## **Table of Contents**

	For Course Material	
Class 1 – Air	1	1
	Additional Resources for This Class	
	Introduction to Magic	
	Rules of the Road	
	As Above, So Below	
	4 Element System	
	Course Premise	
	Air Correspondences	
	Air Characteristics	
	Air Characteristic Questions	
	Exit Ritual	
	Exercises	
Class 2 – Air		39
	Air Characteristic Exercise	
	Air Colors	
	Air Boxes	
	Air Shortages and Excesses	
	Exit Ritual	
	Exercises	
Class 3 – Air	3	61
	Air Message Boxes	
	Adjusting Air Balances in Self	
	Adjusting Air Balances in Others	
	Exit Ritual	
	Exercises	
Class 4 – Fire		73
	About Fire	
	Fire Correspondences	
	Fire Characteristics	
	Fire Characteristic Questions	
	Mixed Fires	
	Fire Boxes	
	Fire Shortages and Excesses	
	Exit Ritual	
	Exercises	
Class 5 – Fire		107
	Additional Commentary on the Fire Element	
	Dragon's Breath	
	General Body Flows	
	Direct Flowing Fire	
	Exit Ritual	
	Exercises	

Class 6 – Fir	e 3	121
	Commentary on Healing Techniques	
	General Healing Techniques	
	Exit Ritual	
	Exercises	
Class 7 – Wa	ter 1	131
	Water Correspondences	
	Water Characteristics	
	Water Characteristic Questions	
	Differences Between Air and Water	
	Water Shortages and Excesses	
	Methods for Self-Balancing	
	Exit Ritual	
	Tools to Start Buying	
	Exercises	
Class 8 – Wa	ter 2	183
	Water Box Messages	
	Hand-to-Hand Water Exchange	
	Shower and Bathtub Litany	
	Water Bowl	
	Water Bowl Diagnosis	
	Communication with a Water Bowl	
	Water Bowl Divination	
	Healing Others	
	Exit Ritual	
	Exercises	
Class 9 – Ear		219
	Earth Correspondences	
	Earth Characteristics	
	Notes on Earth Characteristics	
	Earth Characteristic Questions	
	Earth Shortages and Excesses	
	Handling Earth Energy	
	Healing with Earth Energies	
	Rooting	
	Exit Ritual	
	Exercises	
Class 10 – Fo	our Element Summary	253
	Four Element Interactions	200
	Healing Principles	
	Adjusting Overall Energy Balances	
	Exit Ritual	
	Exercises	