DAMANHUR ALCHEMY SCHOOL

METRATURA WITH STAFF - FALCO'S ORIGINAL EXERCISE

"Standing, each person in front of their chair. Take a deep breath. The Staff is in front of you, you hold it upright with your hands and it should touch the ground. You must visualize in your head what your current position is. Are your legs together or apart? Are your legs a little forward? Further back? What positions do your hands have on the Staff? Basically you have to match within yourself what you are doing, the physical image of yourself. So: become aware of how your hands are, how you are touching the Staff. The Staff must always be in contact with you".

You have the Staff in your hands.

Stand up in the same way.

Stop and feel the tickle of the body, without scratching, then sit down determining first the movement you will do, imagining it before you do it.

Up and down several times, with slow movements. Feeling the body in every smallest part, breathing deeply, you first imagine the movement then notice what differences there were. Habitual movements or involuntary movements that you did not think were necessary.

While standing, feel your taste in your mouth, your breath, your heart beating, your skin re-enlarge your awareness and perceive the sounds the scents around.

Are you continuing to breathe?

Then sit back down.

And stand up again always trying to determine first the image of the movement, perceiving the movement in every detail, the trajectory.

Drive the dynamic for 20 minutes or so, until you feel in a field of full attention and presence.

At that point remain standing and expand your senses outward while continuing to feel your body as well, being aware of the position but also of the taste in your mouth but also of the sounds coming from outside. Then open your eyes and with your gaze, attention, notice the details around you, with your sight, keeping alert to smells, noises and your presence in the body. Start to go slowly in this state of external and internal metratura, determining first the step and movement you will do, as you approach the Ritual you are about to perform.