

## *Spiral exercise: coming to your center*

The third principle rod exercise creates spiral forms around the body. This experience builds upon the astral body as it draws into the body and is released again. This exercise has 16 counts: eight counts going in, and eight counts going out.

1. **Hold the rod in “down” position with outstretched arms in front of the body, yet some distance away from your legs. Let go of the rod with the left hand, and move it around your right side to the back. Grasp the left end of the rod behind you with the left hand, with the palm facing *backward*. The rod should be a little bit closer to your body and a little higher than it was before.**
2. **Let go of the rod with the right hand and move it around your left side to the front, as described above. Grasp the right end of the rod in front of you with the right hand. The rod should be a little bit closer to your body and a little higher than on count 1.**
3. **Let go of the rod with the left hand, and move it around your right side to the back. Grasp the left end of the rod behind you with the left hand, with the palm facing *backward*. The rod should be a little bit closer to your body and a little higher than on count 2.**
- 4-8 **Continue to spiral the rod around your body, from back to front and from front to back, bringing the rod a bit higher and a bit closer to your body with each movement. On count 8 the rod is held very close to the body, tucked under the armpits.**
- 8-1 ***Continuing to move in the clockwise direction*, reverse the entire sequence, spiraling downwards around the body, with each passage lower and further away from the body.**

As you move through this sequence, notice how your feeling evolves as you come closer into yourself with the in-winding spiral, and release and expand your field with the out-winding spiral. Practice moving through this sequence until you are quite agile and comfortable with it. Learn to move it at a fairly quick pace, but never sacrifice your sensation of the different distances.

When you are ready, you can deepen this experience by bending your legs and then standing up again as you move the rod. This exercise will challenge your focus and your balance, and thereby strengthen your power to stay grounded.

As you move through the first eight counts, raising the rod to your armpits, simultaneously bend your knees. While keeping your back perfectly straight, lower yourself into your knees. Carefully control your movements, so you stay balanced on your toes as you go down, without touching your knees to the floor.

As you move through the second eight counts, lowering the arms again, slowly rise again onto your flat feet.

Practice the deep grounded-ness and focus of this exercise, up to eight times in a row. You can now add this to your daily rod exercise sequence.

### *The Journal Box*

*Journal about your experience with the spiral exercise. Could you feel a connection to what you felt in contraction and expansion? Were you able to flow smoothly from below to above and back again. Can you discover a metaphor for this and how the world impacts you and you impact the world?*