

C3 Exercises

1. Do the exit ritual.
2. Send message boxes to several people and check the result. Remember to send a box for several days, and to experiment with the effect of different air colors.
3. Continue to do Explorations 1, 2, 3, and 4. Copy the forms given below if necessary to complete these exercises.
4. Finish taking on and getting rid of the air boxes in all the color and characteristics combinations listed in the Class 2 Air Boxes Sheet.
5. Check and adjust your own air balances using the form provided at the end of this section.

Exploration 1 – Form 3H.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	

Air 3 - Exercises

Exploration 2 – Form 3H.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	

Exploration 3 – Form 3H.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:	

Exercise 5 – Form 3H.5

1. Write a general statement of your condition before your analysis in the first form below.
2. Use ↑ and ↓ in the second form 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 the third form.
3. Use the fourth form 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 Clear Clarity first, write 1-↑ in the Clear Clarity box.
4. Use the fifth form to document the results of your adjustment, both immediately and over time.

Form 1: General Description Before Analysis

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Form 2: Air Excess and Shortage Analysis

Characteristic/Color	Clear	White	Sky Blue
Clarity			
Carrier			
Reflective			
Compressible			
Expandable			
Reactive			
Easy Flow			
Shape Malleable			
Mutable			
Inherently Stable			
Insulator			
Lightweight			
Mediator for Fire			
Masculine			

Form 3: Comments on Analysis

Form 4: Action Plan

Characteristic/Color	Clear	White	Sky Blue
Clarity			
Carrier			
Reflective			
Compressible			
Expandable			
Reactive			
Easy Flow			
Shape Malleable			
Mutable			
Inherently Stable			
Insulator			
Lightweight			
Mediator for Fire			
Masculine			

Form 5: Results

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