

C25 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Progress at least one reading and record your results in your Book of Shadows. You may want to use the template as a guide. Remember to leave room at the top of your recorded reading for your progression.
3. Regress at least one reading and record your results in your Book of Shadows. Remember to leave room at the bottom of your recorded reading for your regression.
4. Bring your interpretations and questions to class.

Progressed and Regressed Readings - Exercises

Date:
Time:

Signifier:

Question:

