

## Class 7 – Water 1

### Covered in This Class:

1. Preparation for this Class
2. Water Correspondences
3. Water Characteristics
4. Water Characteristic Questions
5. Differences Between Air and Water
6. Water Shortages and Excesses
7. Methods for Self-Balancing
8. Exit Ritual
9. Tools to Start Buying

### 1. Preparation for this Class

- *Video Clip:* Building Water Boxes

### 2. Water Correspondences

#### WATER CORRESPONDENCES

<u>Direction:</u>	West
<u>Tool:</u>	Cup or Chalice
<u>Elemental Spirit:</u>	Ondine or Undine.
<u>Part of a Person:</u>	Emotions (“Gut Feelings”)
	A. Physical/Mundane-Circulatory, Glandular and other Fluid Systems
	B. Mental-Emotional Levels- “Gut feelings” of Happiness, Depression, Sadness, Grief, etc.
	C. Spirit Level-Compassion and Empathic Communications
<u>Direction of View:</u>	Inward (Introspection and Introversion)
<u>Colors:</u>	
	A. Physical- Water Blue
	B. Emotional- Deep Blue
	C. Spiritual- Blue Black

Water = Physically, any fluid

Direction - West, where the rains usually originate. The Plains Tribes say West looks within.

Tool - Cup or Chalice.

Elemental - Ondine or Undine. Undines can be seen in a pond of clear water with seaweed and moss on the bottom. They sometimes move through the seaweed swimming in a zigzag pattern or smoothly or they will form a “V” of ripples across a pond. In a wide river over mud or sand, when a whirlpool develops and there is no rock or stick, then there is an undine in the water above that spot. They feel smooth when they brush against you and exert more pressure than a sylph.

Part of a Person - Emotions - (“Gut Feelings”). In some systems this is considered spirit but we say that the body and emotions are tools of the spirit. Spirit is you. We say that the four elements exist for spirit to work with. Mind is a recording element. It takes in no direct input, it just records everything.

- Physical Level: Circulatory, glandular and other fluid systems
- Mental-Emotional Levels: “Gut Feelings” of happiness, depression, sadness, grief. . .
- Spirit Level: Compassion and empathic communications (passion is fire, but compassion is water). Compassion or empathy is passion in common, or a shared or communal passion.

Direction of Veiw - Inward. The element of introspection and introversion.

#### Colors

- Physical or mundane levels: Water blue
- Mental or emotional levels: Deep blue
- Spiritual level: Blue-black

### **3. Water Characteristics**

#### *WATER CHARACTERISTICS*

Clarity or Transparency  
Carrier  
Reflectivity  
Non-Compressible  
Slightly Expandable  
Somewhat Reactive to Fire  
Smooth Flow  
Shape Malleable  
Mutable  
Inherently Stable  
Insulator  
Heavier than Air or Fire  
Absorptive  
Earth Penetrator  
Direct Mediator for Earth  
Feminine Polarity

### Clarity or Transparency

Clarity or transparency is one of the characteristics that water shares with air. The main difference between the two is that air is clearer than water, and water will always have a bluish tint. This corresponds to the thoughts and the emotions: thoughts are usually clearer than emotions. Emotions are harder to interpret (less clear), and your emotions tend to color what you see.

### Carrier

Carrier is another characteristic shared by both water and air. Air carries light items by enveloping them, and carries fire energy easily. Water, because of its density, can carry heavier objects such as rocks and trees, but only limited amounts of fire energy (primarily sun yellow). Water being a surface carrier doesn't carry the flame bands of fire easily. The faster water is moving, the more fire it can carry, and non-moving water plus fire usually results in a steam explosion.

### Reflectivity

Air and water are both reflective. Air reflectivity produces a perfect mirror, with a silver-white tint, while water reflectivity tends to have a bluish tint and produce a less than perfect mirror. On the non-physical levels, reflections in water (the emotions) tend to be heavier than reflections in air (thoughts), since water as an element is heavier than air. For instance, the lines on our faces are reflections of the emotions we have felt – we tend not to have many lines from air reflection.

### Non-Compressible

Water is not compressible, which means you cannot force a given volume of water to occupy less space. This is the reason water or liquid is used in hydraulic brakes. If you try to suppress your emotions, they will explode! You might be able to suppress emotions for a short period of time, but it takes a great deal of will power. If you apply light pressure to water in attempt to compress it, it won't explode but will mutate (evaporate) into air.

### Slightly Expandable

Water is slightly expandable, though not nearly as expandable as air. Because water has form and density, it can't be stretched infinitely like air. If you expand water too much, it loses its cohesion and form and becomes air. Your emotions can be expanded to a certain degree, but not quickly and infinitely like air.

### Somewhat Reactive to Fire

Water is somewhat reactive to fire, but not as reactive as air. Because water is heavier and has more density and cohesion, it takes much more fire to move water than it does to move air. If you apply massive amounts of fire to water, especially non-moving water, you will cause a steam explosion. For instance, if you try to force an emotionally turbulent person with your will power, that person will

overreact. Emotions, in the form of compulsions or addiction, are not readily changed by will power. Thoughts, on the other hand, are quick to react to fire energy in the form of enthusiasm, tension or anger.

#### Smooth Flow

Water flows smoothly while air moves in a jerky or reactive way. Because water is dense and has form, it cannot be made to move quickly or jerkily. Try moving your hand quickly or jerkily under water. The weight of water makes it smooth flowing rather than quick, while air, which is light, can be moved around rapidly.

#### Shape Malleable

Water, like air, can easily change its shape. Unlike air, however, water changes shape smoothly while air changes shape abruptly. Water shape malleable tends to have more curves, bends and round corners because it has form and density, while air shape malleable tends to have crisp, hard edges because it is lightweight. A fold in a piece of paper is air shape malleable while a person's body bent in a yoga position is water shape malleable.

#### Mutable

Water can mutate into other elements. When fire or compression is applied to water, it becomes air in the form of steam or vapor. Water can also mutate into earth in the form of ice. To distinguish between air and water mutability, look at the density of the object or person. The denser it is, the more likely it is to be water mutable rather than air mutable.

#### Inherently Stable

Water doesn't move unless acted on by another force (will or thought) and, like air, it tends to go stagnant easily. Any moving water is carrying fire. It takes more fire to move water than it does to move air, which is lighter and more reactive.

#### Insulator

Both water and air are insulators, as is earth. Each element insulates itself most effectively, which means that water insulates liquids best while air insulates vapors best. If both water and air are still, air is a better overall insulator. If both water and air are moving, water makes a better overall insulator.

#### Heavier Than Air or Fire

Water is heavier than air (lightweight) or fire (weightless), but lighter than earth. On non-physical levels, emotions produce more impact than thoughts or desires, but less than physical events.

#### Absorptive

Water easily absorbs both air and sun yellow fire energy, but does not easily accept the flame bands. On the non-physical levels, your feelings easily accept

thoughts and enthusiasm, but tend to react rather than absorb anger, pain, frustration or tension, all of which are in the flame bands. Water won't absorb either air or fire alone, but will readily absorb a mix of the two. The more water is moving, the more fire it will absorb (just like the more your emotions are moving and being processed, the more of someone else's thoughts or enthusiasm you can accept). If your water is getting stagnant and you want to wake it up, take on a box filled with  $\frac{3}{4}$  water and  $\frac{1}{4}$  air. This "fizzy water" mix will lighten up your water.

#### Earth Penetrator/Earth Mover

Water is the only element that can easily penetrate and move earth, which is any solid. Air can only touch the surface of earth while fire can only scorch earth – neither can penetrate earth. Water penetrates, dissolves and unbinds the molecular structure of earth, even granite, steel and other solids that seem very permanent. In people, music produces a lot of emotion, which causes people to get up and dance – to move their bodies, which are earth. Passionate emotions can also affect very practical, earthy or "stuck" people while logical arguments (air) and angry tirades (fire) have little effect. Using directed emotions can also get rid of bodily problems, such as tumors or calcium spurs. Emotions magnify the manifestation process, which transforms thoughts and desires into physical solids (earth). Nothing really changes on the earth plane without emotions. You can think and will your body to change, which might produce a temporary change, but without feelings nothing changes permanently.

#### Direct Mediator for Earth

Water and earth blend readily, just as air and fire blend readily. Water carries air and fire into earth, For instance, water, in the form of rain, carries air into the soil. Even in warm weather frost crystals below ground need rain to melt. In firing pottery in a kiln, the water in the pottery evaporates, allowing the fire and warmed air to enter the clay without an explosion.

#### Feminine Polarity

Water is absorptive and alluring rather than outgoing, making it feminine. Unlike fire, which is radiative, water is more cohesive along with absorptive.

### **4. Water Characteristic Questions**

Use these questions to help you better understand the characteristics and refer back to them when doing the Explorations in the Exercises.

#### Clarity or Transparency

- Can you see through it? (for water, the transparency is more a bluish tint, or tinted with emotions)

## Class 7-Water 1

- Can it be easily seen? Is it clearly visible (versus having to strain to see it)?
- For emotions, is it clear what emotions are churning beneath the surface even if they aren't expressed? Or are the emotions clearly expressed on the person's face?
- For people, are their beliefs and motivations clear, even if they don't match what is being said? Is someone being transparent?

### Carrier

- On the physical plane, does it carry heavy objects (as compared to air, which carries more lightweight objects)?
- On the emotional plane, does it carry a lot of fire or "charge"? Water can carry much more fire than air can.
- For people, do they carry a lot of authority, beliefs, emotional burdens, responsibility, physical weight, anger, or joy (fire energy)? Does a person's character or integrity carry them through a lot of hard times, or to success?
- Do objects carry the distinctive stamp or style of their maker? Or perhaps carry the psychic imprint of the person who owned it previously? Does a piece of furniture "carry" the style of a whole room?
- Do our children or animals tend to carry the responsibility of soothing us, or carry the mark of our personality upon them?

### Reflective

- Can you see yourself in it, physically? Remember that water tends to have more of a water blue tint as compared to air reflections, which tend to be silvery or clear.
- Do pictures or objects of art reflect the emotional state of their creator, or the emotional taste of the buyer?
- Do people's bodies reflect their emotional state? They say that your biology is a reflection of your biography.
- Does someone's face reflect your feelings, or their feelings in reaction to your feelings?
- Do our animals or children reflect our emotional or spiritual state back to us?
- Do events in our lives tend to be a reflection of what we put out, especially emotion? Remember that whatever is done to the environment shall be reflected back upon the doer.
- Do you often sit in reflection upon a past event or feeling?

### Non-Compressible

- Physically, does it maintain the same volume all the time? Does it resist shrinking its volume? You cannot physically compress the volume of water, but it does expand – it expands when it cools to ice, and expands when you heat it. Remember that compressibility has to do with volume, not shape.
- Do your emotions resist compression? What happens when you try to “stuff” your emotions – doesn’t work for very long, and an explosion usually occurs as a result.
- Do children or young animals resist the compression of high energy, inspiration or impulses?
- Do certain of your dreams, visions, or hopes resist compression, popping up again and again in your mind even when the possibility of manifesting them seems impossible?

#### Slightly Expandable

- Physically, does it increase in volume slightly? Compare that to air, which expands a lot, very easily.
- Does your affection for someone or something grow slowly over time, expanding a little bit each time with more familiarity? Compare this to air or ideas, which expand very quickly.
- Does your body expand a little with water retention, perhaps in a humid environment?
- Do your dreams or visions (perhaps from childhood) grow a little more possible with each passing year?

#### Reactive

- Does it react to a lot of energy input, but not much to a little energy input? If something reacts to even a little energy input, it’s more likely to be air reactive, but if it takes a lot of fire energy to make it change state or react, then it’s water reactive. Think about trying to move your hand quickly underwater – there’s resistance.
- Does it absorb a lot of fire before changing state? Does a person have a “very long fuse” before getting angry (versus air reactive or someone with a short fuse)? Is the person very patient with angry people, able to absorb a lot of anger before getting angry themselves? Is the person a slow decision maker, needing to have a lot of argument before changing their opinion?
- Physically, is something slow to burn, heat up, melt, or slow to change state in any way?
- For objects that use electricity or energy, does it take a lot more electricity to “make it go” compared to other similar objects? For example, a 1 ton truck would be more water reactive than air reactive, while a little compact car might be considered more air reactive (or a skateboard might be even more air reactive).

### Smooth Flow

- Physically, does it move smoothly across space, or from place to place? It moves easily, like air, but with a heavier footprint or presence, with the emphasis on the smoothness of movement rather than the ease of getting it to move.
- Is a person a very good networker, moving smoothly from person to person, and discussion to discussion? Is a person able to fit the parts of his life together very smoothly? Is a person a smooth talker? Does a person go through his/her day very unruffled, with smooth energy? Does a person use his/her emotions smoothly to coerce people?
- Does an object have smooth lines and shapes to it? Does it draw the eye smoothly from one part to another? Does a car drive very smoothly down the road?
- Do your emotions grow smoothly from affection to deep love? Do you accept the events in your life smoothly and graciously? Emotions insist on moving smoothly, no matter how fast you try to change them.
- Does a person move very smoothly, as in yoga? Does a cat's body move smoothly? Does a tree sway gracefully and smoothly in the wind rather than whipping about?
- Do your realizations about your life occur smoothly, simply inserting themselves into your consciousness over time, or do they occur more as a fast "aha!"?

### Shape Malleable

- Physically, is it easy to bend and shape, keeping smooth curves and rounded edges? Air shape malleable is more likely to be sharp around the corners, like folding a sheet of paper, while water shape malleable is more like bending a cushion. It can't be compressed flat, since water is non-compressible.
- Do your ideas and thoughts take form over time, growing more solid with each conversation or discussion, or do they snap sharply into place as the situation changes? The sharpness is more like air, whereas the smooth transition is more like water shape malleable.
- Do your emotions change over time, or are they stuck in the same old rut?
- Is your body flexible and soft, able to take on many different positions?
- Is a person willing to switch his/her beliefs all the time to match the people he/she is with, or is he/she more likely to stick to their beliefs no matter what? Is someone willing to match another's emotions, suppressing his own, to fit in? Does a person seem "fake" since she doesn't seem to have an identity of her own or at least doesn't let it show through? Does a person say what he thinks others want to hear?

### Mutable

- Can it change into a different element? Can a liquid become a gas, pure energy, or a solid?
- Can you talk yourself out of feeling bad? This is changing water into air. Can a passion or love for something turn into a solid business endeavor? This is changing water into earth. Can you turn your love for something into enthusiastic action (such as turning a love of children into the act of creating a children's fair)? This is turning water into fire.

### Inherently Stable

- Does it stay still unless acted on by an outside influence, or does it move by itself? Objects that are water inherently stable tend to be heavier than objects that are air inherently stable.
- Do your emotions stay the same unless acted upon by new experiences, interactions or events? Or are you more reflective and apt to change your emotions via your own reflection and thought processes?
- Does the way one person feels about another (resentful, for example) tend to create the same tense interaction between the two people again and again, unless a third party intervenes?
- Does a person lack internal motivation, requiring someone else's order to move?
- If you feel depressed, do you tend to stay where you are rather than calling a friend or going to get help?

### Insulator

- On the physical plane, does it keep something hot or cold? Keep one thing away from another? Protect one thing from other things? Keep two things from mixing and reaching equilibrium? Insulation taken to an extreme leads to isolation.
- On the emotional level, do you hang onto one feeling to keep from having to experience other feelings? Do you insulate yourself from your feelings?
- Does a mother try to insulate her child from possible experiences of pain?
- Does our body try to insulate old injuries with scar tissue?
- Do you insulate yourself from pain by avoiding situations similar to ones that have caused you pain in the past?
- Do you use feelings of immediate gratification to insulate you from thinking through a problem or facing a problem squarely?
- Does a screen of trees in your backyard insulate you from the view of your neighbors?

- Does being with your animal companion insulate you from your emotions?

#### Heavier Than Air or Fire

- Physically, does it have substantial weight but still move quite easily? If it just had weight but didn't move, it would be more earth than water.
- Are your emotions heavier and harder to change than your thoughts or the direction of your will?
- Does a person have a substantial presence? For example, James Earl Jones has a substantial presence – more so than a pure thinker or someone who has all action and couldn't stand still. Is a person a “corporate heavyweight” who can get things done?

#### Absorptive

- Physically, does it absorb air or sun yellow (light from the sun) easily?
- Does a person absorb or drain all of your energy – are you exhausted after being with them? Does another person seem able to absorb a lot of hardship in their life? Does someone soothing seem able to absorb your pain?
- Do you tend to absorb another's mood easily? Are you easily absorbed in something you're passionate about?
- Does someone seem to absorb academic or mental material easily? Do you soak up knowledge like a sponge?
- Does an object in the room capture and absorb your attention?
- Does your body absorb your emotions and reflect it back to you in the form of illness or health?

#### Earth Penetrator/Earth Mover

- Physically, does something easily move, grind, wear away, unbind, or shift something else, particularly something quite solid?
- Does a person have such presence that they easily part a crowd? Does your quick wit penetrate another's stubbornness? Does the expression of emotion tend to break through another person's reluctance or stubbornness?
- Does a bright inspiration tend to get a stuck business meeting moving again?

#### Mediator for Earth

- Physically, does it bring air and fire into the earth?
- Does it allow air and fire to interact usefully with earth (air only skims the surface of earth but cannot penetrate it, and fire scorches earth)?

- Does it allow thoughts and actions (air and fire) to be transformed into physical manifestation?
- Can an empathetic listener (such as a coach or mentor) help us channel our thoughts, ideas, communications, actions and desires into our desired outcome?
- Can a passionate speech stir people into useful action that results in a tangible outcome?
- Does a good cry help to release excess negative thoughts and nervous energy so that we can put the rest of our focus to good use and create a positive outcome?

#### Feminine

- Does it pull inward? Is it a magnetic, pulling force?
- Does it attract your attention?
- Sight: Is it subtly colored, puzzling looking? Does it draw your attention for further investigation?
- Sound: Is it soft? Does it sound fuzzy or bring you closer to hear more clearly?
- Touch: Is it smooth? Does it have patterns that absorb your attention?
- Taste or Smell: Does it taste so good that you want to come back to it to take another bite, and then another?

### **5. Differences Between Air and Water**

The following chart will help you understand the differences between air and water in the characteristics that they have in common. It's important to gain a deep understanding of these differences so you will be able to identify which element is more predominant in the objects and people around you, and so you will know which element characteristic is most appropriate for the healing and communication techniques you undertake.

To gain a deep understanding, read the chart thoroughly, and then compare the information to what you know about thoughts versus emotions. Think also about the differences in behavior of physical air and physical water. Remember, magic is a precision science so use of the proper element is crucial.

In general, air is closer to fire in characteristics, and water is closer to earth. Water is cohesive, whereas air is dispersive. Water is denser and has more form, and air is more expansive and has less form. Water is heavier.



<b>Characteristic</b>	<b>Air</b>	<b>Water</b>
Clarity or Transparency	Mundane air has no color. On the non-physical level can have a mental tint. Refers to thinking, seeing, breathing, communicating (such as thoughts that can be easily seen).	Mundane water has a bluish tint. On the non-physical level can have an emotional tint. Refers to feelings or intuitive abilities.
Carrier	Carries light items. Carries more fire than water in more bands because air is almost infinitely expandable. Air is an enveloping carrier, which means it carries items within itself.	Carries heavier items. Carries less fire than air, and carries sun yellow more easily than flame bands. Too much fire = steam explosion. The more water moves the more fire it can carry. Water carries objects on its surface because it is much denser and cohesive than air.
Reflective	Gives a perfect reflection, with a white-silver tint. Refers to air related items such as thoughts, seeing, breathing, etc.	Gives an almost perfect reflection with a bluish-silver tint. Refers to feelings or intuitive abilities.
Expandable	Almost infinitely expandable (which is why it can carry so much fire) because air molecules are so much less cohesive and have less form.	Limited expandability, water molecules are harder to spread out and have more form and structure. Water expanded too much mutates into air.
Reactive	Very reactive to fire, takes very little fire to move air (a small candle can warm an entire room). Will (fire) can easily affect or change your thoughts.	Much less reactive to fire and takes a lot more fire to move it. Will can change your feelings somewhat, but it takes a combination of thoughts and will to really change emotions.
Easy Flow/Smooth Flow	Moves jerkily and erratically, or randomly. Moves quickly.	Moves smoothly and resists quick or jerky movement (try moving your hand quickly under water).
Shape Malleable	Folds sharply, has edges and corners because air is compressible. Crispness.	Folds smoothly in curves rather than sharp edges because water is not compressible. Rounded.
Mutable	Takes less fire to mutate air. Air does not mutate when it is compressed.	Takes more fire to mutate water. When you try to compress water, it mutates into air. For instance, when you try to compress someone's emotions, they get talkative. If a lake has atmospheric pressure on it, the water will not compress – it will evaporate.
Inherently Stable	Less stable than water because it takes very little fire to move air.	More stable than air because it takes more fire to move water.
Insulator	Air insulates lighter, air-like things better. Refers to air related	Water insulates heavier, liquid things better. Refers to feelings or intuitive

	correspondences. Air is a good insulator against thoughts, communication or mental activity. Moving air is a better insulator than moving water.	abilities. Water is a good insulator against particular emotions or feelings. Standing water is a better insulator than standing air.
Mediator	Mediates fire into water.	Mediates air and fire into earth. Will not carry air alone or fire alone into earth, must be a combination of air and fire.

Table 7.1

## **6. Water Shortages and Excesses**

As in the preceding classes, use the information below to determine whether you or someone around you has a water shortage or excess. Remember, that a person can be both in excess and shortage of the same color of water – they may just need a different mix of characteristics in that color band. The combinations are endless, so be sure and familiarize yourself with the information below, referring back to it as needed, to ensure that you get the proper color and characteristic combinations needed to restore balance. Do not get into the blue-blacks at this point – it can bring up buried unconscious states of fear, grief and anger that you may not be able to handle at this point.

### ***Water Shortages***

- **Water Blue:** Feelings of “deep” body dryness or hotness, dry wit and humor, colorless personality, shyness, out of touch, withholding, dry skin, dry eyes, nervous, restless, anxious, afternoon fevers, night sweats, heat in palms of hands and soles of feet, thirsty, tip of tongue is red, dry cough, brittle toenails or finger nails, brittle hair, out of touch with one’s feelings, insomnia, and scarcity of dreams.
- **Deep Blue:** Not able to have feelings, separateness between mind and body, numbness of feelings, lack of caring, overly mental about emotions, self-centered, neediness, lack of awareness of spirit, convinced that “I” am my mind, narrow minded beliefs, needing of proof, cold-hearted, needing to control others, unreliable, poor sense of humor, anti-social, hermit, can’t ask for help, not liking music and art, not liking to be touched or held, not liking affection, finding it difficult to trust others or have faith, and over-reliance of self.
- **Blue/Black:** Having no intuition or no empathic abilities, not trusting your intuition, not believing in self, having poor self-worth, issues of self-esteem, not believing in higher beings, not able to relate to others, sociopathic, schizophrenic, lacking empathy, suspicious of others, paranoia, being out of touch with inner or outer guidance, having no

psychic ability, unaware, shut down, having a survival mentality, liking to take risks, thinking of suicide, talking about death, and showing avoidance of grief.

### ***Water Excesses***

- **Water Blue**: Heaviness of body or feelings, puffiness or swelling, retention of fluids, edema, excess mucous in lungs, watery eyes, excess tears, drooling, excess urination, wheezing, asthma, swelling of prostate, being in a state of confusion, sluggish reactions, slow responses, slowness in learning, general malaise, swelling of ankles and knees, sluggish digestion, diarrhea or constipation, leukorrea, urinary discharge, retention of urine, damp type hepatitis, and chronic fatigue.
- **Deep Blue**: Sentimentality, gushing, being over-active emotionally, lacking in boundaries, care taking, depression, guilt, apathy, over-controlling, obsessive, going to extremes, being over-responsible, enjoyment of grief, betrayal, using others, fascination with morbidity, impractical, highly empathic, naive, reacting to one's feelings, ungrounded, clairvoyant, attracting sympathy, enabler, co-dependent, compassionate, easily negative, loves to gossip, liking to blame others, and being illogical.
- **Blue/Black**: Not being in present time, conflicts between mind and spirit, all kinds of addiction, taking one's life, obsessive behaviors, hopelessness, being highly dysfunctional, psychic hyperactivity, expressing buried, negated or forgotten grief, fear or anger, lacking respect for self or others, psychotic breaks, demonic behavior, self-abuse, self-loathing, abuse of others, hostility, no conscience, totally self-absorbed, migraine headaches, psychosomatic illnesses and pain, lust and loathing, and connection to the dark side.

### **7. Water Techniques for Self Balancing**

The handling techniques you've learned in the air and fire sections are all applicable to handling water with the following modifications:

#### **Box Technique**

The flows in or out should be along your muscle chains instead of your nerve paths. Do not ground the boxes into electrical systems when disposing of them –

you'll cause a short circuit. Instead, throw them into the earth itself, or pipes and girders, which reach deep into the earth. Plants and trees also really appreciate receiving our psychic water so you can also throw boxes at them or into their pots.

### Dragon's Breath Technique

Don't use this for taking in water, since you might get pneumonia or congestion in the lungs, but you can use Dragon's Breath for dumping water. Just breathe each breath of air out with a lot of water blue in it. Each breath will seem very humid if you do this properly!

### Direct Flow Technique

Ground water out into the earth, or into concrete, pipes or girders, again, do not ground into electrical systems unless you want a short circuit!

With any of the techniques above, especially the direct flow, if the water you are handling turns blue black, stop what you are doing immediately! Check your balances to see if you need some "lightening up" and do an energy adjustment if necessary (possibly taking on sun yellow or some fizzy water boxes).

## **8. Exit Ritual**

This week's Exit Ritual is:

Sky Above and  
Earth Below,  
With Interest  
I Greet You.

## **8. Tools to Start Buying**

If you are proceeding on to the second ten weeks of this course (Magical Tools), you will need to purchase or make the following tools. Please consult with your teacher if you have questions about a particular tool. Remember, **MAGIC IS A PRECISION SCIENCE**. Your tools should be as precise as the techniques you will learn.

### WAND

The stick you choose for your Wand should be of an air-oriented wood. Air types of wood are both lightweight and light colored, preferably white. Examples of this kind of wood are white pine, birch, peeled willow, aspen or yucca stalk. Balsa is too soft to handle energies well. The Wand can be as thick as your thumb or as little as your little finger. It should be no longer in length than from your elbow to the tip of your middle finger. When you take it from the tree, be sure you ask permission. The pointed end should be carved at the growing end. You will be

making a notch at the base end or ground end. You can make a deep notch or a curved notch. You should also sand your Wand. Dowels don't make good Wands because you can't determine which end is the growing end.

### ATHAME

For your Athame you will need a good quality single-edge blade knife of high carbon nickel alloy or chrome alloy steel. It should have a handle that suits your hand and a straight blade. A kitchen knife or hunting knife will work fine, but something in a sheath is preferable. Avoid double blades for now – their energies are too complicated for your first Athame. Your Athame should also have a full tang, meaning that the blade goes all the way or nearly all the way through the handle.

### CHALICE

A Chalice is any goblet shaped drinking cup with a stem (the stem makes it easier to handle). Get a Chalice with a fairly good sized bowl – no less than 2.5 inches in diameter. Glass or ceramic work best, but silver, pewter or copper will also work. Wood has too much air in it, and metals other than silver, pewter or copper are not optimal. Make sure the surface of the Chalice is fairly smooth to make it easier to key. The surface can have patterns, but make sure they are not too deep. Your Chalice should be made of a single material – stay away from mixed materials. You will also need rain water, spring water or distilled water, and sea salt or crushed rock salt. Do not use iodized salt.

### PLATE/SHIELD/PANTACLE

Your Plate should be bigger than a salad plate or a small dinner plate (6 – 10 inches in diameter). You should be able to comfortably hold your thumbs on the center of it, and your fingers on the edge. It can be made of wood, ceramic, or porcelain. It should be grass green or earth brown or have a plant-based design in earth tones. It should have a round shape for even energy flows and be slightly dished (concave on top side, convex on back side).

### FIREBOWL

Your fire bowl should have a pot-bellied shape that comes in and flares back out, which generates a column of smoke. It can be made of ceramic, brass, cast iron, or hard hardwood, be 4 to 6 inches in diameter and 4 to 5 inches deep. It should also be stable when placed on a flat surface and you should be able to hold it easily in one or both hands.

You will also need:

- Ground Fire Clay Or Clean Fine Sand (non-scented cat litter is a good source for this)
- Self-Starting Charcoal
- Wooden Or Paper Matches

## Class 7-Water 1

- Aromatic Wood Chips Or Tree Bark (rather fine)
- Pine Resin
- Sage

