

## ***Tree of Life Meditation***

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Close your eyes and picture in front of you two posts. Step by step, rung by rung, we are going to build and climb a ladder between those posts. The posts will be the supports of our ladder of spirit as we place and climb the rungs between them.

Our G\*d, our ancestral G\*d, we know that we are never alone, for Thou dwellest within us always. We ask Thy Help as we build and climb Thine holy Ladder of Spirit and travel the Path to Thee.

As the first step on the Ladder, we place the multi-colored Rung of Majesty, the Power Which directly sustains and maintains us from moment to moment.

We visualize it there, just a few inches above the ground.

We see it; we know it is firm.

We step up now to that multi-colored Rung of Majesty.

We now place on the Ladder the next Rung, the violet Rung of Foundation. It is from this Rung that our very being depends.

We visualize it there on the Ladder.

We see it; we know it is firm.

We step up now to the violet Rung of Foundation.

We now place on the Ladder the next Rung, the orange Rung of Glory. It is here, O our Eternal and ancestral G\*d, that we are first granted the direct awareness of Thy Presence.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the orange Rung of Glory.

We now place on the Ladder the next Rung, the green Rung of Victory. At this Rung is the Source of all Healing.

We visualize it there on the Ladder.

We see it; we know it is firm.

We step up now to the green Rung of Victory.

We now place on the Ladder the next Rung, the clear yellow Rung of Beauty. It is this Rung that is the Center of all existence.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the clear yellow Rung of Beauty.

We now place on the Ladder the next Rung, the red Rung of Justice, from Which we learn to distinguish between right and wrong.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the red Rung of Justice.

We now place on the Ladder the next Rung, the blue Rung of Mercy. It is from this Rung that we derive our justification.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the blue Rung of Mercy.

We now place on the Ladder the next Rung, the black Rung of Knowledge. It is this Rung that is the Source of all we know.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the black Rung of Knowledge.

We now place on the Ladder the next Rung, the grey Rung of Wisdom.

It is this Rung that enables us to comprehend all that we encounter.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the grey Rung of Wisdom.

We now place on the Ladder the final Rung, the pure white Rung Which is the Crown of all Creation. It is through this Rung that we become fully aware of our unity with our Creator and with all Creation, and it is through this Rung that we are enabled fully to manifest that unity.

We visualize this Rung on the Ladder.

We see it; we know it is firm.

We step up now to the white Rung, the Crown of all Creation.

And now, as we rest in the silence, we know that this, the topmost Rung of the Ladder, includes all that has gone before. Just as the first Rung was multi-colored, so this white Rung includes all colors within it. Let us now rest here in silence on the highest Rung of the Ladder, the pure white Rung, the Crown of all Creation, which includes all Creation. Let us rest.