

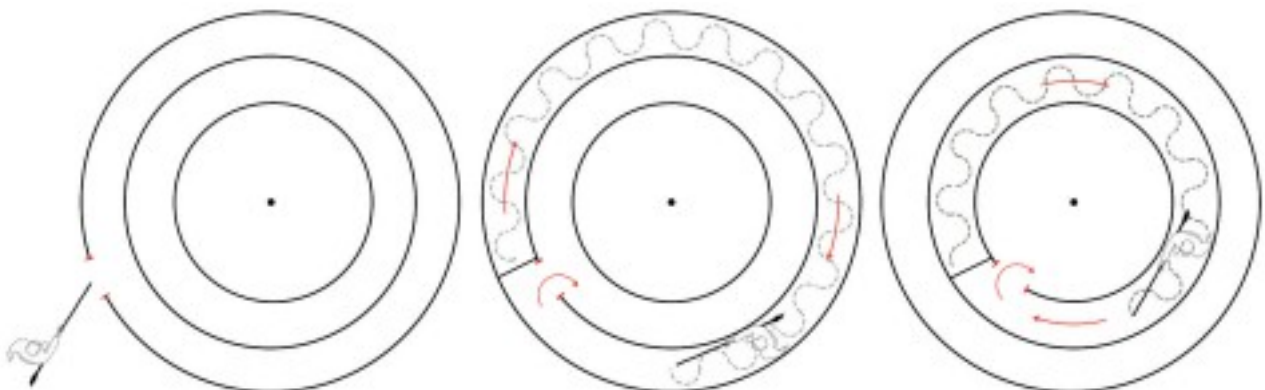


DAMANIHUR ALCHEMY SCHOOL

## CONCENTRATION CIRCLES

This ritual has the function of concentrating energies and forces by "pushing" them into the innermost center.

- Draw three or more concentric circles from the center or from outside - from the largest to the smallest or vice versa
- each circle alternatively, drawn, in the opposite direction to the other
- trace them all only once
- leaving enough space between each other to create a corridor in which you can walk
- open a door in the innermost smaller circle, draw a barrier behind you, after the door
- start to turn and push energy with the staff, use the staff to push with a zigzag movement on the ground, like cleaning
- then you enter the new door you have opened (created with your staff), enter the new corridor and close the door behind you by drawing a barrier, a line
- you start pushing the energy towards the next circle
- you open another door in the next circle and again you draw a barrier behind you
- and so on
- you can start from the innermost circle going towards the outer circles or the opposite, it depends if you want to push and thicken the energy or the forces towards the innermost circle or pushing it from the centre to the outer circles



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