

C16 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Do an Area Banishment, two-element cleansing and Psychic Teflon in at least one room of your house. Record your results in forms provided.
3. Cut lines on at least one person and record your results in the form provided.
4. When the opportunity arises practice the healing techniques taught in this class and record your results.

Area Banishment, Cleansing and Psychic Teflon

1. Feel the energy of your space before starting any of these procedures. Record your observations in the Form 1 below.
2. Do the Area Banishment. Notice any changes in the energy of your space, and write your observations plus any questions, comments or difficulties in Form 2.
3. Do a two-element cleansing with your Firebowl then put up Psychic Teflon in at least one room in your house. Record any results, questions or difficulties in Form 3.

Form 1: Energetic Feeling of Your Space Before Banishment

Form 2: Results of Banishment, Difficulties or Questions

Form 3: Energetic Feeling of Your Space After Cleansing and Psychic Teflon, Questions

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Cutting Lines

Cut lines on at least one person this week and record any results in the form below.

Name of the Person	Cut Lines From ?	Any Immediate Results	Any Long Term Results

Healing Techniques

Use any opportunities that present themselves to practice the healing techniques taught in this week's class. If you find no opportunities, do some healing work on yourself and record the results below.

Healing Technique	Condition Before Healing	Condition Immediately After	Condition After Several Days

Athames 2 - Exercises