

C1 Exercises

Read instructions carefully for each homework assignment. Look up any words you don't know and ask the class instructor or tutor any questions you have. Remember that magic is a precision science, and ALTERED PROCEDURES PRODUCE ALTERED RESULTS. Treat the elements with respect, not fear, since fear results in loss of control.

1. Do the exit ritual.
2. Do Explorations 1, 2, and 3 listed below 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 .
3. Write the air correspondences and characteristics on an index card to carry with you at all times.

Explorations 1, 2, and 3

These Explorations will help you learn the characteristics until they become second nature, which is a necessity when doing healing work, self-balancing and other magical procedures.

Do the Explorations in present time, examining actual people, objects, and body parts (where possible) in the moment rather than imagining them. This will help you understand more easily since people, objects, and body parts change state over time, but can be easily observed in the moment. If there is a question about whether a characteristic is present, for instance, sometimes it is and sometimes it isn't depending on when you are observing it, look at it in the moment to determine whether it exists in the moment. Also, a characteristic may be "somewhat" present. For example, something may be "somewhat" lightweight – these kinds of answers are acceptable and reflect the relativity inherent in our Universe.

Write down your results for all homework clearly but succinctly so that you can debrief your homework quickly and easily rather than trying to remember the examples you use for each exercise. You may want to carry a list of air characteristics and a small notebook with you so that you can do these exercises during the course of your day. It is easier and more effective to do so since you will get more inspiration and stimulus during your active day than during a quiet period at home. Refer to the question list for the air characteristics in Section 10, page 12, to help you with these Explorations. Remember, there are no wrong answers, and many different ways to see the world! You may want to make copies of and use the tables in this Class 1 Homework Workbook to help you with these exercises.

Exploration 1

Look at people or objects in your vicinity and list their air characteristics. Remember to consider all levels, including physical, mental, spiritual, and emotional levels when doing these exercises. Remember that any person or object that has one or more air characteristic, has air, even though that person or object may seem physically solid or physically unlike air. Jot down your answers as you do this exploration. For those characteristics that may not be clearly apparent, you may also want to write down a brief explanation as a reminder for debriefing homework. The examples given below are written out in detail to give you a feel for how to do this exercise.

Example 1:

Kitten:

Clarity: It is easy to see her (physical level), and she is very clear about what she wants (mental level). Her needs are transparent. She expresses her thoughts very clearly.

Carrier: She carries a lot of fire energy, in terms of enthusiasm and activity, as well as light items such as dust and particles in her coat (perhaps even fleas)! She carries her opinions with her wherever she goes.

Reflective: Her coat is shiny and somewhat reflective (physical level). She reflects her level of health, attitude, and beliefs. She also reflects my moods and activity by her moods and activity.

Compressible: She is not very compressible since she is not on a diet, and so not likely to shrink in volume.

Expandable: She is expandable since she is growing everyday.

Easy Flow: She is physically easy flowing, since she can move her body quickly and change directions abruptly. Mentally she is not easy flowing, since she sticks to her own thoughts and opinions.

Reactive: She is very reactive, with sharp hearing and an acute physical sense. She reacts quickly and easily to almost any outside stimulus. Mentally she is also reactive, complaining loudly whenever her ideas clash with mine.

Shape Malleable: Physically she is very shape malleable, but mentally she is not.

Mutable: She is physically non-mutable since her body does not become any other element. However, her thoughts are mutable since they start in air but quickly become stuck and earth-like when someone disagrees with her.

Insulator: Her warm body insulates me from the cold air in winter, and her presence insulates me from feeling negative emotions. Her demands to be fed also insulate me from my penchant for self-absorption.

Inherently Stable: She is not inherently stable since she doesn't require any outside stimulus to get moving. She is prone to getting up and leaping around by herself.

Lightweight: Physically she is fairly lightweight, but in terms of her thoughts or demands, she's not lightweight.

Direct Mediator for Fire: She is a direct mediator for fire, since she can easily transform my anger about something into attention and affection for her.

Masculine: She's masculine since she's definitely an outgoing and forceful presence – she doesn't wait for you to bring her what she wants by attraction.

Example 2:

Ocean:

Clarity: The ocean's water has clarity, and it provides me with clarity. It's also easy to see.

Carrier: The ocean carries ships, fish, particles, salt, and sea life. The water also carries a great deal of energy, as demonstrated by the waves.

Reflective: The surface of its water is reflective and shiny. The state of the water also reflects the health of the ocean as a whole, and the contents of the water near shore reflect the habits of the people who live near it.

Compressible: The ocean isn't compressible, since it's volume changes very little as a whole. However, certain parts of the ocean are compressible as water evaporates before rain falls again.

Expandable: In the same way as above, the ocean is somewhat expandable.

Easy Flow: Like all water, the ocean's water is easy flow, taking the path of least resistance. At the same time, it is very hard to change or move the ocean, so it's not very easy flow.

Reactive: It is reactive to changes in the global climate, as well as the amount of pollution and waste that is dumped into it.

Shape Malleable: It changes shape daily as the tides go in and out.

Mutable: The water in the ocean can mutate into air through the process of evaporation.

Insulator: The ocean insulates against drastic temperature change – note how difficult it is to raise and lower the temperature of the water. Looking at the ocean can also insulate me from my chattering thoughts, since the ocean is so peaceful and calm.

Inherently Stable: The ocean moves itself through the tides created by the moon so it (the ocean) isn't inherently stable. Overall, however, it is fairly stable in terms of its temperature, water level, etc., since it takes a long time to change these aspects of the ocean.

Lightweight: Being a large body of water, it isn't very lightweight.

Direct Mediator for Fire: The ocean mediates fire, absorbing a great deal of sunlight and other fire energy in its tides and waves. Also, like all large bodies of water, it can absorb a lot of fire energy without reaction.

Masculine: The ocean is more feminine than masculine, since it tends to absorb more than radiate.

Air 1 - Exercises

Exploration 1 - Form 1H.1

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	
Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	

Masculine	
Exploration 1 - Form 1H.1 (cont)	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	

Air 1 - Exercises

Masculine	
-----------	--

Exploration 1 - Form 1H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	

Masculine	
-----------	--

Exploration 1 - Form 1H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	

Lightweight	
Masculine	

Exploration 2

In the same manner as in exploration 1, choose a body part (such as heart, kidney, skin, eye, hand, tooth) and list its air characteristics.

Example 1:

Hand:

Clarity: It has clarity because it is easy to see.

Carrier: It carries a lot of fire energy, including impulses from my nervous system. It also carries lightweight items like germs, dust, and paper.

Reflective: My hand is reflective of my health, my personal tastes (i.e. whether I use nail polish or wear rings), my life path (via my palm), my physical identity (via my fingerprints), my personality (in how I shake hands).

Compressible: My hand is slightly compressible, since it has less volume in cold weather than in warm.

Expandable: It is also expandable since it has slightly more volume in warm weather than in cold.

Easy Flow: My hand flows easily, changing directions and moving abruptly when I am excited.

Reactive: It is reactive to physical sensations (such as a hot stove), to my level of energy (gesticulating wildly when I am enthused or clenching into a fist when I am angry), and to nerve impulses that tell it to move.

Shape Malleable: My hand is very shape malleable because it can assume all kinds of shapes and forms.

Mutable: It does not become any other element so is not mutable.

Insulator: When I shield my eyes from the sun with my hand it insulates my eyes from the sun. When I hold up my hand in a “stop” gesture it insulates me from outside input. Twiddling my thumbs insulates me from boredom.

Inherently Stable: My hand is inherently stable since it requires either internal stimulus from nerve impulses or external stimulus, such as a hot stove, to cause it to move.

Lightweight: It is fairly lightweight compared to some other body parts such as legs or torso.

Direct Mediator for Fire: It is a direct mediator for fire since it converts nerve impulses (and will) to constructive action. It also mediates fire during an argument, since hand gestures can emphasize a point.

Masculine: My hand can be both masculine and feminine. At the moment, it is masculine since it is outgoing and forceful in typing these words into the computer.

Exploration 2 - Form 1H.2

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	

Air 1 - Exercises

Lightweight	
Masculine	

Exploration 2 - Form 1H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	

Lightweight	
Masculine	

Exploration 2 -Form 1H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	

Air 1 - Exercises

Lightweight	
Masculine	

Exploration 2 - Form 1H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	

Lightweight	
Masculine	

Exploration 3

First choose an air characteristic, and then contemplate a single situation in which that characteristic might be constructive and destructive. Contemplate the characteristic first on the physical level, then on the mental or spiritual levels.

Example 1:

Characteristic: Clarity
Physical Situation: Sliding glass door
Constructive: The clarity of a sliding glass door allows you to see wonderful views.
Destructive: You might walk through a sliding glass door because you didn't see it, causing injury to yourself.

Mental or Spiritual Situation: Clarity of communication
Constructive: Clear communication in a group facilitates productive discussion.
Destructive: Sometimes you speak more clearly than you mean to, revealing thoughts about a person or situation that you would rather keep to yourself.

Example 2:

Characteristic: Shape Malleable
Physical Situation: Flexible body
Constructive: Makes it easy to do yoga and other physical activities.
Destructive: More prone to certain types of joint-related injuries.

Mental or Spiritual Situation: Flexible or shape malleable beliefs
Constructive: Allows you to change your beliefs rather than staying stuck in old beliefs that don't serve you.
Destructive: Makes it hard to keep your beliefs stable, which causes your perception of reality to shift all the time. Shifting beliefs can lead to doubt, insecurity, or even psychosis.

Exploration 3 - Form 1H.3

Characteristic to Explore:	Clarity or Transparency
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Carrier
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 3 - Form 1H.3 (cont)

Characteristic to Explore:	Reflective
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Compressible
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Air 1 - Exercises

Exploration 3 – Form 1H.3 (cont)

Characteristic to Explore:	Expandable
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Easy Flow
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 3 – Form 1H.3 (cont)

Characteristic to Explore:	Reactive
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Shape Malleable
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Air 1 - Exercises