

C9 Exercises

1. Do the Exit Ritual.
2. Do Explorations 1, 2 and 3 listed below for 15 minutes each per day (this means you should be able to do each Exploration seven or more times before the next class). Use the charts in this workbook to assist you in these Explorations.
3. Practice rooting to ground out energies and get revitalized from the earth.
4. Using the earth boxes sheet at the end of this section, start taking on and getting rid of every color and characteristic combination of earth boxes. Start at the top of the list, with the colors and no characteristics. Take the boxes in their up and down pairs. Use your color chips to make sure you are taking on and getting rid of the right colors.
5. Practice the various healing techniques given in this class and record the results in the forms provided.

Exploration 1

Look at people or objects in your vicinity and list their earth 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 earth characteristics has earth, even though that person or object may seem physically unlike earth. Remember to write brief explanations for the characteristics that may not seem obvious.

Example:

Kitten:

Non-Mutable: She remains a physical, earth cat so she is non-mutable. However, on the non-physical level she is highly mutable, changing from air to fire to water to earth and back again.

Strength: When she wants something, she has lastingness of purpose. She also has incredible physical strength for her size.

Stabilizer: She is a wonderful stabilizer of her environment, using her presence to defuse potentially explosive situations, stabilizing everyone's emotions.

Receptive: She is receptive in an earth way, attracting people's attention just by sitting still and pulling them to her to pet her. She is active in her receptivity.

Solid: For a small cat she is very solid. She is also solid in some of her beliefs. She's flexible in a lot of areas, but certain beliefs are so solid that they are not likely to change in this lifetime.

Massive: Physically, she is not massive. Her presence, her emotions, her desires – all of these are massive and take up a lot of attention and room.

Insulator: She is a wonderful earth insulator on cold winter nights.

Feminine: She is both feminine and masculine. At the current moment, sitting still and attracting my attention, she is very feminine.

Exploration 1 – Form 9H.1

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Exploration 1 – Form 9H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Exploration 1 – Form 9H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Exploration 1 – Form 9H.1 (cont)

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
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 earth characteristics.

Example:

Eyes:

Non-Mutable: They are non-mutable and remain eyes on the physical level. On the non-physical level, what they are communicating can change elements rapidly.

Strength: In the human experience, on the physical level they are not as strong as other body parts – they are one of the first areas to be affected by age. On the non-physical level, however, an angry glare can certainly last longer than we might want it to.

Stabilizer: My stare or look can hold someone in a certain place, and my vision is often formed by what I choose to see through my eyes – all shadows or all light.

Receptive: My eyes receive all manner of input –light, electrical impulses, images. They can also actively invite someone to share an intimate moment.

Solid: They are not solid since they easily and rapidly expand and compress.

Massive: Relative to the human body they are not massive. The glare from them can be massive, however.

Insulator: They definitely insulate me from the world – what I choose to see insulates me from what I don't choose to see. They capture and hold my attention, so watching TV through my eyes insulates me from other areas of my life. A stare can separate or insulate one person in a crowd.

Feminine: They can be alluring, depending on my mood. Most of the time, however, they are more radiative, outgoing and masculine.

Exploration 2 – Form 9H.2

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Exploration 2 – Form 9H.2 (cont.)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Earth - Exercises

Exploration 2 – Form 9H.2 (cont.)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Exploration 2 – Form 9H.2 (cont.)

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Body Part Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Non-Mutable	
Strength	
Stabilizer	
Receptive	
Solid	
Massive	
Insulator	
Feminine	

Exploration 3

First choose an earth 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.

Example:

- Characteristic: Receptive
- Physical Situation: The receptive earth receiving irrigation water in spring
- Constructive: Allows the earth to be watered and nourished so that hay and grass can grow.
- Destructive: Too much water leaches the minerals out of the soil.

- Mental or Spiritual Situation: Being receptive to advice
- Constructive: Researching a topic and asking for advice can be really useful for avoiding pitfalls.
- Destructive: Getting too much advice or conflicting advice can be confusing and less than helpful.

Exploration 3 – Form 9H.3

Characteristic to Explore:	Non-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:	

Exploration 3 – Form 9H.3 (cont.)

Characteristic to Explore:	Strength
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:	Stabilizer
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 9H.3 (cont.)

Characteristic to Explore:	Receptive
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:	Solid
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 9H.3 (cont.)

Characteristic to Explore:	Massive
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:	

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Exploration 3 – Form 9H.3 (cont.)

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:	

Rooting

Use the forms provided to help you capture your experiences with rooting, including your purpose for rooting, condition before rooting, condition after rooting, and any questions or difficulties that arose during rooting.

Rooting – Form 9H.R

Purpose for Rooting:	
Condition Before Rooting:	
Condition After Rooting:	
Questions or Difficulties:	

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Rooting – Form 9H.R (cont)

Purpose for Rooting:	
Condition Before Rooting:	
Condition After Rooting:	
Questions or Difficulties:	

Purpose for Rooting:	
Condition Before Rooting:	
Condition After Rooting:	
Questions or Difficulties:	

Rooting – Form 9H.R (cont)

Purpose for Rooting:	
Condition Before Rooting:	
Condition After Rooting:	
Questions or Difficulties:	

Healing Techniques

Work with the various healing techniques given in class and record your results below, along with any questions or difficulties that arose.

Healing Techniques– Form 9H.HT

Healing Technique	Effect and Questions

Earth Boxes

Color and Characteristic	Effect
Green Up	
Green Down	
Brown Up	
Brown Down	
Green Non-Mutable Up	
Green Non-Mutable Down	
Green Strength Up	
Green Strength Down	
Green Stabilizer Up	

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Green Stabilizer Down	
Green Receptive Up	
Green Receptive Down	
Green Solid Up	
Green Solid Down	
Green Massive Up	
Green Massive Down	
Green Insulator Up	
Green Insulator Down	
Green Feminine Up	
Green Feminine Down	

Brown Non-Mutable Up	
Brown Non-Mutable Down	
Brown Strength Up	
Brown Strength Down	
Brown Stabilizer Up	
Brown Stabilizer Down	
Brown Receptive Up	
Brown Receptive Down	
Brown Solid Up	
Brown Solid Down	
Brown Massive Up	

Earth - Exercises

Brown Massive Down	
Brown Insulator Up	
Brown Insulator Down	
Brown Feminine Up	
Brown Feminine Down	