

The Emerald Tablet of Hermes

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There are several ancient tablets which purport to the wisdom and philosophy of Hermes/Thoth (the Hermetic teachings). The Emerald Tablet was held sacred by Alchemists as a recipe for the preparation of the Philosopher's Stone. However, we know that Alchemical formulae also have a deeper meaning relating to body, mind, and spirit, and this is seen as the process of change in striving toward perfection.

It is not certain how old the original text is, it may be as old as 10,000 years, although historians can only trace translations back to 650 CE. There are several translations of this tablet, including ones by Isaac Newton and H.P. Blavatsky.

Here is one translation:

*[It is] true, without a lie, certain and most true,
That which is below is as that which is above, and that
which is above is as that which is below, to perform the
miracles of the one thing.
And as all things were from the one, by means of the
meditation of the one, thus all things were born from the
one, by means of adaptation.
Its father is the Sun, its mother is the Moon, the Wind car-
ried it in its belly, its nurse is the earth.
The father of the whole world [or "of all of the initiates"?) is
here.
Its power is whole if it has been turned into earth.
You will separate the earth from the fire, the subtle from
the dense, sweetly, with great skill.
It ascends from earth into heaven and again it descends
to the earth, and receives the power of higher and of
lower things.
Thus you will have the Glory of the whole world.
Therefore will all obscurity flee from you.
Of all strength this is true strength, because it will conquer
all that is subtle, and penetrate all that is solid.
Thus was the world created.
From this were wonderful adaptations, of which this is the
means. Therefore am I named Thrice-Great Hermes, hav-
ing the three parts of the philosophy of the whole world.*

*It is finished, what I have said about the working[s] of the
Sun.*

Another translation:

*Truly, without Deceit, certainly and absolutely.
That which is Below corresponds to that which is Above,*



*and that which is Above corresponds to that which is Be-
low, in the accomplishment of the Miracle of One Thing.
And just as all things have come from One, through the
Mediation of One, so all things follow from this One Thing
in the same way.*

*Its Father is the Sun. Its Mother is the Moon. The Wind
has carried it in his Belly. Its Nourishment is the Earth. It is
the Father of every completed Thing in the whole World.
Its Strength is intact if it is turned towards the Earth. Sepa-
rate the Earth by Fire: the fine from the gross, gently, and
with great skill.*

*It rises from Earth to Heaven, and then it descends again
to the Earth, and receives Power from Above and from
Below. Thus you will have the Glory of the whole World.
All Obscurity will be clear to you. This is the strong Power
of all Power because it overcomes everything fine and
penetrates everything solid.*

*In this way was the World created. From this there will be
amazing Applications, because this is the Pattern. There-
fore am I called Thrice Greatest Hermes, having the three
parts of the Wisdom of the whole World.*

*Herein have I completely explained the Operation of the
Sun.*

As with most ancient mysteries, the meaning is ob-
scure. Some of its message may be fairly obvious
e.g. As above, so below. Other parts less so e.g.
“separate ..subtle from the dense” or “fine from
the gross”, where *subtle* or *fine* refers to the divine
spirit, and *dense* or *gross* refers to the earthly body.

I leave the rest for you to ponder.