

C5 Exercises

1. Do the Exit Ritual.
2. Do explorations 4, 5, and 6 listed below for 15 minutes each per day.
3. Continue working with fireboxes – you will continue working with them through the end of the next class.

Explorations 4, 5, and 6

Use the charts following each Exploration to assist you with these exercises. Remember to do these Explorations in real time, as part of your day.

Exploration 4

Choose a type of material fire, such as a fireplace fire, a candle flame, or a forest fire, and determine how it might be expressed on the mental or spiritual planes, such as will, enthusiasm, or anger.

Example 1:

Material Fire: Match flame (small but can ignite a large fire if applied to the right material)

Mental or Spiritual Fire: A single person's enthusiasm can ignite the enthusiasm of an entire group if applied to the appropriate group.

Example 2:

Material Fire: Forest fire (does massive damage to a large area in a very short amount of time)

Mental or Spiritual Fire: A raging family member full of righteous indignation can do massive damage to entire family's emotional and mental stability in a very short amount of time.

Fire 2 Exercises

Exploration 4 – Form 5H.4

Material Fire	Mental or Spiritual Fire

Exploration 5

Consider first how air and fire interact on the material plane. For instance, fire needs air to burn, but too much air will put fire out. Next, consider how air and fire interact on the mental and spiritual planes in terms of the mind and the will. For instance, consider thinking or talking (air), and anger or enthusiasm (fire).

Example 1:

Air/Fire Material Interaction: When fire is carried by air, the fire can be channeled into a useful purpose, such as when the wind drives a windmill to provide electricity.

Air/Fire Mental or Spiritual Interaction: Will and enthusiasm for a new project are much more effective when “carried” by a levelheaded person who can think and communicate clearly with others.

Example 2:

Air/Fire Material Interaction: Too much air can put out a fire, such as when a strong breeze blows out a candle flame.

Air/Fire Mental or Spiritual Interaction: Talking or thinking about something too much can kill any enthusiasm or desire you might have for it – you literally talk or think it to death.

Exploration 5 – Form 5H.5

Air/Fire Material Interaction	Air/Fire Mental or Spiritual Interaction

Exploration 6

Consider first how water and fire interact on the material plane. For instance, fire warms water, but too much fire can cause a steam explosion. Too much water can extinguish fire. Next, consider how water and fire interact on the mental and spiritual planes in terms of the emotions and the will. For instance, consider grief or depression (water), and anger or enthusiasm (fire).

Example 1:

Water/Fire Material Interaction: Too much water can douse a flame.

Water/Fire Mental or Spiritual Interaction: Being in a state of depression, which is a lot of heavy water, can sap your strength or your fire.

Example 2:

Water/Fire Material Interaction: Too much fire applied to water causes a steam explosion, such as when a kettle of water is left too long on a hot stove.

Water/Fire Mental or Spiritual Interaction: Trying to control your grief or depression with will, can work for a while, but eventually can cause a temper tantrum (or steam explosion).

Exploration 6 – Form 5H.6

Water/Fire Material Interaction	Water/Fire Mental or Spiritual Interaction