

C13 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Key your Wand. Record your results in the form provided below.
3. Experiment with sending air messages with your Wand. Record your results in the form provided.
4. Practice putting up omnils, first around yourself, then around other objects (such as your car or house) or other people. Record your results in the form provided.

Key Your Wand

1. Feel your Wand before you start the keying process and record the results in the first form below.
2. Key your Wand according to the instructions given in the class notes. Record any unique experiences, questions or comments in the second form below.
3. Feel your Wand after it has been keyed, and record any differences you notice in the third form below.

Form 1: Energetic Feeling of Your Wand Before Keying

Form 2: Results of Keying, Difficulties or Questions

Form 3: Energetic Feeling of Your Wand After Keying

Send Messages With Your Wand

- Remember to send short simple messages.
- Send messages when the person you want to reach is most likely to be available.
- For greater effectiveness, send your message more than once, at different times of the day.
- Try sending your message in different colors.

Message Sent To	Message	Color Used	Date and Time Message Sent	Effect of Message(s)

Create Omnils With Your Wand

Review the procedures for putting up omnils around yourself, other people and other objects. Practice putting up omnils around yourself first. Record your results in the form below. Next, try creating omnils around objects, then other people.

Omnil Around	Color	Keyed Against	Did You Take It Down or Did It Dissipate?	Effect of Omnil

Wands 1 - Exercises