

C11 Exercises

1. Do the Exit Ritual.
2. Study the principle of self-defense given in Section 2 of this chapter until you know it by heart. When you need to use it, you won't have time to think about this principle.
3. Work with each of the hand magic techniques given in this chapter (rooting and grounding, hand lightning, lightning rods, fireballs and fireball messages). Record your results in the forms provided.

Rooting and Grounding in Crowd Situations

Visit a restaurant, shopping mall or any other area where groups of people congregate and are likely to create noise. Use rooting and/or grounding to decrease the energy level of the crowd. Record the amount of time it took to affect the situation, the amount of time the crowd was subdued, and any other questions or difficulties you had with this exercise. Sometimes crowd noise contains a combination of energies so remember to keep switching color bands if necessary.

Rooting and Grounding Forms 11H.1

| | |
|---|--|
| Crowd location and situation before rooting or grounding: | |
| Techniques used (rooting, grounding or both): | |
| Effectiveness of technique: | |
| Difficulties or challenges during: | |

Hand Magic - Exercises

Rooting and Grounding Forms 11H.1 (cont)

| | |
|---|--|
| Crowd location and situation before rooting or grounding: | |
| Techniques used (rooting, grounding or both): | |
| Effectiveness of technique: | |
| Difficulties or challenges during: | |

| | |
|---|--|
| Crowd location and situation before rooting or grounding: | |
| Techniques used (rooting, grounding or both): | |
| Effectiveness of technique: | |
| Difficulties or challenges during: | |

Hand Lightning

If you are presented the opportunity, practice using hand lightning against someone invading your sacred space (the Universe usually presents us with plenty of opportunities to practice our homework)! If you don't get the chance to practice on someone, go back to throwing bolts at candle flames to stay in practice. A yellow-orange candle makes a great source candle, while a white candle makes a great target candle. You can also practice pulling in fire energies from a crowd situation and holding it as a means to quickly boost your own energies. Record your experiences and questions below.

Hand Lightning Forms 11H.2

| | |
|---|--|
| Situation in which hand lightning used: | |
| Target areas used, general effect (if on a person): | |
| Difficulties or challenges during: | |

| | |
|---|--|
| Situation in which hand lightning used: | |
| Target areas used, general effect (if on a person): | |
| Difficulties or challenges during: | |

Hand Magic - Exercises

Hand Lightning Forms 11H.2 (cont)

| | |
|---|--|
| Situation in which hand lightning used: | |
| Target areas used, general effect (if on a person): | |
| Difficulties or challenges during: | |

Lightning Rods

If you are presented the opportunity, practice using your lightning rods against someone invading your sacred space (you need to practice staying limp and pulling in the attacker's energy, since we usually tense up and resist). If you don't get the chance to practice on someone, go back to throwing bolts at candle flames to stay in practice. A yellow-orange candle makes a great source candle, while a white candle makes a great target candle. You can also practice pulling in fire energies from a crowd situation and holding it as a means to quickly boost your own energies. Record your experiences and questions below.

Lightning Rod Forms 11H.3

| | |
|---|--|
| Situation in which lightning rod used: | |
| Target areas used, general effect (if on a person): | |
| Difficulties or challenges during: | |

Lightning Rod Forms 11H.3 (cont)

| | |
|---|--|
| Situation in which lightning rod used: | |
| Target areas used, general effect (if on a person): | |
| Difficulties or challenges during: | |

| | |
|---|--|
| Situation in which lightning rod used: | |
| Target areas used, general effect (if on a person): | |
| Difficulties or challenges during: | |

Fireballs and Fireball Messages

Practice building fireballs using the three methods described in this chapter. Practice programming and using fireballs in various ways, including lighting a room, sending messages, healing and energy adjustments. Record your results in the form below, taking careful note of the difference in effects between boxes and balls.

Fireball Forms H11.4

| Building method used (snowball, clapping, candle aura): | Fireball uses, effects and difficulties or questions: |
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