

## Class 2 – Air 2

### Covered in This Class

1. Preparation for This Class
2. Air Characteristic Exercise
3. Air Colors
4. Air Boxes
5. Air Shortages and Excesses
6. Exit Ritual

### 1. Preparation for This Class

- *Video Clip:* Building Air Boxes

### 2. Air Characteristic Exercise

If you could not list all 14 characteristics easily, more work on the Explorations is needed. Carry index cards with the air characteristics and correspondences with you at all times so you have access to them in any situation. Remember, the premise of this course is that a magician's understanding of the 4 elements, their correspondences, and their characteristics allows him or her to understand anything in the Universe. Once you have an understanding of the four elements plus their correspondences and characteristics, you can look at any object and know its inherent characteristics. Then, you will know how to re-create it.

### 3. Air Colors

"As Above, So Below"

AIR - Mind, thought, knowledge, understanding, enlightenment

#### Physical

Clear: breathing, looking  
Nourishes: lungs, eyes, skin, sensations  
Or one's ability to be aware of them  
Prevents: numbness or lassitude

#### Mental

White: thinking, learning, speaking  
Nourishes: brain, memory, planning and/or  
Creative imagination, visualization  
Prevents: worry or excess thinking

#### Spiritual

Air Blue: understanding, enlightenment  
Nourishes: psychic or spirit perceptives

Remember that the element air corresponds to the mind, thought, knowledge, understanding, and enlightenment.

Physical = Clear: Breathing, Looking and Seeing. Nourishes lungs, eyes, skin, sensations or one's ability to be aware of them. Prevents numbness or lassitude. If you are sitting in a room with low light, or you feel like your vision is dim, take on more clear air. If you feel the lights are too bright, reduce your balance of clear air.

Mental = White: Thinking, Learning, Speaking, and Hearing. Nourishes the brain, memory, planning and/or creative imagination, and visualization. Prevents worry or excess thinking. Boost white to memorize a list. If you can't sleep at night due to excess mental chatter, reduce your balance of white air.

Spiritual = Sky Blue or Powder Blue: Understanding and Enlightenment. Nourishes psychic or *spirit* perceptics, which is the way we actually take in information or data. Increase your balance of sky blue to understand what you have learned. If you are having too many realizations, reduce your balance of sky blue.

Use the class color chips to make sure you are working with the appropriate colors, since ALTERED PROCEDURES PRODUCES ALTERED RESULTS.

#### **4. Air Boxes**

1. Construct box
  2. Fill box from a visible source
    - A. From a lit candle of the color.
    - B. From any color source = an energy matrix (self-cohesive energy structure):  
Any place a color is present, the energy is present.
  3. Fill box with needed characteristic if appropriate.
  4. Breathe in energy.
  5. Destruct box properly.
  6. Wait 15 minutes or more - then recheck balances.
  7. To "dump" excess - reverse procedure
- REMEMBER: ALTERED PROCEDURES PRODUCE ALTERED RESULTS!

#### **What is an air box?**

An air box is an *energetic* box filled with an air color and possibly an air characteristic, created by the aura energy of your hands. When your hands are relaxed, the aura energies around them are relatively small and close to the skin. When you move your hands, you send energy down into them and the aura expands or “flares.” You create boxes with these energies. You can photograph the energy of your hands with Kirlian photography.

What are air boxes used for?

We use air boxes as a safe, controlled, and effective way to add or subtract air colors and/or characteristics from our overall energy balances. This allows us to affect our mental, physical or spiritual processes. Taking on and off air boxes allows us to actually personally experience the air colors and characteristics, which deepens our understanding of them. Using the same sized box to add or subtract air energies gives us quantitative control, so that we can easily compare the effect of taking on this or that color with or without a characteristic. We also use the box form rather than the ball form because air boxes are easier to break down. They deteriorate by themselves rather quickly unless programmed for a particular purpose (in which case they last until their programmed task is complete).

What size box should I use?

We generally suggest creating either cubes or rectangles about 7 to 9 inches per side. The US Postal Service Priority Mail boxes (cube shaped) are great for this and you can use them to help you learn to create air boxes.

***Constructing and Filling an Air Box to Increase Your Air Balances***

When you take on an air box, you increase your balances of that color and characteristic by one box. See instructions below and the video clip on air boxes for a visual reference on this procedure.

Step 1 – Record date, time and direction of box

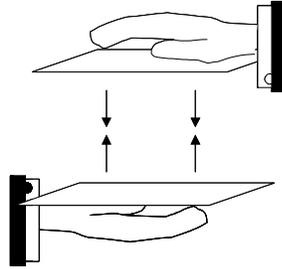
Using the air boxes sheet in the homework section, record in the left-most column of the first box the date and time you are beginning. Also, record whether you are increasing your balances (use ↑) or decreasing your balances (use ↓). See the example below:

Color and Characteristic	Effect
Clear Up Jan. 8 3:03 PM ↑	
Clear Down Jan. 8 3:30 PM	

**Step 2 – Form the top and bottom of the box**

Have a clear, white, or sky blue color source handy before you start building your box. You will use your hands to form the sides of the box. Start by placing your hands in the position to form the top and bottom of the box, palms facing each other (Figure 1). Start with your hands farther apart and then bring them together, “pressing” the energy together.

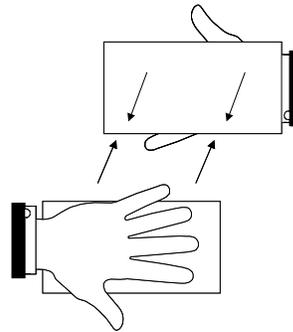
Figure 2.1. Forming the top and bottom of the air box.



**Step 3 – Form the front and back of the box**

Next, use your hands to form the front and back of the box, again starting with your hands farther apart (with palms facing each other) and pressing the energy together (Figure 2).

Figure 2.2. Forming the front and back of the air box.



**Step 4 – Form the sides of the box**

Next, form the left and right sides of the box in the same manner (Figure 3), and hold the box by the sides to fill it. The box will hold together as long as you hold the sides of the box.

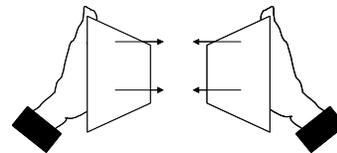
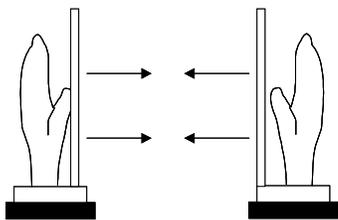


Figure 2.3. Top and side view of forming the left and right sides of the air box.

Step 5 – Fill the box with an air color

Next, fill the box with the desired color. Holding the box in front of your eyes and in line with the color source, pull the color into the box until the box is full. This is not a thinking process! Just pull the energy from the color source into the box – your intention does the work. The box is full when your hands grow warm or tingly – normally it takes no more than 5 to 15 seconds to fill a box. You can't overfill a box – it will only accept a certain amount of energy. Fill each box with only a single color.

You can use a lit candle of the desired color as the color source (the flame will push the color at you and into the box), or you can use the color chips. For clear, you can use clear glass, or learn to pull clear air from the air around you. Practice by looking at a spot in the air halfway between your eyes and an object. You can also use any other color source you see in your environment as long as the colors are accurate (use the color chips as a reference). Always use a color that you see in present time – never use your imagination. Finally, NEVER PULL ENERGY FROM THE SUN – you will spontaneously incandesce (combust), since the sun pushes energy at you and once you get the flow going you can't stop it. You can, however, pull from the reflection of the sun. This applies mostly to building fire boxes.

Step 6 – Fill the box with an air characteristic

If desired, fill the box with an air characteristic (you can take in boxes without a characteristic as well). See the word in clear, sky blue, or neon white letters (all air colors). The color of the word does not have to match the air color in the box. We usually use neon white. You can either fill the box with many of the same word, you can fill it with just a single word in very large letters or with a ticker tape type ribbon filling the box. Fill each box with ONLY one characteristic.

Step 7 – Take in the box

To take in the box, bring it toward you face, and “snort” or breathe in the box.

Step 8 – Observe the result

Leave the box “on” for anywhere from 15 minutes to an hour (beyond that, the result won't be noticeable). If you don't feel any noticeable difference after about 15 minutes, take on another of the same box. Take on a third box if necessary. Sometimes, our natural balances make it difficult to feel the result of certain boxes (for example, if you are very deficient in a particular color or characteristic, it may take several boxes to make up the deficit enough for you to feel the difference). A box is not a lot of energy. Also, you may be able to feel the difference more clearly once you return to your normal balances. If you can feel the difference immediately and you are uncomfortable, you don't need to wear the box for the full 30 minutes.

Step 9 – Take off the box

Build an empty box using the same procedure as in steps 1, 2, and 3. Looking at the color source, breathe the color out of your body and into the box until the box is full. Next, see the characteristic in your lungs, then breathe the characteristic out into the box. Destroy the box by throwing it into a corner of the room, upper corners work great, or breaking it on your knee. Be careful never to throw a box at a person because the Universe will hold you responsible by Rules of the Road for any event that occurs as a result of that act. For example, if you throw the box at someone driving a car, and cause them to get “spacey” and have a wreck, the Universe holds you responsible even if it wasn’t your intention to cause a wreck.

Step 10 – Record the result

In the beginning you will want to record the result of each box for later reference. As you return to your normal balance, be sure and record the reverse arrow on your sheet, as shown below. You won’t need to do this later when you are just using the boxes to rebalance your own energies.

Color and Characteristic	Effect
Clear Up Jan. 8 3:03 PM ↑ ↓	Was driving to see my mother. Forgot my sunglasses and the glare of the sun didn’t bother me as much as it would have normally. Felt myself sitting taller and singing at the top of my lungs. Easier to breathe even though I still have allergies.
Clear Down Jan. 8 3:30 PM ↓ ↑	

If you feel like “nothing happened,” first be sure that you took on (went up), at least 2 of the same box (if you didn’t, go back and take on additional boxes, which may help you feel the change more easily). If you still feel like nothing happened, write down the events or what you were doing during the time you wore the box. Then, consult your mentor, who can help you discover the effect of the box. Early in our studies, most of us lack the appropriate perceptics to accurately discover the effect of all the boxes.

***Constructing and Filling an Air Box to Decrease Your Balances***

In the homework exercises, you will be taking in air boxes to increase your overall air balances and getting rid of boxes to decrease your overall air balances. To get rid of air boxes, to reduce your overall air balances, follow the procedure below:

1. Build an empty box using steps 1, 2, and 3 above.

2. Look at the appropriate color source, and breathe that color into the box until the box is full.
3. See the characteristic in your lungs, and breathe the word into the box.
4. Destroy the box appropriately by throwing it into the corner of a room or breaking it on your knee.
5. Don't forget to go back up a box to your normal balances.
6. Record the result. Remember, if you don't feel a difference after getting rid of one box, get rid of another one or two boxes of the same color and characteristic until you feel a result.

#### Additional Notes on Boxes

Wherever a color exists (called a color source), the energy of that color is present, as is the element. A color source is an energy matrix, a self-cohesive energy structure. We use the box structure because it gives us quantity control. The Universe is full of random variables, which makes it hard to determine cause and effect. By using the same size box, we convert one variable to a constant.

You can take on boxes filled with just a color or filled with both a color and a characteristic. Taking on a box with a characteristic and no color does nothing. If you build a box but don't destroy it, it will disintegrate within about 15-20 minutes. If you leave a box on overnight, it will probably dissipate, since we tend to return to our habitual energy balances during sleep. However, keep in mind that some boxes will not dissipate overnight so you may wake up feeling strange. If so, check if you left a box on overnight. Animals can see boxes – cats will come investigate but won't walk through it but dogs will walk through them.

Experiment with the boxes during the course of your day – as you work, drive around, and play. Don't set aside quiet time to do your boxes because you won't notice the results of the boxes as much. Make this part of your day. Also, it can be tempting to think about the boxes rather than doing them, but as a magician, you must actually experience the box to understand what it does. Thinking about doing the box satisfies the same desire as doing the box, so if you think about the box for a while you are much less likely to actually do it. If you think of doing a box, do it in the moment! Write yourself reminder notes everywhere if you must (on mirrors, in the car, on the inside of your front door, in your organizer, and in your office).

Always pull from the appropriate energy source, your color chips. Follow the procedures for building and getting rid of boxes exactly as they are given, and ask if there is something that you don't understand. Remember, **ALTERED PROCEDURES PRODUCE ALTERED RESULTS!**

### A Word on Doing Magical Procedures

Many magical sources discuss the importance of focused intent or intention for successful and effective magical practice. In the magical context, intent means being totally involved and focused on the action of the moment. This means that you can't be paying any attention to what you hope, wish, or expect to happen. Intent means giving your full attention to the procedure without additional "mental chatter" about whether you're doing it right or what might happen. If you have done a procedure exactly as it's given and your result is less than or different from what it should have been, check your intent. Were you worried about the outcome? Did you have a lot of mental chatter about the correctness of your action, or the possible effectiveness of your action? Were you distracted by something else in your environment?

*PRINCIPLE:* Treat the four element energies with *respect*, and not fear. Fear destroys the ability to exercise proper control!!

### 5. Air Shortages and Excesses

Use the information below to help you determine whether you or someone around you is experiencing an air shortage or excess and the specific color of air that is in shortage or excess. Start by first observing yourself. Do you notice that you chronically experience some of the symptoms listed below? Many of us chronically have an excess or shortage of a particular color.

Next, observe those around you to see if you can determine whether they have a shortage or excess of air, and in which color. You will notice that while the information listed below will assist you in determining air excesses and shortages, you will have a much better "feel" for this after you have personally experienced all of the air colors and characteristics by putting on and taking off boxes of each color/characteristic combination.

Note that a person can be in excess and in shortage of the same color. For instance, a person who talks a lot without thinking things through may be high in white easy flow and low in white clarity. A person may also be high in white clarity, in which case they think clearly, but may be low in clear clarity, in which case they may have trouble breathing or seeing clearly. The combinations are endless, so you want to make sure you are clear as to the specific color and characteristic combination that is in excess or lacking.

### *Air Shortages*

- Physical/Clear: Shortness of breath, lack of oxygen in blood or brain, numbness, lack of sensation, apathy, some skin problems, blurred or dim vision, night blindness, color blindness.
- Mental/White: Mind blank, difficult to recall, memory problems, unable to focus or concentrate, hard to memorize, speech problems, reading problems, dyslexia, forgetful, can't remember names or faces, limited creativity, poor hearing, not listening, not remembering dreams, non-lucid dreams.
- Spiritual/Sky Blue: Not understanding things, not seeing relevance or connections, doubt, self-doubt, tendency to say "I don't know" or to apologize for answers or ideas, lack of inspiration, feeling psychically shut down.

### *Air Excesses*

- Physical/Clear: Overly sensitive to light, unable to deal with visual stimulus or being overwhelmed, spaciness, detachment, excess gas or bloating, dizziness or fainting.
- Mental/White: Racing thoughts, excess thinking or worry, nattering, gossip, cutting people off in conversation, fixation of ideas, stuck beliefs, compulsive communicating, oversensitive hearing, need to repeat oneself, overly eager to learn, need to impress others, need to talk about oneself.
- Spiritual/Sky Blue: Self-centered, arrogance, over impressed with one's knowledge, understanding too much, megalomania, unable to stop realizations, fanatical visualizations, head in the clouds, lack of practicality, dyslexia, lack of concentration (can be "white" excess too).

## **6. Exit Ritual**

This week's Exit Ritual is:

Sky Above and  
Earth Below  
Seeking Knowledge  
I Greet You.

Remember to put your consciousness up into the sky before saying "Sky Above," and down into the earth before saying "Earth Below." This is a greeting ritual that also allows us to ask favor from powers and beings. Thus, it's only polite to first go to where the powers and beings are (up into the sky and down into the earth) before asking favor. Also, remember to wait for a response (up to 30 seconds or 1 minute).

Walking off before receiving a response is like saying “Hi” to a good friend, and walking off before he has a chance to respond to you. Record your results to expedite homework debriefing and to use for later reference.