

Set up:

The four elements in their respective quarters

Rose in the east

Votive candle in the south

Chalice with wine in the west

Small dish with some salt and small piece of bread

A black candle on the NE corner of the altar and a white candle in the SE corner.

Incense of your choice and holder, in the south

Chalice with water, in the north

The Ritual of Repast

- Stand West of the Altar
- Move to the NE corner and say Hekas Hekas Este Bebeloi
- Return to the West of the Altar
- Perform the LBRP
- Say, "As the Sun is the visible dispenser of Light and Life to the earth, let me initiate the solar current by three-times completing the circle of this place— the abode of the *invisible Sun*."
- Circumambulate 3x around the altar. After third circumambulation, return to **East** of the Altar, facing East.
- Recite the Trishagion Adoration to the East:

"Holy art Thou, Lord of the Universe
Holy art thou, whom nature hath not formed
Holy art Thou, vast and mighty one
Lord of the Light, and the Darkness." (Make the Sign of Silence by placing left forefinger up to closed lips)
- Turn around and face the altar (face west)
- Recite the Prayer of Osiris Onnophris:

"Osiris Onnophris who is found perfect before the Gods hath said: These are the elements of my Body perfected through suffering, glorified through trial. For the scent of

the dying rose is as the repressed sigh of my Suffering, and the flame-red Fire is as the energy of mine undaunted Will, the Cup of Wine is the pouring out of the blood of my heart, sacrificed unto Regeneration, unto the newer life. And the bread and salt are as the foundations of my body, which I destroy in order that they may be renewed. For I am Osiris Triumphant. Even Osiris Onnophris the Justified One. I am He who is clothed in a body of flesh yet in whom is the spirit of the Great Gods. I am the Lord of Life, triumphant over Death, those that partaketh with me shall arise with me. I am the manifester in Matter of Those whose abode is in the Invisible. I am the purified. I stand upon the Universe. I am its Reconciler with the eternal Gods. I am the Perceptor of Matter, and without me the Universe, is not."

- Go to the west of the altar and project into the elements to charge them.
- Visualize yourself standing in the east facing you, assisting you with the elements.
- Take up the rose and say, "I inhale the perfume of this rose as a symbol of air"
- Pass hands over the flame in the south and say, "I feel the warmth of this sacred fire"
- Take the piece of bread with some salt and say, "I eat this bread and salt as types of earth"
- Take the cup hold it up in front of you and say, "And finally, I drink this wine, the consecrated emblem of elemental water.
- Place cup back on altar in between Cross and Triangle and say "It is finished!"
- Knock and say "Tetelestai!"
- Say, "May the Light be Extended."
- Envision your Sphere of Sensation (aura) glowing bright with white, scintillating light.
- Then Say,

"May what I have partaken maintain me in my search for the Quintessence, the Stone of the Philosophers. True Wisdom, Perfect Happiness, the Summum Bonum.

Go around to the east of the altar and re-absorb the image of yourself

Say "I now declare this Temple Duly Closed, So Mote it Be!"

- Extinguish candles and incense or meditate afterward.