performed at any time and each person will have their own particular preference to how and when.

When you start the meditation it is recommended that you complete it, even if you make a mistake while learning the steps. This is to help keep your energies balanced.



## WHO AM I?

There is a Source common to us all.  
Jung named it the Collective Unconscious.  
Others hail it as God within.

Inside each of us are dreamlike symbols and archetypes,  
emotions and instincts that we share with every other human  
being.

When we feel a lonely separateness from others, it is not  
because this Well within has dried up, it's because we have  
lost the means to reach its waters.

Reclaim the tools necessary to penetrate to the depths.

Then the bonds you build with Life will be as timeless and  
inexhaustible as the Well that nourishes them.





## WHAT IS ENOCHIAN//

ENOCHIAN IS THE ORIGINAL LANGUAGE OF THE ANGELS. IT IS THE VIBRATION OF LIFE THAT RESONATES IN ALL OF EXISTENCE

*Quantum physics is moving closer to revealing the true nature of our existence. That of energy. That matter is an illusion. That there are multiple dimensions and time and space can be transcended.*

The name Enochian is taken from the Patrioch 'Enoch' who is said to have found favour with God and granted wisdom and knowledge of the Mysteries.

It was in the 16th century where the Astrologer to Queen Elizabeth I, Dr John Dee, spent an intense seven year period working with the psychic Edward Kelly. Together they performed daily ritual work where the Angels communicated their language and a map of the Angelic realms. The map is in the form of a grid known as the The Watchtower Tablets where the names of the Angels can be derived.

There is so much more to explore, the 48 Angelic Keys, a complete system of planetary magick The Heptarchia Mystica as well as details for the Holy Table, Ring, Lamens and the Sigillum Die Aemeth, the Holy Seal of God.

It is beyond the scope of this manual to explain all this work in detail but like any journey it starts with the first step.



# WHY COMMUNICATE WITH ANGELS// THIS IS A VERY PERSONAL QUESTION AND WILL BE DIFFERENT FOR EACH INDIVIDUAL. ANGELS HAVE BEEN ASSOCIATED WITH HUMANITY SINCE THE DAWN OF TIME BUT WE HAVE FORGOTTEN HOW TO COMMUNICATE WITH THESE MAGNIFICENT BEINGS.

*Separation is an illusion. We are  
all inextricably bound together  
by the essence of existence.*

The rewards of this work is deeply personal. It will depend on your approach, motivation and sincerity. Traditionally this is know as Angelic Evocation or Innocation.

Learning a system such as Enochian often meant years of initiations and study and progress was usually slow. In these modern times few people have the luxury of time to study and practice every day, yet the understanding and awareness of who we are and our potential has never been so critical for humanity. Maybe this works for you, maybe not.

Be open, present, relaxed and curious!



# FOUNDATIONS// PART ONE// CONNECTING HEAVEN AND EARTH//:

*Between heaven and earth  
vibrate the colours of life.*

*We exist as an infinite spectrum  
of vibrations and consciousness.*

This part is a meditation in it's own riight and can be performed separately at any time. It is connecting Heaven and Earth with your heart at the centre. It is to remind you that there is no separation between the two, that we are merged copleately into the Universal Consciousness. All is one. Al-one.

Stand and face the NORTH. (If you don't know which way is north just pick any direction) Touch your forehead with your right index finger and vibrate the Enochian:

IL I A (pronounced: Ee-leh Ee Ah).

With your right index finger touch your hara (two inches below your belly button) and vibrate:  
ONDOH (Oh-en-doh).

Touch your right shoulder and vibrate:  
OD A LONSA (Oh-deh Ah Loh-en-sah).

Touch your left shoulder and vibrate:  
OD A BUZD (Oh-deh Ah Bueh-zeh-deh).

Clasp both hands together over your heart and vibrate:  
LAP TOL CAPIMAO (Lah-peh Toh-leh Kah-pee-mah-oh)

**Note :** The pronunciations are suggestions so feel free to explore your own way.

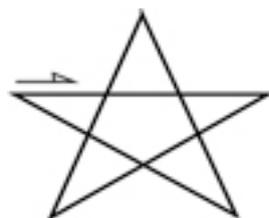


## FOUNDATION RITUAL// PART TWO// CHARGING THE FOUR QUARTERS:

This next part introduces the spiritual elements. There are five, earth, air, fire, water and spirit. These definitions help to identify the different qualities of energy that constitute the major aspects of consciousness. The directions don't matter, just that you rotate clockwise 90 degrees for each element.



One: Face the North. With your index finger starting at the level of your left hip, trace the black Banishing Pentagram of Earth before you while vibrating:  
NANTA (En-ah-en-tah):



Two: Turn clockwise to the East. With your index finger starting at the level of your left shoulder, trace the yellow Banishing Pentagram of Air before you while vibrating : EXARP (Ehtz-ar-peh):



Three: Turn clockwise to the South. With your index finger starting at the level of your right hip, trace the red Banishing Pentagram of Fire before you while vibrating: BITOM (Bee-toh-meh):



Four: Turn clockwise to the West. With your index finger starting at the level of your right shoulder, trace the blue Banishing Pentagram of Water before you while vibrating: HCOMA (Heh-koh-mah):

Turn clockwise to return to your starting position facing North.



# FOUNDATION RITUAL// PART THREE// CALLING THE ELEMENTAL RULERS//:

*The Elemental Rulers govern their respective dimension.*

*What do you sense from each quarter as you call their names?*

Still facing the North say the following but vibrate the Enochian names of the Elemental Rulers. You are creating a connection to these dimensions.

**Before me iCzhiha (Ee-keh-zeh-heh-hah)**

Visualise or feel the 'vibrating' and 'enlivened' name of the Enochian Ruler of Earth connecting the dimension of Earth.

**Behind me edLprna (Eh-deh-leh-peh-reh-nah)**

Visualise or feel the 'vibrating' and 'enlivened' name of the Enochian Ruler of Fire connecting the dimension of Fire.

**On my right baTaiVA (Bah-tah-ee-vah)**

Visualise or feel the 'vibrating' and 'enlivened' name of the Enochian Ruler of Air connecting the dimension of Air.

**On my left raagios (Rah-ah-gee-oh-seh)**

Visualise or feel the 'vibrating' and 'enlivened' name of the Enochian Ruler of Water connecting the dimension of Water.

Take a moment to be still and feel the different qualities of each element while maintaining a focus on your center and your breathing.

Allow whatever is to be there. Watch any feelings and emotions and stay with your breath. After a few minutes or when you feel ready finish the meditation repeating the first part.



# FOUNDATION RITUAL// PART FOUR// CLOSING THE MEDITATION

*The total time can be as little as five minutes.*

*Practicing this meditation on a regular basis will help to bring more stability and joyfulness into your daily life.*

Repeat the first part as described on page 8.

The meditation has now been completed. Enjoy the energy you have put into motion. Feel free to celebrate, meditate, dance, pray and enjoy.

This is traditionally known as a Banishing Ritual and is essential to perform before and after directly calling a specific Angel to your Circle



The first part of the meditation is traditionally known as The Kabbalistic Cross. This can be done on it's own at any time you feel you need to regain balance and align with the energies of heaven and earth.

## Enochian Translation

IL            I        A  
Thine is     the

ONDOH  
Kingdom

OD    A        LONSA  
And    the      Power

OD    A        BUZD  
And    the      Glory

LAP    TOL    CAPIMAO



# FOUNDATION MEDITATION// NOTES ON THE MEDITATION

*This is just the beginning.*

*Each and every moment  
becomes a treasure, a delight,  
real, timeless and precious...*

## **Pronouncing the Enochian words:**

Experiment! One technique to focus the sound is to vibrate the words. When 'saying' the names vibrate them as you would when chanting 'Aum'. The vibrations should be felt within the body. When tracing the pentagram feel the vibration 'activating' and enlivening the pentagram.

If it is not suitable to vibrate the names out loud you can use what is known as the 'Great Voice'. The vibrations are felt within but not expressed through the mouth. However, in the beginning it is recommended to vibrate the names out loud as much as possible.

## **Tracing the pentagram :**

The top of the pentagram is level with the top of your head. The top left point with your left shoulder and the top right with your right shoulder. The bottom two points are level with your hips. These are guidelines. Aim for tracing a symmetrical pentagram and with your finger finishing where you started. It is also acceptable to visualise the pentagrams as brilliant white, or the colours as suggested if you prefer.



# FOUNDATION MEDITATION// NOTES CONTINUED//

*There is no right or wrong, just lessons to be learned. Trust in your natural instincts and to explore what is right for you.*

*The Foundation Meditation is key to preparing yourself for going deeper. It will deeply cleanse your energy and support the opening dimensions of life.*

## **Paraphenalia:**

It's nice to have a room dedicated to your practice but not essential. Additionally, candles, incense and an altar can all help to aid in supporting a conducive atmosphere but again are not essential. The space should be clean and relatively free from clutter. This does not mean moving all your furniture out of your living room but simply having a space where you feel relaxed and clear.

## **Practice, Practice, Practice:**

It's the best way, especially in the beginning! Keeping a diary of ritual work can be useful to keep notes of what you did when, the results and if it worked. You won't remember details after a while and a diary can help to track progress.

## **This is not the only way:**

This meditation is a tool to support you to explore. It is not the only way, in fact all that is required is to simply communicate as you would any other human. Create a quiet moment and listen. We all have an Angel close by each and every moment. Call her your Guardian Angel, your inner guide, intuition or your Higher Self.



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