

C2 Exercises

1. Do the Exit Ritual.
2. Continue to do Explorations 1, 2, and 3.
3. Do exploration 4 listed below at least 15 minutes each day (which means you should have at least 7 examples before the next class). Use the chart for Exploration 4 to help you do this exercise.
4. Using the air boxes sheet at the end of this section, start taking on and getting rid of every color and characteristic combination of air boxes. There is a third air class, during which you can finish the boxes. Start at the top of the list, with the colors and no characteristics. Take the boxes in their up and down pairs. (Ex: Clear up and down, record results, then clear down and up. This is considered a pair.) Use your color chips to make sure you are taking in and getting rid of the right colors.

For example, starting with clear, take on a box of clear. If you don't feel anything within 15 minutes or so, take on another box. Then forget about it for about 30 minutes. Then take the box off to get back to your normal balances, and write down the results. If you didn't notice anything, just write what you did or the events that happened while you were "wearing" the box. Then, take off another clear box to reduce your overall balances by one box of clear. Wear it for about 30 minutes, go back to normal and record the result.

Always increase your balance first (do the up box first), and then decrease your balance (do the down box). Most people notice the effect of increased balances more easily than the decreased balances. Always do the boxes in pairs (up and down), and in order, since the contrast between going up and down in various boxes will give you more of a chance to experience the effect. The up box is rarely the exact opposite of the down box.

If you find that your mind gets in the way and tries to predict the outcome of the boxes, then first jot down what you *think* the box will do, then take on or off the box and write down what *actually* happens. As a magician, you have to experience what happens – you can't think your way into or through the experience. Also, you have to experience what the box will do for you – it will be different, though similar, for different people.

Be persistent and don't forget – by cultivating the discipline of remembering to do the boxes, and doing them according to the given procedure, you are increasing the level of intention necessary to become an effective magician. It takes a little while to develop the rhythm of taking on and getting rid of boxes every 30 minutes or so. We do between 7 and 15 boxes each day.

Exploration 4

1. Select some sort of atmospheric behavior, such as a tornado, a “long March wind,” a hurricane, a Chinook or a rainstorm.
2. Identify the effect it has on the physical environment.
3. Match it with a thought pattern that produces a similar effect in your mental environment.

Example 1:

Atmospheric Behavior: A gentle but brief breeze on a still, hot summer day

Effect: Brings temporary relief but doesn't last.

Thought Pattern: A brief daydream at work about a vacation on the beach brings temporary relief during a boring workday, but doesn't last when your boss tells you to get back to work.

Example 2:

Atmospheric Behavior: Heavy storm clouds hanging overhead, about to burst.

Effect: Brings a sense of foreboding, the heavy calm before a storm.

Thought Pattern: A growing resentment against a person that has not been processed, which everyone around you can feel will soon result in an angry explosion.

Example 3:

Atmospheric Behavior: A monsoon or heavy, violent rain.

Effect: Brings violent, high-energy winds and rain that is hard to endure, but the aftermath is clean, clear, and refreshing.

Thought Pattern: An “I can't deal with this!” thought followed by a crying jag, followed by a calmer outlook and a refreshed view of the situation.

Example 4:

Atmospheric Behavior: People sitting around on a hot, heavy day complaining about the heat. All of a sudden, a breeze blows in and people get up and move around, work, or play.

Effect: Breeze gets people moving.

Thought Pattern: People sitting in a boring business meeting. All of a sudden, a quick pun or joke, or a fresh insight, gets the ideas (and the meeting) moving again.

Exploration 4 – Form 2H.4

Atmospheric Behavior	Effect on Physical Environment	Thought Pattern That Produces Similar Effect in Mental Environment

Air 2 - Exercises

Air Boxes

Color and Characteristic	Effect
Clear Up	
Clear Down	
White Up	
White Down	
Lt. Blue Up	
Lt. Blue Down	
Clear Clarity Up	
Clear Clarity Down	
Clear Carrier Up	
Clear Carrier Down	

Clear Reflective Up	
Clear Reflective Down	
Clear Compressible Up	
Clear Compressible Down	
Clear Expandable Up	
Clear Expandable Down	
Clear Reactive Up	
Clear Reactive Down	
Clear Easy Flow Up	
Clear Easy Flow Down	
Clear Malleable Up	

Air 2 - Exercises

Clear Malleable Down	
Clear Mutable Up	
Clear Mutable Down	
Clear Stable Up	
Clear Stable Down	
Clear Insulator Up	
Clear Insulator Down	
Clear Lightweight Up	
Clear Lightweight Down	
Clear Mediator Up	
Clear Mediator Down	

Clear Masculine Up	
Clear Masculine Down	
White Clarity Up	
White Clarity Down	
White Carrier Up	
White Carrier Down	
White Reflective Up	
White Reflective Down	
White Compressible Up	
White Compressible Down	
White Expandable Up	

Air 2 - Exercises

White Expandable Down	
White Reactive Up	
White Reactive Down	
White Easy Flow Up	
White Easy Flow Down	
White Malleable Up	
White Malleable Down	
White Mutable Up	
White Mutable Down	
White Stable Up	
White Stable Down	

White Insulator Up	
White Insulator Down	
White Lightweight Up	
White Lightweight Down	
White Mediator Up	
White Mediator Down	
White Masculine Up	
White Masculine Down	
Lt. Blue Clarity Up	
Lt. Blue Clarity Down	
Lt. Blue Carrier Up	

Air 2 - Exercises

Lt. Blue Carrier Down	
Lt. Blue Reflective Up	
Lt. Blue Reflective Down	
Lt. Blue Compressible Up	
Lt. Blue Compressible Down	
Lt. Blue Expandable Up	
Lt. Blue Expandable Down	
Lt. Blue Reactive Up	
Lt. Blue Reactive Down	
Lt. Blue Easy Flow Up	

Lt. Blue Easy Flow Down	
Lt. Blue Malleable Up	
Lt. Blue Malleable Down	
Lt. Blue Mutable Up	
Lt. Blue Mutable Down	
Lt. Blue Stable Up	
Lt. Blue Stable Down	
Lt. Blue Insulator Up	
Lt. Blue Insulator Down	
Lt. Blue Lightweight Up	
Lt. Blue Lightweight Down	

Air 2 - Exercises

Lt. Blue Mediator Up	
Lt. Blue Mediator Down	
Lt. Blue Masculine Up	
Lt. Blue Masculine Down	