

## Class 3 – Air 3

### Covered in This Class

1. Preparation for This Class
2. Air Message Boxes
3. Adjusting Air Balances in Self
4. Adjusting Air Balances in Others
5. Exit Ritual

### 1. Preparation for This Class

- *Posters*: Refer to Posters from Last Week: Air Correspondences, Air Characteristics, Air Boxes, Air Colors
- *Video Clip*: Building Air Message Boxes

### 2. Air Message Boxes

You can use air boxes to send psychic or telepathic messages to people. Air is related to thinking and mind processes, so messages sent with air boxes will insert themselves into the recipient's thought process. Because air is a "light" element, air message boxes can be ignored by the recipient. Air boxes can put ideas into people's minds, but can't compel them to comply with the message. Later, when we get into water boxes, you'll learn how to send water box messages, which are much more compelling.

The effectiveness of an air message box depends on the receptiveness of the recipient, in other words, how "tuned-in" the person is. To increase the effectiveness of messages, try sending them when the person is likely to be mentally available and able to receive it. Avoid times when the person might be very busy thinking or talking.

Keep air box messages short so that they can be more easily received and understood. For example, air box messages might be "call home," or "I like you," or "buy bread." Air boxes may be sent in any air color – clear, white, and sky blue. The components of an air box are the color, the person's face (or the person's full name if you don't know what they look like), and the message. A box can be sent to only one person, contain only one color, and hold only one short message. To send an air message box:

1. Create an empty box and fill it with an air color.
2. Put the person's face in the box (or their full name if you don't know what they look like).

3. Put the message into the box either by seeing the words in the box (in electric white neon), or by speaking your message at the person's face in the box. Keep your message short.
4. Throw the box. Since it has been programmed with the person's name or face, it will automatically and instantly reach that person, even if you don't know where the person is, or he/she is halfway across the world. Distance doesn't matter where energy boxes are concerned.

Experiment with different colored boxes to check their effect. If the person you are sending the box to is very mentally busy (in other words, at work and very mentally focused, or their mind is full of mental chatter), you may want to send the box in sky blue, since the spiritual "channel" may not be as noisy as the mental channel. You may also want to send messages more than once to the same person. Often, if a person receives a message while they are very busy or focused on something else, they may have the thought about the message (such as, "Oh, I should call him") but quickly forget the idea if their situation becomes busy or demanding. But if you send the message for several days in a row, they'll be more likely to either write down the idea as a task (to call him), or take action immediately.

### **3. Adjusting Air Balances in Self**

Now that you have experimented with adding to and reducing your own air balances through the exercises of taking on and off the air boxes in all the different color and characteristic combinations, you can begin to adjust your balances more purposefully. Use the air excess and shortage information given in Class 2 to check whether you might have an excess or shortage of air, and if so, of what colors.

Notice that sometimes a shortage of a color can produce the same effect as an excess of a color. In these cases, you'll need to decide whether you have an excess of air or shortage based on your normal behavioral patterns. For example, some people become "spacey" when they have too much white air, while others become "spacey" when they have too little. In this case, you ask yourself whether you usually have a lot of mental activity and chatter going on (which indicates that you are probably high in white air, and probably have an excess), or whether you usually lack mental stimulus or engagement (which would indicate that you probably have a deficiency in white air). In general, if your overall balance has a shortage of air, you'll want to mostly take on air boxes. However, if your overall balances have enough air, but perhaps the wrong kind of air, you'll want to both take on boxes with certain characteristics and get rid of boxes with other characteristics until you have the proper mixture of air.

Below are some examples of how you might adjust your air balances. Keep in mind that these are general examples – your own adjustments will vary according to your normal balances.

Example 1:

You have to take a multiple-subject academic test, finishing within a certain time limit, in a stuffy room with little circulating air:

- Increase white clarity to improve your thinking, and white reactive to increase the speed of your thinking (to complete the test within the time limit).
- Increase white easy flow to help your mind move easily from one topic to another.
- If there is an essay portion on the test, increase white expandable (to help you expand on an idea) and decrease white insulator (to help you open your mind and allow new ideas to come in).
- Increase clear clarity and clear carrier which will help you breathe in a stuffy room.
- Increase clear expandable and clear easy flow to help you breathe, and decrease clear insulator (remember that insulator is related to non-moving air).
- After the test, you may want to increase your balance of sky blue reflective and sky blue clarity to help you understand how your experience fits into your life on a spiritual level.

Example 2:

You're going to visit your family for the holidays, and you usually feel uncomfortable because your thoughts and beliefs are out of sync with your family's belief system. More importantly, they are always trying to change your beliefs to match theirs.

- Decrease white reactive so you don't react so strongly to their attempts to change you, and increase white mediator so you can more easily channel both your and their energies to more productive use.
- Increase sky blue clarity to increase your understanding of the situation from a spiritual viewpoint, and increase sky blue stable and insulator to stand firmly in your beliefs.
- Increase clear clarity, carrier, and easy flow to help you relax physically and breathe more easily in what could be a tense situation.

*Quick Story:* One practitioner took on lots of air energy just before work and didn't take it off. She went to work and thought she was busy all morning, but by mid-afternoon her boss told her she hadn't done any work all day. She had been mentally very busy, and physically idle.

#### **4. Adjusting Air Balances in Others**

In addition to adjusting your own air balances, you can help others adjust their air balances as well. The first and most important step in this procedure is to GET PERMISSION. By Rules of the Road, you cannot do anything to anyone else, except in self-defense, unless you first get their permission (just because it *seems* apparent that adjusting another's balances would help, doesn't mean it is so – there may be many factors at work in his or her life that you are unaware of). You don't have to tell the other person exactly what you are going to do – all you have to do is get their general permission for you to help them. If for any reason you aren't sure whether you should proceed – perhaps the person seemed uncertain or coerced even though they gave you their permission – err on the side of caution and don't do the adjustment.

Once you have their permission, you may proceed to adjust their air balances, but remember, TAKE YOUR TIME, THINK IT THROUGH, AND DO IT RIGHT. The Universe doesn't care about what you *intend* to do; it only judges you by the results you produce. So, if you mean to help someone by adjusting their air balances but instead you create more trouble in their lives as a result of your "help," then the Universe holds you responsible. If you aren't sure about how to do the adjustment or which boxes are appropriate to use, check with your mentor.

At this point, you can only add to another person's air balances – you cannot decrease their overall balances, yet. However, with the variety of air characteristics available, you should be able to achieve all the intended results. For instance, if a person were very mentally reactive, you would normally want to decrease their balance of white reactive. But you can achieve the same result by increasing white easy flow (so that they can more easily "go with the flow" without having to react so much), or white stable, to stabilize their mental processes. Increasing white insulator may also help to mentally shield the person from the situation, or increasing sky blue reflective or clarity may help them see, on a spiritual level, that reactivity isn't necessary. In short, there are many different ways to manipulate the air colors and characteristics to achieve the same effect. Be sure to keep in the mind the person's habitual balances when creating a "remedy" for them. Here are the different methods for adjusting a person's balances depending on their proximity to you.

- If the person is close by, stand behind them and have them close their eyes. Build the box, fill it with the appropriate color and characteristic, and give the box to him or her. You may either bring it down over the crown of their head, push it into the back of the head, or into the back of the torso, depending on where you think it is the most needed (i.e., if they need to see or think more clearly, give boxes to the back of the head, if they need to breathe more easily give boxes to the back of the torso in the lung area). Note that the brain and lungs are some of the airiest parts of the body. Do not give air boxes in the lower torso area unless “gassiness” is the intended result! Never give boxes in front, as people have a lot of psycho-spiritual shielding at the front of the body, and are therefore less likely to accept and benefit from the box. People tense up when receiving energy in the front of the body, especially if they can see what you are doing. It’s the same reaction as having a fastball thrown at you.
- If the person is in your line of sight but not nearby, stand behind them. Build the box, fill it with the appropriate color and characteristic, and throw it at the appropriate part of his or her body. Your intention will ensure that the box will reach the right part of their body. Make sure that no one else is standing between you and the intended recipient, as the Universe will always hold you responsible for the person who actually received the box, whether that person was the intended recipient or not.
- If the person is not anywhere near you, or you can’t see them, build and send the box as you would a message box. Build the box, fill it with the appropriate color and characteristic, and then put the person’s face (or their full name if you don’t know what they look like) in the box. Throw the box in any direction, and it will reach that person, and only that person. By putting their face in the box, you have “programmed” it to go only to that person.

*HINT:* Although it’s true that we cannot give another person an energy box without their permission, there is a loophole to this rule – can you find it?

The loophole is the message box. When we send message boxes to people, we must include a color in the box, which changes the recipient’s overall air balances by one box of that color. We do not include a characteristic if the person has not given permission. Thus, if you don’t have a person’s permission, you can still affect their overall air balances by sending a message box with an appropriate air color and a short message. You will learn in later classes that we are always using our sonics (the tone, pitch, and rhythm of our voices) to adjust other’s balances, whether we mean to or not.

## **5. Exit Ritual**

Class 3 –Air 3

This week's Exit Ritual is:

Sky Above and  
Earth Below  
In Knowing  
I Greet You.