

C15 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Key your Athame. Record your results in the form provided below.
3. Become familiar with the four different broadcast patterns and associated hand positions.
4. Practice putting up and taking down fire omnils, door shields and window curtains, and half-shields. Record your results in the form provided.

Key Your Athame

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

Form 1: Energetic Feeling of Your Athame Before Keying

Form 2: Results of Keying, Difficulties or Questions

Form 3: Energetic Feeling of Your Athame After Keying

Omnis, Door Shields and Window Curtains, and Half Shields

Use your Athame to practice all of these forms of shielding. Notice the way you feel before you put up the shield, what happens when you put up the shield, how long the effects last, and how you feel when you take down the shield. Record your results below.

Type of Shield	Color	Keyed Against	Effect of Shield	Effect After Shield Taken Down