

# BUILDING A DAMANHURIAN SPIRAL



## Request

Before you build a Damanhurian Spiral, please fill in the request form, you find below, and send it to [spirals@damanhur.org](mailto:spirals@damanhur.org), we will get soon back to you!

## How to get prepared

It is essential to have a basic knowledge about Spirals in order to have a minimum common level of awareness among participants in Spiral construction. Important will be the discussion on the choice of location and the reasons for such a choice, the choice of stones and color, the presence of trees, etc. The answers to the questions will create in the group the appropriate energy for what will happen next.

## About the place

- The place where the spiral is built should be on a private property, so that the spiral is protected from destruction and has a "guardian". Exceptions can be discussed with Orango.
- It must be ensured that the spiral is walked regularly, the more often the better, so the spiral guardian should also offer public spiral walking days every now and then.
- The spiral is a place of power whose energy should be kept pure

## Building requirements:

### The spiral:

- must be at least 120 steps long
- must have at least 6 turns (with each turn its energy potential increases)
- is composed of about 400-600 stones depending on the diameter
- Preferably uses round river stones that are big enough so that the grass doesn't overgrow them easily (at least grapefruit size, ideally bread loaf size), otherwise stones from the terrain can be used or other materials as agreed upon. Round stones support a better energy flow.
- stones ideally are placed directly on the ground, without a gravel or sand base
- ideally has trees nearby (this strengthens the force field)
  - a free-standing tree can also form the center of the spiral
  - several trees can also be integrated in the course of the spiral

## The Activation of the Damanhurian Spirals

- In order to activate the spiral, it needs a **Sferoself** and a **selfic rope spiral**. If you can't provide them, we will find out who could. This might delay the activation. Ask for further information!