

C6 Exercises

1. Do the Exit Ritual.
2. Finish working with fire boxes.
3. Practice the healing techniques first on yourself, then on others (with their permission).
4. Practice balancing your own fire energies using the box technique, the Dragon's Breath, and the direct flow technique.
5. Practice manipulating fire energies in your environment.

Manipulations Using Box Technique, Dragon's Breath, and Direct Flow**Balancing Your Own Energies**

Using the general information on fire excesses and shortages given in Section 2, Class 5, page 51, or using the detailed notes on fire excesses and shortages given in Class 4, Section 8, page 47 and 48, analyze your own energy balances. Determine whether you might need to adjust your balances for fire excesses and shortages. Notice your state of being, then use the box technique, Dragon's Breath, or direct flow method to adjust your own balances. Re-check your balances in 15 or 30 minutes and take note of your state of being. Remember not to take more than 3 breaths at a time when using the Dragon's Breath technique. When using the direct flow method, use direct contact with either the target or color source in the beginning. Use the forms and directions below to help you track your adjustments.

1. Write a general statement of your condition before your analysis in Form 6H.1 below.
2. Use ↑ and ↓ in Form 6H.2 below to indicate the color and characteristics in which you are in excess or shortage. You may wish to write explanatory notes for your choices in Form 6H.3.
3. Use Form 6H.4 to indicate your plan of action. You may wish to add a number to the ↑ and ↓ to indicate which boxes you will be adjusting first. For example, if you want to increase Sun Yellow Weightless first, write 1-↑ in the Sun Yellow Weightless box. If you are using direct flow or Dragon's Breath, write that in addition to the arrows in the boxes.
4. Use Form 6H.5 to document the results of your adjustment, both immediately and over time.

Fire 3 - Exercises

Form 6H.1: General Description Before Analysis

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Form 6H.2: Fire Excess and Shortage Analysis

| Characteristic/Color | Sun Yellow | Yellow Orange | Red Orange | Bright Red | Deep Red |
|----------------------|------------|---------------|------------|------------|----------|
| Non-Mutable | | | | | |
| Power | | | | | |
| Motivator | | | | | |
| Weightless | | | | | |
| Radiative | | | | | |
| Masculine | | | | | |

Form 6H.3: Comments on Analysis

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Form 6H.4: Action Plan

| Characteristic/Color | Sun Yellow | Yellow Orange | Red Orange | Bright Red | Deep Red |
|----------------------|------------|---------------|------------|------------|----------|
| Non-Mutable | | | | | |
| Power | | | | | |
| Motivator | | | | | |
| Weightless | | | | | |
| Radiative | | | | | |
| Masculine | | | | | |

Form 6H.5: Results

Manipulating Energies in the Environment

Once you have had some practice manipulating your own fire energies, you can begin to affect the fire energies in your environment. According to Rules of the Road, you have the right to adjust the energies in your vicinity if they are infringing on your sacred space and you did nothing to provoke the situation. If you are in a very noisy room or sitting in a conference room full of tense people, you can locate the appropriate color source, put your hand or foot on an electrical ground, and flow the excess energies in through your input hand and out into the electrical ground. You should see an effect within a few seconds, even if it doesn't last for more than 30 seconds or a minute. You may have to keep pulling excess fire energies for a while to make the effect more permanent.

If you are dealing with an angry person or someone shouting and yelling at you, put your output hand on an electrical ground and begin flowing red orange into it to establish a flow. Then, accept the anger through your input hand, and flow it through your body, out your output hand and into the ground. The person will run out of anger pretty fast and get tired. Be sure to get all the excess red orange out of your body once you stop pulling from the person and before you take your output hand away from the ground. If you do this procedure once or twice on the same person when they are angry, they will stop getting angry around you.

In extreme situations with angry or hysterical people, put your hand on the person's forehead and pull red orange or yellow orange, but don't forget to ground it out. If you don't have time to get to a ground, pull first, then run immediately to the bathroom sink or some other electrical ground and flow the excess energies out. The bathroom sink is a good ground because water pipes go deep into the ground.