

C17 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Key your Chalice. Record your results in the form provided below.
3. Charge your Firebowl and Chalice, and do at least one area cleansing. Do a house cleansing if you can. Record your results in the form provided below.
4. Do the Night Time Blessing Ritual by yourself or with another person for at least several days in a row. Record the overall results of the ritual on yourself and your relationship (if another person does it with you) in the form provided.
5. Practice throwing water bolts with your Chalice to get a feel for it. Throw them into a corner for practice, and record your results.

Key Your Chalice

1. Feel your Chalice before you start the keying process and record the results in Form 1.
2. Key your Chalice according to the instructions given in the class notes. Record any unique experiences, questions or comments in Form 2.
3. Feel your Chalice after it has been keyed, and record any differences you notice in Form 3.

Form 1: Energetic Feeling of Your Chalice Before Keying

Form 2: Results of Keying, Difficulties or Questions

Form 3: Energetic Feeling of Your Chalice After Keying

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 Form 1 below.
2. Follow the instructions given in the class notes and charge your Firebowl and Chalice in preparation for doing a four-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 Form 2 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 Form 3 below.

Form 1: Energetic Feeling of Area Before Four-Element Cleansing

Form 2: Results of Cleansings, Difficulties or Questions

Form 3: Energetic Feeling of Area After Four-Element Cleansing

Night Time Blessing Ritual

1. Record the current conditions in your relationship (if you are doing this ritual with another person) or in your own life (if you are doing this ritual by yourself) in Form 1 below.
2. Do the Night Time Blessing, either with another person or by yourself for at least 4 nights in a row.
3. Record the overall effect of the Night Time Blessing Ritual on your life or your relationship in Form 2 below.

Form 1: Current Conditions in Your Relationship or Your Life

Form 2: Overall Effect of Night Time Blessing Ritual

Throwing Bolts With Your Chalice

Practice throwing Water Blue bolts with your Chalice so you get a feel for the way the energy moves through your arm into the Chalice. Practice throwing Chalice bolts into a corner or at candles. If you throw Water Blue bolts at candles, the flames will spit and dampen. Record your results, along with any questions or difficulties that arose, in the form below.

Form 1: Results, Questions or Difficulties With Throwing Water Blue Bolts

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