

Introduction to Gnostic Meditation – Notes 1

<http://www.GnosticStudies.org/Meditation>

Vocalization and the Seven “Vowels” of Gnostic Esotericism

Let us remember that in the beginning was the Word and that the Word was with GOD and that the Word was GOD.

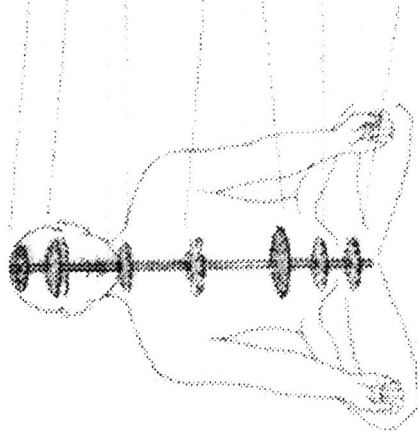
In ancient times, the seven vowels of nature resounded in the entire human organism from head to toe, and now it is necessary to restore the seven notes in the marvelous harp of our organism, in order to restore the lost powers:

- The vowel “I” causes the Pineal and Pituitary glands to vibrate; these two small glands are united by a small extremely subtle canal or capillary, which has already disappeared in cadavers. The Pineal gland is located in the superior part of the cerebrum and the Pituitary gland, in the cavernous plexus between the two eyebrows. Each of these two small glands has its Vital Aura and when these two auras blend, the Spatial Sense is developed and we see the ultra of all things.
- The vowel “E” causes the Thyroid gland which secretes the biological iodine to vibrate. This gland is located in the throat and in it resides the Chakra of the Magical Ear.
- The vowel “O” causes the Heart Chakra, the center of Intuition and all types of powers to travel in the Astral, Jinn state, etc., to vibrate.
- The vowel “U” causes the Solar Plexus, located in the umbilical region, to vibrate. The Solar Plexus is the Telepathic Center and is related with the Emotional Brain.
- The vowel “A” causes the Pulmonary Chakras, which permit us to remember our past lives, to vibrate.
- The vowel “M”, profanely held as a consonant, is vocalized with the lips closed, without opening the mouth, and the sound that then comes out through the nose is the “M”. The vowel “M” causes the *Ens Seminis* (the waters of life, the Mercury of the Secret Philosophy) to vibrate.
- The vowel “S” is a sweet and gentle hissing which causes the Fire inside of us to vibrate.

Seated in a comfortable armchair, we have to vocalize I. E. O. U. A. M. S., carrying the sound of each of these seven vowels from the head to the feet.

It is necessary to inhale, then exhaling the air together with the well prolonged vowel sound, until exhausting the exhalation. This exercise has to be done daily in order to develop the internal magical powers.

The Seven Churches and their Main Characteristics



Church of LAODICEA	Rev. 3:14-22
Church of FILADELPHIA	Rev. 3:7-13
Church of SARDIS	Rev. 3:1-6
Church of THYATIRA	Rev. 2:18-29
Church of PERGAMUM	Rev. 2:12-17
Church of SMYRNA	Rev. 2:8-11
Church of EPHESUS	Rev. 2:1-6

No.	Church	Chakra (in Sanscrit)	Faculty	Region	Gland	Color	V	N	Element	Plexus	Biblical Quote
1	Ephesus	Muladhara	Power over element Herat	Coccyx Tailbone	Sexual glands	red, orange	S	DO	Earth	Coccyx Plexus	Rev. 2:1-6
2	Smyrna	Swadhistana	Conscious Astral Unfoldment	Prostate / Uterus	Prostate and Uterus	red, orange, yellow, blue, violet, green	M	RE	Water	Prostate Plexus	Rev. 2:8-11
3	Pergamum	Manipura	Telepathy	Lumbar region	Spleen	yellow, orange, green	U	MI	Fire	Solar Plexus Navel Plexus	Rev. 2:12-17
4	Thyatira	Anahata	Intuition	Heart	Thymus	Golden (like the sun)	O	FA	Air	Cardiac Plexus	Rev. 2:18-29
5	Sardis	Vishuddha	Clairaudience	Throat region	Thyroid & Parathyroid	Silver-white	E	SOL	Ether	Larynx Plexus	Rev. 3:1-6
6	Philadelphia	Ajna	Clairvoyance	Forehead region	Pituitary Gland	Pink	I	SI	---	Carotid Plexus	Rev. 3:7-13
7	Laodicea	Sahasrara	Polyvoyance Illumination	Crown region	Pineal Gland	Violet	I	SI	---	---	Rev. 3:14-22
Minor Chakras											
---	---	---	Recollection of Past Lives	Lungs	---	---	A	LA	---	Lung Plexus	---
---	---	---	Conscious Astral Unfoldment	Liver	---	---	H	---	---	Liver Plexus	---