

C20 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Use a Water Bowl, Chalice or Firebowl to do at least one divination this week. Record your results in the form provided.
3. Begin training your pendulum with “short futures” questions. Record your results in the form provided.
4. Ward and bind all your mirrors. Record any questions or difficulties you encounter.

Divination with Water Bowl, Chalice or Firebowl

Using the instructions given in this week’s class use at least one of these tools to do a divination. Remember that you can use your keyed Plate and protection candles to improve the quality of your divination. You can also put up an omnil and key out your thoughts to reduce the amount of mental chatter.

What Tool Did You Use?	What Did You Try to Find? (person, object, info about future or past, etc.)	What Information Did You Find?	Questions or Difficulties

Training the Pendulum

Use the technique taught in this week's class to train your pendulum for accuracy. Ask it several "short futures" questions everyday. "Short futures" questions can be answered within about 1 hour. Pick events that might happen within the next hour and ask the pendulum to answer them. Then verify your results. Your results should become more accurate with each question. Record your results in the form below.

What Question Did you Ask?	What Answer Did Your Pendulum Give?	What Was the Actual Result?	Questions, Comments or Difficulties?

Ward and Bind All Mirrors

Use the technique taught in class this week to ward and bind all black and silver mirrors. Remember that black mirrors include TV screens, computer monitors and glass on many kitchen appliances. Four element cleanse all of your mirrors at once to save on Firebowl materials then ward and bind each one separately.



Questions or Difficulties With Warding and Binding Mirrors

