

**C12 Exercises**

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Charge your Firebowl and do at least an area cleansing. Do a house cleansing if you can. Record your results in the form provided below.
3. Begin testing various kinds of incense and resin to determine their elemental makeup. Test even the ones given in class, since as a magical researcher you want to verify everything for yourself. Record your results in the form provided.

**Area and House Cleansing**

1. Sit quietly in or walk through the area you are about to cleanse. If you are going to cleanse your entire house, walk through the entire house. Make notes about the energetic feeling of the area in the first form below.
2. Follow the instructions given in the class notes and charge your Firebowl in preparation for doing a two-element area or house cleansing.
3. Cleanse an area of your house, or cleanse your entire house. Record the results of your cleansing, including any difficulty you encountered or questions you have, in the second form below.
4. Once again feel the energetic quality of the space. Over the next few days see if you notice an overall change in energy. Record these findings in the third form.

Form 1: Energetic Feeling of Area Before Cleansing

Form 2: Results of Cleansings, Difficulties or Questions

Form 3: Energetic Feeling of Area After Cleansing

**Test Incense and Resin**

1. Test a single incense or resin at a time.
2. Place a small amount in your Firebowl (it doesn't have to be on a charcoal if it will burn without charcoal), and burn it.
3. Observe the scent and behavior of the smoke. Record your results in the table below.

| <b>Incense or Resin Tested</b> | <b>Scent When Burned</b> | <b>Behavior of Smoke</b> | <b>Appearance Before Burning</b> | <b>Elemental Makeup and Other Comments</b> |
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