

Observe the path of Bartels
Embody 27-day cycles
Note the proportions of calmness and intensity
Choose your instrument and stick with it

The Shruti will mark the end of one cycle
and the beginning of another

The field abides through constant change
Alignments are encouraged

Only in extreme circumstances increase the
intensity of what you are doing suddenly
When the Shruti moves in space, consider it
an extreme circumstance
After the extreme has passed, slowly return to
your previous intensity

Work out your lines and your edges
Choose to respond or instigate
Change polarity

Start in the southwest quadrant and finish in
the northeast quadrant
Move gradually and diagonally
Deviate