

C7 Exercises

1. Do the Exit Ritual.
2. Do 1, 2, 3 and 4 listed below for 15 minutes each per day (this means you should be able to do each exploration 7 or more times before the next class). Use the following charts to assist you in these Explorations.
3. Using the water boxes sheet at the end of this section, start taking on and getting rid of every characteristic combination of water boxes. Start at the top of the list, with water blue and no characteristics. Take the boxes in their up and down pairs. Use your color chips to make sure you are taking in and getting rid of the right shade of water blue.
4. Use the three techniques given in class (boxes, Dragon's Breath or direct flow) to do self-balancing as necessary during the week.

Exploration 1

Look at people or objects in your vicinity and list their water characteristics. Remember to consider all levels, including physical, mental, spiritual, and emotional levels when doing these exercises. Remember that any person or object that has one or more water characteristics has water, even though that person or object may seem physically unlike water. Remember to write brief explanations for the characteristics that may not seem obvious. Refer back to the chart in the notes on the differences between air and water characteristics and be sure you are using water characteristics, not air.

Example 1:

Kitten:

Clarity: She is very clear in her emotions, and her emotions often color her view of the world.

Carrier: She carries both fire and air energies on the non-physical levels. She does not carry very many heavy physical objects.

Reflective: She reflects both her own emotional states and the emotional states of the people around her very easily and well. A good blue-tinted mirror.

Non-Compressible: Physically she's somewhat compressible – she can lose water volume easily, or fat (not so easily). Emotionally and spiritually she is definitely non-compressible – can't keep her from expressing herself or getting what she wants.

Expandable: Physically she is somewhat expandable. Emotionally and spiritually she is quite expandable. She can expand on a game she's playing or on a complaint she's voicing. However, she is expandable with limits – more water than air. When she gets no reaction from us, she will stop after a while.

Reactive: She can be both air and water reactive to fire energy. When she is in a playful mood, as now, she is reactive to any enthusiasm I show her. When she is in a more sedate mood, I can turn her over, tickle her belly and do all kinds of things and she won't react for a long time. When she does react though, it is fiercely – a fire and water steam explosion.

Smooth Flow: Physically very smooth flowing – as stealthy as cats tend to be. Temperamentally she tends to be more air easy flow – jumping from one mood or reaction to another, not as smooth flowing.

Shape Malleable: Exceptionally shape malleable on both physical and temperament levels – very accepting of non-cat like activities such as riding in cars, being walked on a leash.

Mutable: Physically she remains an earthy cat all the time. Temperamentally she is very mutable in her focus – ideas to moods to action to stillness, moving between all four elements easily.

Stable: Not inherently stable. She is her own best motivator and moves at will.

Insulator: A great insulator against heavy emotions and thoughts. Her demands insulate me from the tendency to lose hope – I have to feed her no matter how I feel.

Heavy: Not physically heavy though spiritually a heavyweight.

Absorptive: Her black fur absorbs all bands of light, and she absorbs my enthusiasm easily. My anger, pain and tension she refuses to absorb. Absorbs my thoughts and crazy ideas (like walking her on a leash) willingly.

Earth Penetrator and Mover: She can get me to move my body in the direction of the food cabinet or to let her out.

Mediator for Air and Fire: She mediates her own air and fire energies in to wonderful games, and mediates my own into joyous interaction with her.

Feminine: Is both feminine and masculine. At the moment, in play, she is highly radiative, outgoing and masculine. Later, she will be feminine and attract my attention to want to “mess with her”!

Example 2:

TV:

Clarity: The images on the TV are very clear, and the TV itself is easy to see. The programs are easy to understand, and like water, often tinted with emotions.

Carrier: The TV itself carries fire in the form of a TV signal and electricity. It also carries the manufacturer’s ideas for design (air). The TV programs carry ideas and emotions.

Reflective: The TV is reflective of my emotions and feelings, as well as the emotional state of the nation in general. The screen itself is also reflective when the TV is off.

Non-Compressible: Physically, it’s not compressible. The programs also illustrate that emotions cannot be compressed.

Expandable: The set does not expand, just as it does not compress. The concepts and emotions on the programs, however, are highly expandable.

Reactive: The physical set is reactive to the electrical and cable impulses (fire energy). The shows demonstrate emotional reactivity.

Smooth Flow: The programming on TV flows continuously and smoothly from one program to another, from program to commercial. There is never a break or pause unless there is a glitch in the programming.

Shape Malleable: The set is not shape malleable. The people portrayed in the programs and the images on the screen are very shape malleable, and very often in a water mode (in terms of emotions).

Mutable: The TV set remains a TV set. While the programs are playing, emotions often change to thoughts, which change to action, and back to emotions again, so the programs are mutable.

Stable: The TV is stable – no action unless I press a button to turn it on. The programs, on the other hand, are not inherently stable – the plots twist and turn of their own accord, and programs shift to commercials without me having to do anything.

Insulator: Watching TV is a great insulator against feeling sad; doing work I should be doing, etc. It's also a great air insulator for those times I don't want to have to think about anything.

Heavy: The set is quite heavy to move. The programs are sometimes emotionally heavy, but the ones I watch are mostly fluffy and light.

Absorptive: The set itself certainly absorbs dust and light particles from the environment, and the programs are highly absorptive of my attention.

Earth Penetrator and Mover: Watching TV often provides a little break that gets me out of a stuck place, and putting a kickboxing tape on gets my body moving. Really bad programs get me moving out of the room!

Mediator for Air and Fire: Motivational programs mediate my thoughts and actions to produce meaningful, practical results in earth. It also brings the actions and thoughts of producers, actors, etc. to my TV screen, which is useful mediation. It mediates the fire energy of a cable signal into a picture I like watching.

Feminine: Very feminine. Even though there are frequencies that radiate outward from the screen, it pulls my attention much more than it pushes against me.

Water 1 - Exercises

Exploration 1- Form 7H.1

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 1 Forms (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Water 1 - Exercises

Exploration 1 – Form 7H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Water 1 - Exercises

Exploration 1 – Form 7H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 1 – Form 7H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Water 1 - Exercises

Exploration 1 – Form 7H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 2

In the same manner as in Exploration 1, choose a body part (such as heart, kidney, skin, eye, hand, tooth) and list its water characteristics. Refer back to the chart in the notes on the differences between air and water characteristics and be sure you are using water characteristics, not air.

Example:

Hands:

Clarity: My hands are very easy to see – it moves around a lot and is very visible.

Carrier: Capable of carrying quite heavy objects, so would be a water carrier.

Reflective: My hands are reflective of my health and how much care I take with personal hygiene. They are also very reflective of my emotions – I wave my hands around a lot when I am angry or sad or emotional.

Non-Compressible: They are slightly compressible, changing volume with the temperature and my general state of health. When I'm emotional, it's very hard to compress or suppress the movement of my hands.

Expandable: Also slightly expandable. They expand on my emotions quite well.

Reactive: More air reactive than water reactive, since they are very reactive to my fire energies or ideas. They are active and reactive in an air mode.

Smooth Flow: Again, more air easy flow than smooth flow. The movements of my hands tend to be big, jerky and sometimes abrupt, though the flow of fingers across the computer keyboard are quite smooth flowing.

Shape Malleable: Very shape malleable in a water mode – they bend rather than crease and have density and weight.

Mutable: They stay hands, which are earth – a solid.

Inherently Stable: Unless they receive nerve impulses from brain or other body parts, or they receive external stimulus, they tend to stay as they are and not move.

Insulator: A good water insulator – putting my hands up as a warding-off gesture can stop someone's emotional plea. They also insulate or separate objects very well.

Heavy: Relative to other parts of my body, they are not heavy, however, they can add great weight to what I am expressing.

Absorptive: The fidgeting of my hands help absorb nervous energy, and the position of my hands in conversation often help me absorb (picture) what another person is expressing. They also absorb moisture, lotion, and other environmental factors.

Earth Mover/Penetrator: Very much an earth mover and penetrator. They move the keys on my keyboard, penetrate into the cat food box to dig out cat food, etc.

Mediator for Air and Fire: They are crucial to transforming my ideas and actions into real, physical manifestations. They also mediate the nerve impulses and chi moving through my body.

Feminine: My hands are very radiative and expressive – much more masculine than feminine.

Exploration 2 – Form 7H.2

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 2 – Form 7H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Water 1 - Exercises

Exploration 2 – Form 7H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 2 – Form 7H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
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Water 1 - Exercises

Exploration 2 – Form 7H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 2 – Form 7H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Water 1 - Exercises

Exploration 2 – Form 7H.2 (cont)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Non-Compressible	
Slightly Expandable	
Reactive	
Smooth Flow	
Shape Malleable	
Mutable	
Inherently Stable	
Insulator	
Heavy	
Absorptive	
Earth Mover/Penetrator	
Mediator for Air and Fire Into Earth	
Feminine	

Exploration 3

First choose a water characteristic, and then contemplate a single situation in which that characteristic might be constructive and destructive. Contemplate the characteristic first on the physical level, then on the mental or spiritual levels. Refer back to the chart in the notes on the differences between air and water characteristics and be sure you are using water characteristics, not air.

Example:

- Characteristic: Shape Malleable
- Physical Situation: Bean bag chair
- Constructive: The shape malleability of a beanbag chair is great because I can shift it into any shape I want.
- Destructive: When I'm trying to read a book or work on the computer, it's hard to maintain a stable position while sitting in the beanbag.

- Mental or Spiritual Situation: Shape malleable emotions
- Constructive: If I can change my emotions then I won't be stuck with the ones that I formed in child hood that no longer serve me.
- Destructive: Constantly changing emotions makes it really hard to stay in a relationship with another person.

Exploration 3 – Form 7H.3

Characteristic to Explore:	Clarity or Transparency
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Water 1 - Exercises

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Carrier
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Reflective
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Non-Compressible
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Slightly Expandable
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Water 1 - Exercises

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Reactive
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Smooth Flow
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Shape Malleable
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Mutable
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Water 1 - Exercises

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Inherently Stable
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Insulator
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Heavy
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Absorptive
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Water 1 - Exercises

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Earth Mover
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Earth Penetrator
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 3 – Form 7H.3 (cont)

Characteristic to Explore:	Mediator for Air and Fire into Earth
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Characteristic to Explore:	Feminine
Physical Situation:	
Ways in which the characteristic might be constructive in the physical situation:	
Ways in which the characteristic might be destructive in the physical situation:	
Mental or Spiritual Situation:	
Ways in which the characteristic might be constructive in the mental or spiritual situation:	
Ways in which the characteristic might be destructive in the mental or spiritual situation:	

Exploration 4

1. Select a water characteristic.
2. Identify the ways in which physical water behaves similarly to your emotions.

Example 1:

Characteristic: Smooth Flow

Behavior of Physical Water: Water cannot be made to move abruptly from one place to another – it insists on flowing smoothly because of its density and form.

Behavior of Your Emotions: Emotions cannot be made to move abruptly either. How many times has one person said to another, “Let’s go to Las Vegas and get married now?” and the other person not been able to change their emotional state to accommodate the first?

Example 2:

Characteristic: Slightly Expandable

Behavior of Physical Water: Water is expandable to a certain limit. Once expanded too much, the molecules lose their cohesion and water turns into air (i.e. heating water expands it until it boils and evaporates).

Behavior of Your Emotions: Love for a family can be expanded to include a new family member, but being asked to intimately love an entire classroom of children the same as one loves one’s family has its limits.

Exploration 4 – Form 7H.4

Characteristic	Behavior of Physical Water	Behavior of Your Emotions

Water Boxes

Color and Characteristic	Effect
Water Blue Up	
Water Blue Down	
Water Blue Clarity Up	
Water Blue Clarity Down	
Water Blue Carrier Up	
Water Blue Carrier Down	
Water Blue Reflective Up	
Water Blue Reflective Down	
Water Blue Non-Compressible Up	
Water Blue Non-Compressible Down	

Water Blue Expandable Up	
Water Blue Expandable Down	
Water Blue Reactive Up	
Water Blue Reactive Down	
Water Blue Smooth Flow Up	
Water Blue Smooth Flow Down	
Water Blue Malleable Up	
Water Blue Malleable Down	
Water Blue Mutable Up	
Water Blue Mutable Down	
Water Blue Stable Up	

Water 1 - Exercises

Water Blue Stable Down	
Water Blue Insulator Up	
Water Blue Insulator Down	
Water Blue Heavy Up	
Water Blue Heavy Down	
Water Blue Absorptive Up	
Water Blue Absorptive Down	
Water Blue Earth Mover Up	
Water Blue Earth Mover Down	
Water Blue Penetrator Up	
Water Blue Penetrator Down	

Water Blue Mediator Up	
Water Blue Mediator Down	
Water Blue Feminine Up	
Water Blue Feminine Down	

Water 1 - Exercises