

Equinox – Visualization

The solar principle in man is the principle of liberation and it is located in the head-centre. It permeates vertically from *Sahasrara* to *Muladhara* as a brilliant, diamantine white ray. On an Equinox day the solar ray passes across the equator. Since man is a vertical being on Earth, the ray passes over his head from East to West, if one stands on the equator. In man from head to tail, from *Sahasrara* to *Muladhara* the Sun ray passes dividing the left and right in him. This is true when man imagines himself to be on the equator on the Equinox day.

On the Equinox day the vertical white light (Sun ray) can be visualized and experienced in the vertical column (*Sushumna*). Such visualization and experience enables a student to synthesize spirit and matter in him. This is possible because of the Sun ray passing over Equinox. From *Muladhara* to *Sahasrara* and from *Sahasrara* to *Muladhara* the diamantine solar ray be visualized uttering forth the mantra “Equator Equal”. Such visualization is easier on the Equinox days. The inner man, namely, the soul exists in the column of *Sushumna* from head to tail as cerebra-spinal energy in the form of a mace. The *Sushumna* itself is brilliant and the solar ray that is meditated within on Equinox day reinforces the brilliance.



Understand that *Sushumna* is the inner most abode of man as soul, surrounded by ‘brilliant bluish white ray’ and further surrounded by ‘the golden hue’. This visualization is recommended specially on Equinox as it happens as an initiation to Earth itself. The solar ray

divides the Northern and Southern hemispheres equally and man being a vertical being the ray passes from the top of the head to the tip of the vertebra. It causes equalization of forces and the related equilibrium in man. The day of Equinox is the day of Yoga, spiritually speaking. A three day preparation with contemplations and meditations is recommended.

Equinox prayer:

*Equator equal
Male-Female equal
Spirit and Matter equal
Right and Left equal
Day and Night equal
Obverse and Reverse equal
Opposite angles are equal*

May the ardent aspirants gain as much Golden and Diamantine hue as is aspired. May equilibrium prevail. May justice prevail.