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information on motivational reflexes, positive or negative, see just about any works by B.F. Skinner. Look at a representation of the snake eating his tale. can you perceive the mystery of fear there? Try and dissociate yourself from all conditioning behind the concept of 'Fear'. Now, just for the sake of experimentation, lie on the floor and PROJECT yourself into a personally fearful situation. Now, observe your reactions, not very far from a primitive, are you? Soon your body will assume a certain position out of instinct; the FOETAL POSITION. NOW. Look at the snake eating his tale, secure within the womb of himself; do you see?

But fear is a mirror, as is love. We fear nothing except that which we can conceive and all that we can possibly conceive lives within us.

Man saw the planets and seasons and cycles of the female (and the male by the way) all parade before him. Fear he knew, with it he Survived. Love he also knew, with it he lived. And wherever he lived he worshiped all he loved. And he most probably worshiped what gods he held close to his heart in a circle. The 'indians' or Native Americans of the plains met all together at high days for the Sundance. at this time the circular shields were painted, the most important symbol to its owner of his completed vision quest from whence he had returned, Or did he ever leave? Stonehenge, which I have mentioned, was used by varied tribes and religions. And, and ..... I could mention the Mayans, the Assyrians, the Greeks on and on ad infinitum. And please, do not let the shape of their temples sidetrack you. They all worshiped within the circle. Can you not see?

Still talking of the body, if it can be separated at all from these other parts of our being, let us see to our rhythms. There is a new and exciting science about now lumped under the name 'BIO-RHYTHM'. It has been known for some time that we each have several cycles going on at all times, the ones they have isolated are ; INTELLECTUAL CYCLE : 33 days, EMOTIONAL CYCLE: 28 days and PHYSICAL CYCLE: 23 days, all three are these lengths from beginning to beginning ETC.

Then there is the Lunar cycle of 28 / 29 days, it doesn't take much to be aware of the importance of this even if its just from a sociological viewpoint.



mating increases, crime increases, and just general partying goes apeshit around the full moon. Not to mention all the strange stuff that goes on, if you believe in that stuff.. Then theres the Tatic tidal waves which I still cant figure out and the planetary orbits which no one will EVER figure out and...My point is made I believe. Though one may argue from now till the end of time about what effects, what when and how it CAN be stated that out bodies are very little more than incredibly complex formations and deformations of various cycles.

Including composition and decomposition, the heaviest cycle of them all;  
BIRTH And DEATH.

And , of course theres always Karma and reincarnation. Or is there?  
So we represent this journey of life/ death /systematic functioning /survival in a crudely piously carved circle scraped upon the sands of the primal ages, even if we use a compass.

"But whats all this gibbity gab got to do with me?" Asks the Pagan in the third row. AHMM! I am certainly glad that question was asked. NOB, think hard, what geometric shape does your grove, coven , nest or cabal meet in? Think fast; Right! a circle. To enlarge on this in a ritualistic sense I may lose some of my more simplistically Pagan readers, so be it. The circle is usually marked out, purified in some fashion and then CREATED. Wether you circumvent deisel with each element, ~~xxxxx~~ or 'cast' the circle with a sword, red, a dance, stones, flowers or just yourself you are doing a very special action ;

THE CIRCLE IS REALITY.

By defining reality with a circle you have in effect brought forth the mandala , the temple, the MICROCOSM of your mind and extended it about yourself. By doing this you acheive a few things; first, you are excluding the rest of what 'was' your external reality and the burden of having to cope with this reality (all the waking time) is relieved as in sleep. You are also protecting yourself with a psychic shield against any 'demons' (IE, paranoia). Thirdly, you have altered your state of conciousness by relief of stress and the concentration and evocation of forces involved with. HOW heavy an altered state you



will be in depends upon the amount of concentration you are manipulating, the timing, what ritual you are using, your will, your personal power, what drugs if any you have ingested etc. Fourth, by defining and LIMITING your reality you can now proceed to limit what external stimuli you will admit to your mind or among the minds of your group. In other words, its like creating your own radio station so you can play what you WANT to with NO commercials. And, if all have participated in the creation of this Psychic container, these with you including yourself are as beads upon a necklace, you are all standing within the collected pool of your minds.

In the terminology of C.A.W.; you are, one one level, sharing water, and, obviously, there neednt be any liquid about.

In my opinion, as a good ritualist, the timing and area are important as is orientation. I mean coordinating your personal inner bearings with the four corners, watchtowers, doors etc. I just call it the quadrapolar magnet. So as not to leuse up a possible article on the subject (and to keep within this one) all I shall say is that I believe the Quadrapolar magnet, the tool(s) by which one may center the circle, himself and the universe. In effect, with these 4 elements or what have you, you KNOW where you are at, and not just physically.

The fifth and (ahem) last service the circle has lent itself to is that of holy and sanctified TEMPLE of the eternal gods. This includes and surpasses all the previous effects of the circle.

And here we are, back to primitive root, tracing a rough circle in the sand and forming a half realized concept. If you disregard this whole article and and dont even entertain any of its precepts at least remember this;

The CIRCLE is a SPHERE. The SPHERE is a MAZE. The MAZE is a SPIRAL. THE SPIRAL is THE MATRIX. The MATRIX is <sup>the</sup> MANDALA . The MANDALA is EARTH. EARTH is the UNIVERSE. AUMN.

May each of your trails double in upon itself with joy and love.....ORBIS SUB STATUM TERRA.