

C18 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Practice capturing with your Chalice if you get the opportunity. Record your results in the form provided.
3. Practice sending simple messages with your Chalice and record results in the form provided. Remember not to send messages that could bind someone.
4. Use your Chalice for psychic communication (two-way communication) and record your results in the form provided.
5. Practice any of the Chalice healing techniques mentioned in this class when the opportunities present themselves. Remember, you can use your Chalice in place of water boxes and direct flow water for any of the healing techniques taught so far in the course.

Capturing With Your Chalice

If you see any insects in your house that you think might be watchers use the capturing technique taught in this week's class. If it's an insect it will stay alive for 24 hours or so in your Chalice without harm. You may also want to key your house or property shields against all forms of watchers as a precaution.

What Did You Capture?	What Steps Did You Take After You Captured It?	What Results Did You Get?

Sending Short Messages With Your Chalice

- 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.

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

Using Your Chalice for Psychic Communication

Use your Chalice to communicate psychically with another person. You can simply reach out to someone you have not seen or spoken to in a long time and have a short discussion with them. This may even prompt them to call you. If you've been having a persistent problem with another person a Chalice communication can be a great way to harmonize the relationship. Remember not to bind anyone with these psychic talks!

Form 1: Results of Psychic Communication

Who Did You Communicate With?	Message or Topic of Conversation	Results of Communication, Questions or Difficulties

Cups 2 - Exercises

Healing Techniques

Use any opportunities that present themselves this week 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 Used	Condition Before Healing	Condition Immediately After Healing	Condition After Several Days