



DAMANHUR ALCHEMY SCHOOL

### **THE BASIC RULES OF METRATURA ARE:**

- Decide on the movements you make first (think about them before making them happen)
- Notice the external reality with all your senses (or by rotating them one at a time, if you can't yet activate them simultaneously)
- Do not interrupt the movement, which should be very slow
- Also feel what is happening inside yourself during the movement

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