

## Gnostic Vowel Exercises



Note: We simply do not have the “parts” of this spiritual tech. You can do them alone or with a group, but feel free to make them your own or infuse them with your cultural context. If you want to use a Buddhist or Christian setting, that’s fine. The power is your voice and intentions, which were considered a part of the divine to the Gnostics. I suggest anything that helps alter your awareness, whether it be incense, drums, or even entheogens. You are the final authority on this, and these rituals can be done to relieve stress or get you out of a negative state of mind.



Summoning the Aeon Christ (Gospel of the Egyptians NHC III.2 66.9–23; DeConick translation):

According to many Gnostic groups, Christ was the primordial archetype of imaginative reason, the very force of benign imagination across the cosmos. This ritual vested the initiate with the power of primal creation when intoned – calling upon the creative power of the Aeon Jesus:

Jesus!

Ê-Ô-OU-Ê-Ô-Ô-U-A

Truly, Truly!

O Jesus of Nazareth!

Jesus At The Right Hand Of God!

O Living Water!

O Child Of The Child!

O Glorious Name!

Truly, Truly!

O Aeon of Being!

I-I-I-Ê-Ê-Ê-Ê-E-E-E-E-O-O-O-O-U-U-U-U-Ô-Ô-Ô-Ô-A-A-A-A

Truly, Truly!

Ê-I-A-A-A-Ô-Ô-Ô-Ô

O The One Who Is, Who Sees The Aeons!

Truly, Truly!

A-E-E-Ê-Ê-Ê-O-O-O-O-I-I-I-I-U-U-U-U-U-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô

The One Who Is Eternally Eternal!

Truly, Truly!

IAO Forever!

Who Is In The Heart, Who Is!

Son Forever, Son Forever!

You are What You Are!

You are What You Are!

When chanting this prayer, contemplate how you see Jesus and claim the perfect divinity within your heart. The Sethians claimed that this caused one to know God internally as Absolute Permanence and alchemically transmuted him or her into something. In other words, the person became light itself.

Meditate on this as long as you can, and then praise that you have been given the profound knowledge of God in a way only you can experience:

You, Son, I see!

Forever, Forever!

O Aeon, Aeon!

O God of Silence!

I honor you completely!

You are my rest!

O Son! You Exist!

You are The Formless One Who Is Among the Formless Ones!

You are The Who Is!

After this chant, assume a posture of reverent silence by stretching your hands out from a folded position and circling them to your breast. This movement mimes the circular shape of the many divinities of light in the transcendent realm. What you are doing too is bringing the image of the primal deity as an ouroboros: a snake encircling itself with its tail in its mouth.

## **Waking up the snoring god, from Allogenes the Stranger (NHC XI.3 53.33–37) and (Zostrianos NHC VIII.1 127.1–3):**

In truth, the Gnostics knew that the only god sleeping was the one within you. Therefore, they employed a snoring chant that also played out the word Zoe (“life” Greek or an incarnation of Sophia herself in Gnostic texts). Yes, it sounds like a snore, but it’s more like Z-A or Z-Ô or Z-Ê.

This is the sound of the invisible spirit who is at rest and silent within you. Continually utter the sound of sleep (being as nasal as possible):

*zza zza zza...*

As you enter an altered state of consciousness, alone or in a group ritual, imagine moving into the transcendent realms, without stopping the snoring sound. One such snoring mantra plays off the sound of the word zoe (life).

Change the to this mantra, exhaling after each “Z”:

Light [ Phôs ]! Life [ Zoê ]!

Z-ÊOÊ Z-ÊOÊ

Z-ÔSI Z-ÔSI

Z-AÔ

Z-ÊOOO

Z-ÊSEN Z-ÊSEN

## **Other Invocations for becoming divine:**

In addition to vowel chanting and snoring mantras, Gnostic liturgies frequently rely on repeated refrains in their prayers and hymns. In the Sethian liturgy known as the *Three Steles of Seth*, initiates repeatedly cry out such refrains as they attempt to ascend into the three main realms of the transcendent world.

(Three Steles of Seth NHC VII.5 121.15–16, 124.10–13, 17–18, 125.24):

Use these mantras, again imagining a transcendent journey into higher dimensions (alone or in a group):

“You are perfect! You are perfect! You are perfect!”

“You have heard! You have heard!”

“You have saved! You have saved!”

“We give thanks! We bless you always! We glorify you!”

“We rejoice! We rejoice! We rejoice!”

“We have seen! We have seen! We have seen!”

“You are One! You are One!”

If you are alone, meditate on this. If you are in a group, everyone should become silent to share the energies of the prayer.

Invocations of the supreme God in *Zostrianos*.

When the initiate ascended to Barbelo (the supreme Mother), he chants in her presence, “E-E-E-E-A-A-A-A-A-A-A.” A comparable vowel mantra appears later in the text, as the initiate stands among the divinities and intones, “Ê-O-O-O-O-E-A- E-O” (*Zostrianos* Nag Hammadi library VIII.1 118.21, 127.5).

The same vowel chants are found in the Hermetic Gnostic text *Discourse on the Eighth and Ninth* (NHC VI.6 61.10–15). When the ascending initiate sees himself as God, which he calls both Mind and Spirit, he feels moved to cry out from a hidden spot deep within himself the name of the primal God of life. His chant sounds like this:

A

Ô

E-E

Ô

Ê-Ê-Ê

Ô-Ô-Ô

I-I-I

Ô-Ô-Ô-Ô

O-O-O-O-O

Ô-Ô-Ô-Ô-Ô

U-U-U-U-U-U

Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô-Ô

I hope this adds another dimension to your awakening potential. If you're interested in more Gnostic exercises or traditions, all to assist you in expanded consciousness or to overcome fear, depression, or addiction, [please contact me](#) or [go to my homepage](#).

