**SAYING WILL**

The following is said before meals in the Abbey of Thelema in Cefalu by Crowley and his disciples.

(3-5-3 knocks / Leader)

“Do what thou wilt shall be the whole of the Law.”(Leader)

“What is thy will.”?(group)

“It is my will to eat and drink”.(Leader)

“To what end”.(group)

“That my body may be fortified thereby.” (Leader)

“To what end.”(group)

“That my body may be fortified thereby.”(Leader)

“To what end.”(group)

“That I may accomplish the Great Work.”(Leader)

“Love is the law, love under will.”(group)

“Fall to.”(Leader/ one knock)

This ritual may be done by a single person or group.

In the modern times Thelemites give the knocks of 3-5-3 at the beginning and one knock after “Fall to.”

Comments by Crowley on this ritual:

“This may be adapted as a monologue. One may also add the inquiry “What is the Great Work?” And answer appropriately, when it seems useful to specify the nature of the operation in progress at the time. The point is to seize every occasion of bringing every available force to bear upon the objective of the assault. It does not matter what the force is (by any standard of judgement) so long as it plays its proper part in securing the success of the general purpose. Thus, every laziness may be used to increase our indifference to interfering impulses, or envy to counteract carelessness.”