

C8 Exercises

1. Do the Exit Ritual.
2. Do Explorations 5, 6, 7 and 8 for 15 minutes each per day (this means you should be able to do each exploration 7 or more times before the next class). Use the charts in this workbook to assist you in these Explorations.
3. Continue working with the water boxes until they are complete.
4. Practice the shower and bathtub litany to release excess fire, and the water bowl for self-balancing. Record your results in the forms provided.
5. Use the water bowl and water boxes to communicate with at least one person with each technique this week.
6. Practice the hand-to-hand water exchange with at least one person this week and record your results in the forms provided.
7. Practice the various water healing techniques taught in class and use the forms given to record the results.

Exploration 5

Choose a characteristic that air and water have in common. Correlate the physical behaviors of these two elements to mental and emotional processes, and identify the differences between air and water on both physical and non-physical levels. Refer to the examples below and use the forms provided to help you with this exercise. There is one form for each characteristic that air and water share in common.

Example 1:

Characteristic: Smooth Flow (water) and Easy Flow (air)

Physical Behavior: Water has mass, form, density and resistance, and moves smoothly. Water resists being moved quickly. Air is very lightweight, reactive to fire and has little form or resistance so moves abruptly, jerkily and quickly.

Mental and Emotion Behaviors: Emotions are heavier than thoughts and take time to transform, like love blossoming over time after the initial passion is over. Thoughts are lightweight and can be easily moved, such as during a motivational speech. Emotions tend to be more lasting and tangible while thoughts can be gone in the blink of an eye.

Example 2:

Characteristic: Reflective

Physical Behavior: Water can provide an almost perfect reflection, but with a bluish-colored tint that is sometimes a little wavy or warped. Air gives a perfect reflection that is silver-white and tends to reflect truer colors.

Mental and Emotion Behaviors: When feeling emotional, our reflections on memories or events are polarized by what we are feeling. Thoughts, on the other hand, are logical and analytical, reflecting facts and figures that are more objective.

Exploration 5 – Form 8H.5

Characteristic to Explore:	Clarity or Transparency
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Carrier
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Reflective
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Exploration 5 – Form 8H.5 (cont)

Characteristic to Explore:	Expandable
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Reactive
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Easy Flow/Smooth Flow
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Water 2 - Exercises

Exploration 5 Forms (cont)

Characteristic to Explore:	Shape Malleable
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Mutable
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Inherently Stable
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Exploration 5 Forms (cont)

Characteristic to Explore:	Insulator
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Characteristic to Explore:	Mediator
Physical Behavior (noting the differences between air and water):	
Mental/Emotional Behavior (noting the differences between air and water):	

Exploration 6

Contemplate the ways in which air and water interact on the physical plane, and then find similarities in the ways that your thoughts and emotions interact. Use the examples below and the forms provided to help you with this exercise.

Example 1:

Physical Interaction: When fire is applied to water, water molecules begin to separate, lose cohesion, and evaporate into air.

Mental/Emotional Interaction: When someone has a vague gut feeling about something that is dense and not well articulated, another person who is very enthusiastic might ask a lot of questions about that gut feeling (application of fire to water). As the first person begins responding to the questions, he begins to articulate that dense gut feeling into separate thoughts, ideas and sentences (water losing cohesion and evaporating into air).

Example 2:

Physical Interaction: When air is added to water, in seltzer for instance, it lightens the water and makes it less dense and weighty. You get fizzy water.

Mental/Emotional Interaction: When someone is feeling gloomy because she has to prepare a surprise party and has no idea how to do it, interacting with a person bubbling over with ideas can lighten the mood.

Exploration 6 – Form 8H.6

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

Exploration 6 – Form 8H.6 (cont)

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

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Exploration 6 – Form 8H.6 (cont)

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

Physical Interaction Between Air and Water:	
Mental/Emotional Interaction:	

Exploration 7

Contemplate the ways in which fire and water interact on the physical plane, and then find similarities in the ways that your will/desires and emotions interact. Use the examples below and the forms provided to help you with this exercise.

Example 1:

Physical Interaction: If water is already moving, it can accept fire easily without a steam explosion. For example, when boiling pasta, stirring the water allows the water to heat up without boiling over.

Will and Desire/Emotional Interaction: If your emotions are moving and well processed (not stuck), you can be around a very joyful person without feeling jealous or irritated. If your emotions are stagnant and negative, being around an excessively joyful person is likely to cause you to explode.

Example 2:

Physical Interaction: Water can extinguish fire, as in the case of dumping water on a campfire to put out all the sparks.

Will and Desire/Emotional Interaction: A normally happy person can become overwhelmed by emotions caused by too many guilt-trips.

Exploration 7 – Form 8H.7

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Water 2 - Exercises

Exploration 7 – Form 8H.7 (cont)

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Exploration 7 – Form 8H.7 (cont)

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Physical Interaction Between Fire and Water:	
Will and Desire/Emotional Interaction:	

Exploration 8

Contemplate the ways in which air, fire and water interact together on the physical plane, and then find similarities in the ways that your thoughts, will/desires and emotions interact. Use the examples below and the forms provided to help you with this exercise.

Example 1:

Physical Interaction: Air carries fire into water, such as when boiling water – air bubbles carry the heat from the stove into the water.

Thought/Will and Desire/Emotional Interaction: You are feeling unexcited about a new project, but my excited ideas and flurry of action change the way you feel. Your emotions begin to reflect my emotions via my thoughts and actions.

Example 2:

Physical Interaction: Air allows fire and water to interact productively, rather than producing a steam explosion. For instance, Earth’s atmosphere allows the heat of the sun to warm rivers and lakes in the summer but mediates the heat so that all the water on the planet doesn’t evaporate dry.

Thought/Will and Desire/Emotional Interaction: A calm logical counselor can mediate a dispute between a raging person and a weepy person, using words, examples and ideas to bridge the gaps between the two. Without the counselor, either the weepy person’s grief would overcome the raging one, or the raging one would become too direct, causing the weepy person to take extreme measures.

Exploration 8 – Form 8H.8

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Exploration 8 – Form 8H.8 (cont)

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Water 2 - Exercises

Exploration 8 – Form 8H.8 (cont)

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Physical Interaction Between Air, Fire and Water:	
Mental/Will and Desire/Emotional Interaction:	

Shower and Bathtub Litany

Use the litany given in the class notes for a while to research its effects. After you've had experience with the given litanies, you may want to create and experiment with your own.

Shower and Bathtub Litany – Form 8H.SBL

Condition Before Using Litany:	
Condition After Using Litany:	

Condition Before Using Litany:	
Condition After Using Litany:	

Condition Before Using Litany:	
Condition After Using Litany:	

Water Bowl for Self-Balancing

Use the water bowl to diagnose your internal state. Record your condition before the water bowl, the specifics of your water bowl (i.e., whether you stood or sat, the size of the bowl and whether it was a high or low water bowl), the condition of your water bowl (steamy, still, wavy, etc.) and your condition after you flowed water for a while. Record also any self-balancing you may have done after your water bowl.

Water Bowl – Form 8H.WB

Your Condition Before Water Bowl: (How were you feeling before you did the water bowl?)	
Specifics of Your Water Bowl: (Did you stand or sit? Do a high or low water bowl? Small or large?)	
Condition of Water Bowl: (Steamy, wavy, still, etc.)	
Your Condition After Water Bowl: (Note changes in emotions, energy level, thoughts, physical sensations)	
Any Self-Balancing? Results of Self-Balancing?	

Water Bowl – Form 8H.WB (cont)

Your Condition Before Water Bowl: (How were you feeling before you did the water bowl?)	
Specifics of Your Water Bowl: (Did you stand or sit? Do a high or low water bowl? Small or large?)	
Condition of Water Bowl: (Steamy, wavy, still, etc.)	
Your Condition After Water Bowl: (Note changes in emotions, energy level, thoughts, physical sensations)	
Any Self-Balancing? Results of Self-Balancing?	

Your Condition Before Water Bowl: (How were you feeling before you did the water bowl?)	
Specifics of Your Water Bowl: (Did you stand or sit? Do a high or low water bowl? Small or large?)	
Condition of Water Bowl: (Steamy, wavy, still, etc.)	
Your Condition After Water Bowl: (Note changes in emotions, energy level, thoughts, physical sensations)	
Any Self-Balancing? Results of Self-Balancing?	

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Water Bowl – Form 8H.WB (cont)

Your Condition Before Water Bowl: (How were you feeling before you did the water bowl?)	
Specifics of Your Water Bowl: (Did you stand or sit? Do a high or low water bowl? Small or large?)	
Condition of Water Bowl: (Steamy, wavy, still, etc.)	
Your Condition After Water Bowl: (Note changes in emotions, energy level, thoughts, physical sensations)	
Any Self-Balancing? Results of Self-Balancing?	

Water Bowl Communication

Use the forms below to record your experience with the water bowl and water box communications. Record the name of the person you communicated with, your experiences (including whether the person communicated back to you in the water bowl) and any questions or difficulties you had in the process.

Water Bowl Communication – Form 8H.WBC

Name of Person:	
Your Communication Experience and Technique Used:	
Questions or Difficulties with Communication:	

Name of Person:	
Your Communication Experience and Technique Used:	
Questions or Difficulties with Communication:	

Water 2 - Exercises

Water Bowl Communication – Form 8H.WBC

Name of Person:	
Your Communication Experience and Technique Used:	
Questions or Difficulties with Communication:	

Name of Person:	
Your Communication Experience and Technique Used:	
Questions or Difficulties with Communication:	

Hand-to-Hand Water Exchange

Use the forms below to record your experiences with the hand-to-hand water exchange. Record the person's condition before you started, your experiences during the water exchange, the person's condition after you were done, and any difficulties you or the other person experienced during the exchange (including your own condition, if you felt worse after doing the exchange).

Hand-to-Hand Water Exchange – Form 8H.HWE

Person's Condition Before Exchange:	
Experiences During Exchange:	
Person's Condition After Exchange:	
Difficulties or Challenges During Exchange:	

Healing Techniques

Use the form below to record your experiences with the various water healing techniques.

Healing Technique – Form 8H.HT

Healing Technique Used:	Effect: