



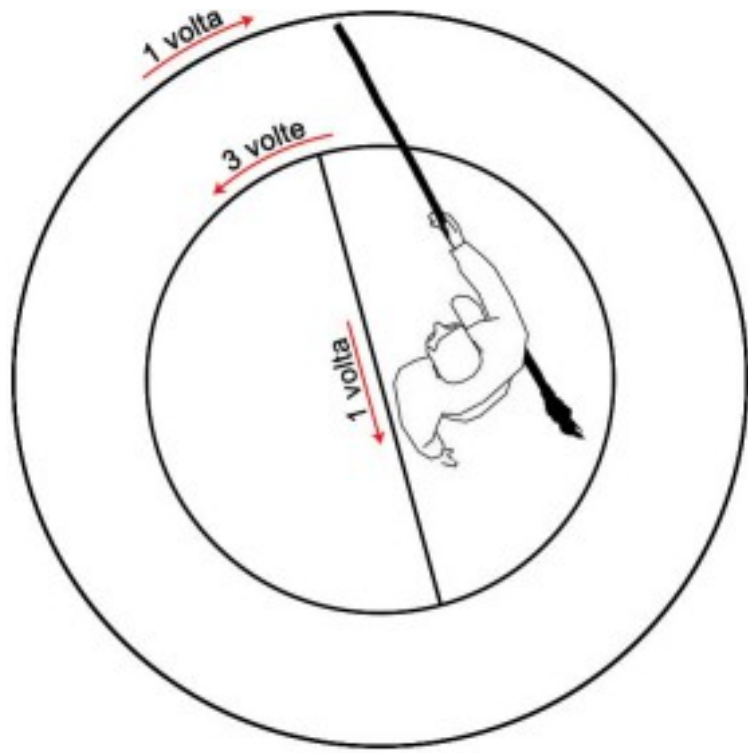
## **CIRCLE OF STABILITY EXERCISE**

### **FUNCTIONS**

- accumulates energy in the circle and recharges you
- re-orders and stabilizes your personalities/elements
- develops your sensitivity, depending on your success in accumulating, particularly by using your palate sensors

### **PROCEDURE**

- Draw or trace a first circle around you, for 3 times (trace-charge-stabilize), clockwise or counterclockwise
- This drawing represents "you", yourself. Bring your essence into the circle, and it will be represented on other planes of existence.
- Draw the second circle (the outer one) once: this is the circle of compensation. It multiplies by 4 the potential expressed inside it.
- This circle is drawn in the opposite direction to the first circle.
- Now, using your breath to accumulate energy, charge the circle for several minutes. The more time you devote to this, the more energy is accumulated.
- Trace a line that divides the circle in two, and stay inside one of these two halves (semicircles), the staff in front of you held with both hands.
- With your tongue touching the palate, feel the accumulation of energy in this semi circle, noting the sensation that is generated.
- Then, bring the extremity of the Staff outside the circle, touching the ground and "with your tongue" evaluate the difference of potential that you accumulated. This lasts a few minutes.
- When you touch the ground with the Staff, the semi circle is discharged. Once completely discharged, bring the Staff back into the circle and pass over to the opposite side. Using the other arm, repeat the exercise on that side.
- The two semi circles do not have equal potential.



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