

**C4 Exercises**

1. Do the Exit Ritual.
2. Do Explorations 1, 2, and 3 listed below for 15 minutes each per day. These explorations help you develop a deep understanding of the elements, so that you can act without thinking when you need to! Use the charts in this workbook to assist you.
3. Using the fireboxes, at the end of this section, start taking on and getting rid of every color and characteristic combination of firebox. Start at the top of the list, with the colors and no characteristics. Remember that fire is a potent force – DO NOT BREATHE IN BOXES! Take your time, think it through and do it right!

**Explorations 1, 2, and 3**

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

As with the Explorations in the air sections, do these Explorations in present time, by actually observing the person, object, phenomenon, or body part (whenever possible). This will help you understand the Explorations 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, since it is there only intermittently depending on when you are observing it, look at it in the moment to determine whether it exists in that moment. Remember that characteristics are present in different degrees and an answer such as “somewhat radiative” is acceptable and reflects the relativity inherent in our Universe. Write down your homework using the forms given for succinct debriefing in class. You may want to carry a list of the fire characteristics and a small notebook around with you so that you can do these Explorations during the course of your day.

**Exploration 1**

Look at people or objects in your vicinity and list their fire 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 fire characteristic has fire, even though that person or object may not seem to be very “fiery.” 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 example given below is written out in detail to give you a feel for how to do this exercise.

Example 1:

**Kitten:**

**Non-Mutable:** She is earth and can't change into air (a vapor), water (a liquid), or fire (pure energy).

## Fire 1 - Exercises

Power: She definitely has the force of movement. She's a self-motivator and doesn't require some outside stimulus to cause her to move.

Motivator: Her persistent calling in the morning motivates me to get up and feed her, and her many ways (positive and negative) of getting me to act in a certain way certainly motivate me. Her negative actions often motivate me to get angry.

Radiative: Her quick movements and "loud" personality make her radiative – she reaches out and grabs my attention.

Weightless: Although lightweight, she's not weightless.

Masculine: Her "loud" personality and demanding attitude are quite masculine.

### Example 2:

#### Datura Plant:

Non-Mutable: The plant is non-mutable because it can't change into another element – it's a solid, which is earth, and in the present moment it doesn't become air (a vapor), or water (a liquid), or fire (pure energy). When the plant dies and its components are recycled into the environment, then it could be said to be mutable since it goes back to pure energy, but in the moment it is non-mutable.

Power: It has force of movement since it can change its shape and the direction of its leaves to face the sunlight. Although in the moment it doesn't appear to have power or force of movement, I can see its movement, such as the movement of wilting, happening over a very short period of time.

Motivator: It motivates me to water it when it's dry, prune it when it's overgrown, be concerned about it when it looks sick, and fertilize it when it looks yellow. It also motivates our cat to play with its large, enticing leaves.

Radiative: It's radiative to me in that it catches my attention every time I am near it – it's such an unusual looking plant. It also radiates oxygen.

Weightless: The plant is not weightless – its weight can be measured directly.

Masculine: Its distinct appearance makes it masculine because it reaches out and grabs my attention.

**Exploration 1 – Form 4H.1**

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

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Exploration 1 – Form 4H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Exploration 1 – Form 4H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

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Exploration 1 – Form 4H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
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 fire characteristics.

Example 1:

Hand:

Non-Mutable: My hand is earth and can't change into air (a vapor), water (a liquid), or fire (pure energy).

Power: It has the force of movement – it moves as I type these words.

Motivator: The condition of my hand often motivates me to action. The skin is dry and causes me to rub lotion on it.

Radiative: My hands can literally reach out and grab something. My hands are very active and expressive, making them radiative.

Weightless: Although a lightweight part of my body, my hands are not weightless.

Masculine: My hands are large and strong, and they move around a lot, tending to grab people's attention, which make them masculine.

**Exploration 2 – Form – 4H.2**

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

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Exploration 2 – Form 4H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	



Exploration 2 – Form 4H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

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Exploration 2 – Form 4H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

Body Part Observed:	
Characteristic	Is the characteristic present in the body part? Comments about it?
Non-Mutable	
Power	
Motivator	
Radiative	
Weightless	
Masculine	

**Exploration 3**

First choose a fire 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: Radiative
- Physical Situation: Cell phone signal
  - Constructive: Radiates from the “cell” or tower to my phone, enabling me to talk to people while driving.
  - Destructive: The radiative nature of the cell phone signal means that anyone can “pick up” the signal and listen to my conversation.
- Mental or Spiritual Situation: My aura or my energy that it puts out
  - Constructive: Helps me connect with people in more ways than one (e.g. more than just through verbal communication or hand gestures)
  - Destructive: When I’m feeling negative or down, I don’t necessarily want to convey that to others, but my feelings are radiative and they often reach other people anyway.

**Exploration 3 – Form 4H.3**

Characteristic to Explore:	
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:	

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Exploration 3 – Form 4H.3 (cont)

Characteristic to Explore:	
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:	
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 4H.3 (cont)

Characteristic to Explore:	
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:	
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:	

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Exploration 3 – Form 4H.3 (cont)

Characteristic to Explore:	
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:	
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:	

**Fire Boxes**

<b>Color and Characteristic</b>	<b>Effect</b>
Sun Yellow Up	
Sun Yellow Down	
Yellow Orange Up	
Yellow Orange Down	
Orange Red Up	
Orange Red Down	
Bright Red Up	
Bright Red Down	
Deep Red/Red Purple Up	
Deep Red/Red Purple Down	

Fire 1 - Exercises

Sun Yellow Non-Mutable Up	
Sun Yellow Non-Mutable Down	
Sun Yellow Power Up	
Sun Yellow Power Down	
Sun Yellow Motivator Up	
Sun Yellow Motivator Down	
Sun Yellow Radiative Up	
Sun Yellow Radiative Down	
Sun Yellow Weightless Up	
Sun Yellow Weightless Down	
Sun Yellow Masculine Up	



Sun Yellow Masculine Down	
Yellow Orange Non-Mutable Up	
Yellow Orange Non-Mutable Down	
Yellow Orange Power Up	
Yellow Orange Power Down	
Yellow Orange Motivator Up	
Yellow Orange Motivator Down	
Yellow Orange Radiative Up	
Yellow Orange Radiative Down	
Yellow Orange Weightlessness Up	

Fire 1 - Exercises

Yellow Orange Weightlessness Down	
Yellow Orange Masculine Up	
Yellow Orange Masculine Down	
Orange Red Non- Mutable Up	
Orange Red Non- Mutable Down	
Orange Red Power Up	
Orange Red Power Down	
Orange Red Motivator Up	
Orange Red Motivator Down	
Orange Red Radiative Up	
Orange Red Radiative Down	

Orange Red Weightlessness Up	
Orange Red Weightlessness Down	
Orange Red Masculine Up	
Orange Red Masculine Down	
Bright Red Non- Mutable Up	
Bright Red Non- Mutable Down	
Bright Red Power Up	
Bright Red Power Down	
Bright Red Motivator Up	
Bright Red Motivator Down	

Fire 1 - Exercises

Bright Red Radiative Up	
Bright Red Radiative Down	
Bright Red Weightlessness Up	
Bright Red Weightlessness Down	
Bright Red Masculine Up	
Bright Red Masculine Down	
Deep Red/Red Purple Non- Mutable Up	
Deep Red/Red Purple Non- Mutable Down	
Deep Red/Red Purple Power Up	
Deep Red/Red Purple Power Down	
Deep Red/Red Purple Motivator Up	

Deep Red/Red Purple Motivator Down	
Deep Red/Red Purple Radiative Up	
Deep Red/Red Purple Radiative Down	
Deep Red/Red Purple Weightlessness Up	
Deep Red/Red Purple Weightlessness Down	
Deep Red/Red Purple Masculine Up	
Deep Red/Red Purple Masculine Down	

## Fire 1 - Exercises