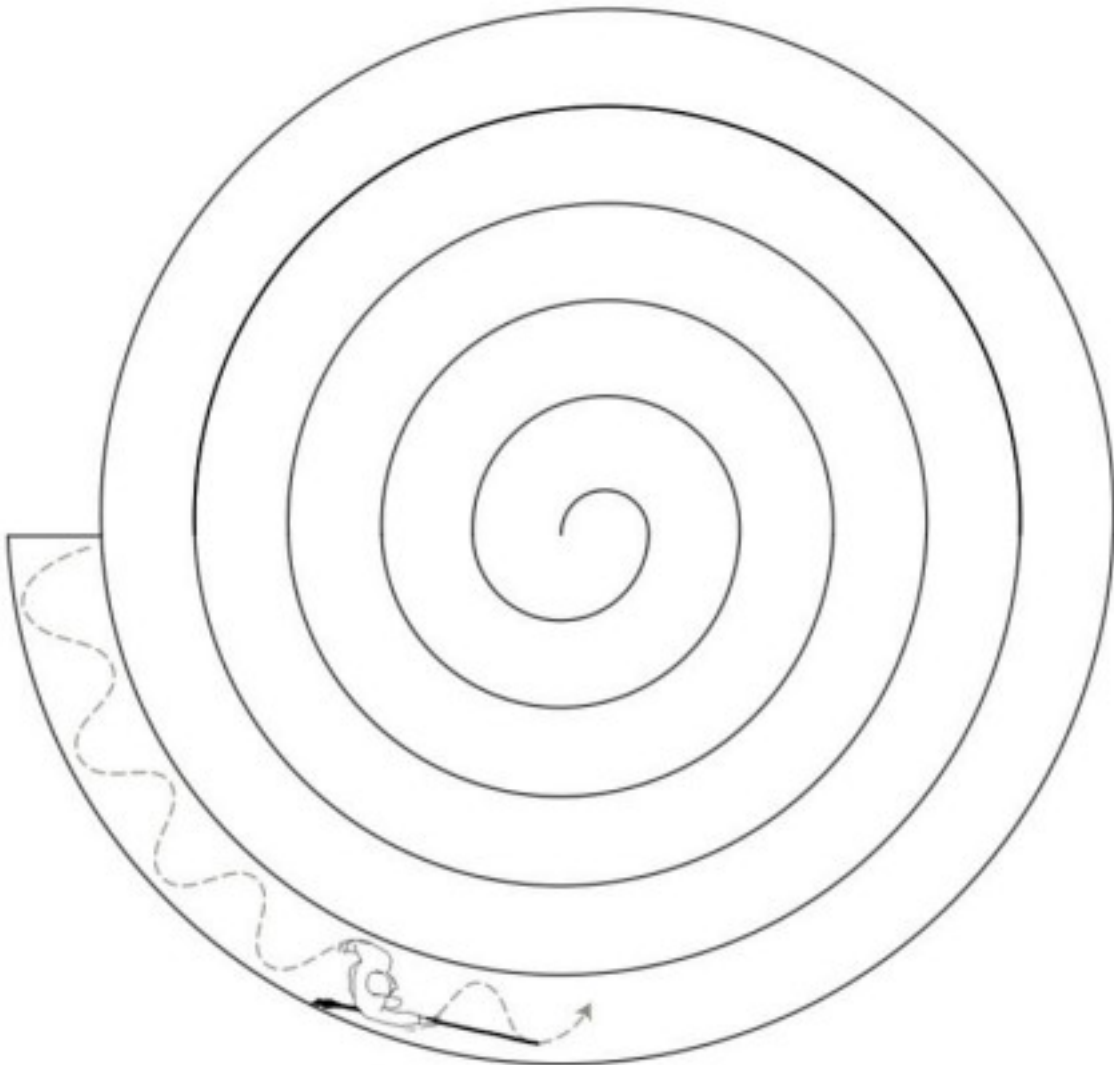




DAMANIHUR ALCHEMY SCHOOL

THE CONCENTRATION SPIRAL



- Now we will create our own spiral with our staff, in this case we will create a spiral as a figure of concentration. You can re-compose part of your subtle bodies through this system.
- A spiral must be at least 120 steps long.
- Start from the center and trace the spiral with your staff.

- You can use both hands to hold the staff while you are tracing it.
- When completed and you arrive at the entrance of the spiral, close the door by tracing a line.
- You walk back to the center and then from there start cleaning walking back towards the clodes entrance.
- Repeat the operation, this time starting from the beginning of the spiral and going towards the center again.
- Each time you go and come back (which can be done several times) the potentials change
- If it is a personal spiral our potential is represented by the symmetry of our body, so it goes from one side to the other.

