

PAN-AEON ASANA

*In a place that is quiet, after suitable meditation, perform the Asana.*

*(Nameless Aeon)*

In BLACK silence  
Squat in foetal position, head down  
Black-empty-silent-before-birth  
Inhaling Power  
The Wordless-word-howl erupts  
Raise you head and animal-growl:

**AHhhhhhhhhhhh**

Be-come the Animal Being

*(Mother Aeon)*

From a crouch, flow into the ground  
Inhaling Power  
On your back, lying flat  
Part of the GREEN nurturing  
Moan the primal cry:

**MAaaaaaaaaaaaaa**

Be-come the Mother Power

*(Father Aeon)*

Roll to a sitting position  
Inhaling Power  
Sitting in the RED aura-fire of Command  
Centering the Will  
Vibrate into the gut:

**AhhhhhhMmmmmmmNnnnnnn**

Be-come the Father Power

(Son Aeon)

In one motion spring to your feet  
Inhaling Power  
Projecting the GOLD light  
Solar rebirth and renewal  
Hands at you sides, take the one step forward  
Propelling forth:

AaaaaaHaaaaaA

Be-come the Son Power

(Daughter Aeon)

From the one step, flow  
Into THE dance  
Inhaling Power  
Spinning the ULTRAVIOLET balance  
Generating the sibilant beyond-sound buzzz:

Szszszszszszszszszszsz

Be-come the Daughter Power

(Silent Aeon)

Dance dies down  
The Power Cycle returns to Source  
In a different manner  
Inhaling Power  
Collapse into a Black Hole  
Back to the First posture, Foetal squat  
But in the CLEAR Tao pool  
Finger to lips; BE:

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*So the centering of the Aeon Powers in the Body is complete.  
Any other visualizations that come to mind should be added.*



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### Commentary

After a few times, the asana should come easily and be done in one continual motion, a deep inhalation and exhalation for each posture and each Power. The idea is to coordinate "total physical response" of breath, body motion and gesture with sound vibration and mental visualization. It's tricky, but falls into place after a few times. The timing of each interlocking thing is what makes it work. I tried to let this rite emerge over a long time of meditation and practice with virtually no "traditional" Magikal words of power or gestures involved; an attempt at something "new", though those with background in such things will see some not-so-new "connections". I will say, however, that these emerged, unconsciously, from fairly deep strata. Try it and see if it works for you.

All comments welcome! Love=Will;

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