

**C10 Exercises**

1. Do the Exit Ritual.
2. Continue doing Explorations 1, 2 and 3 for 15 minutes each per day.
3. Continue working with the Earth boxes until they are complete.
4. Do Explorations 4, 5 and 6 listed below.
5. Using the procedure given in the class notes, perform an overall energy adjustment for at least one person (can be yourself). Use the forms provided to assist you.

**Exploration 1 – Form 10H.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	

**Exploration 2 – Form 10H.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 3 – Form 10H.3**

Characteristic to Explore:	
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**

Contemplate how earth will or will not mix with air, fire and water. List results of how these elements mix with earth, successful or not. See the example below for details, and use the forms below to record your results.

Example:

Earth mixing with Air: Air and earth do not mix will, since air just skims the surface of the earth and cannot penetrate the earth without water.

Results of Earth mixing with Air: The result of earth and air mixing is erosion, in which air carries off fine particles of earth, but little else.

Exploration 4 – Form 10H.4

Earth Mixing With:	Fire
Do they mix?	
What is the result?	

Earth Mixing With:	Water
Do they mix?	
What is the result?	

Earth Mixing With:	Air and Fire
Do they mix?	
What is the result?	

## 4 Element Summary - Exercises

### Exploration 4 – Form 10H.4 (cont)

Earth Mixing With:	Air and Water
Do they mix?	
What is the result?	

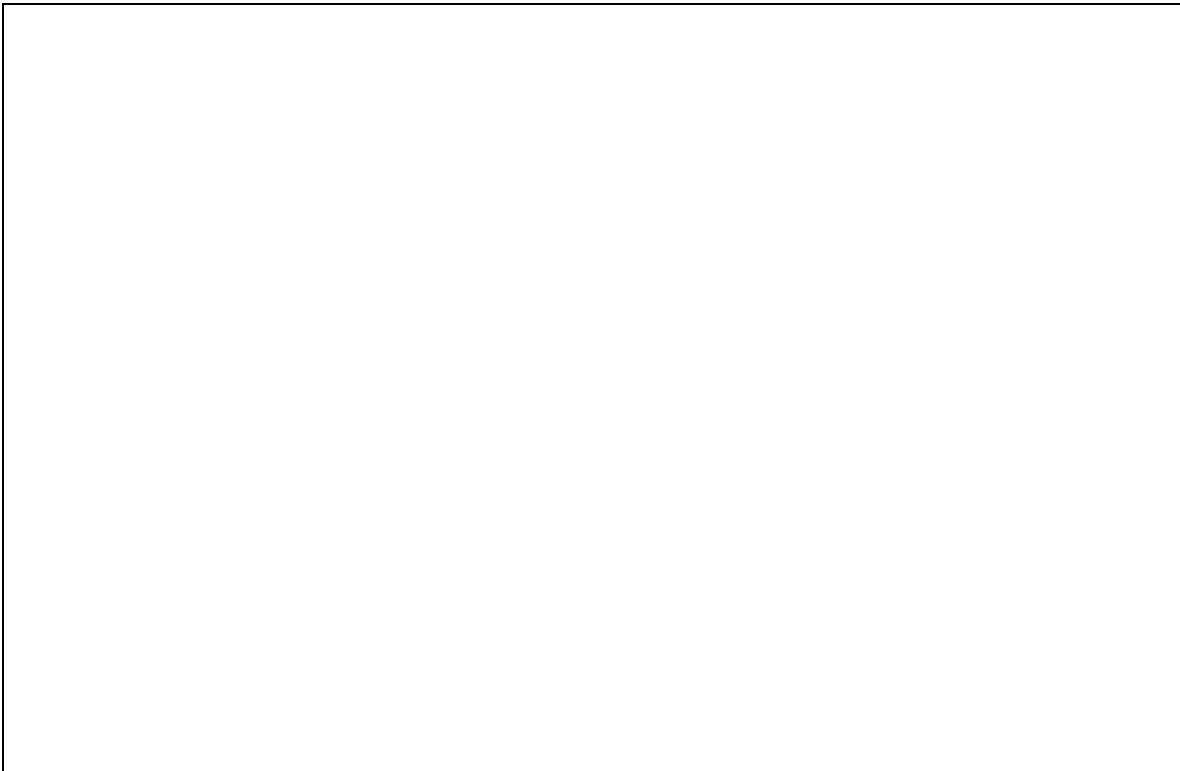
Earth Mixing With:	Fire and Water
Do they mix?	
What is the result?	

Earth Mixing With:	Air, Fire and Earth
Do they mix?	
What is the result?	

**Exploration 5**

Select a physical object in your environment that seems really solid. Study it to gain an understanding of its internal molecular structure. How does it respond to its own energies? How does it respond to energies from the environment around it? What does this tell us about earth and its seeming solidness and form? For example, what is the internal molecular structure of a floor? How does it respond when someone walks on it? Write your contemplations in the space below.

Exploration 5 – Form 10H.5

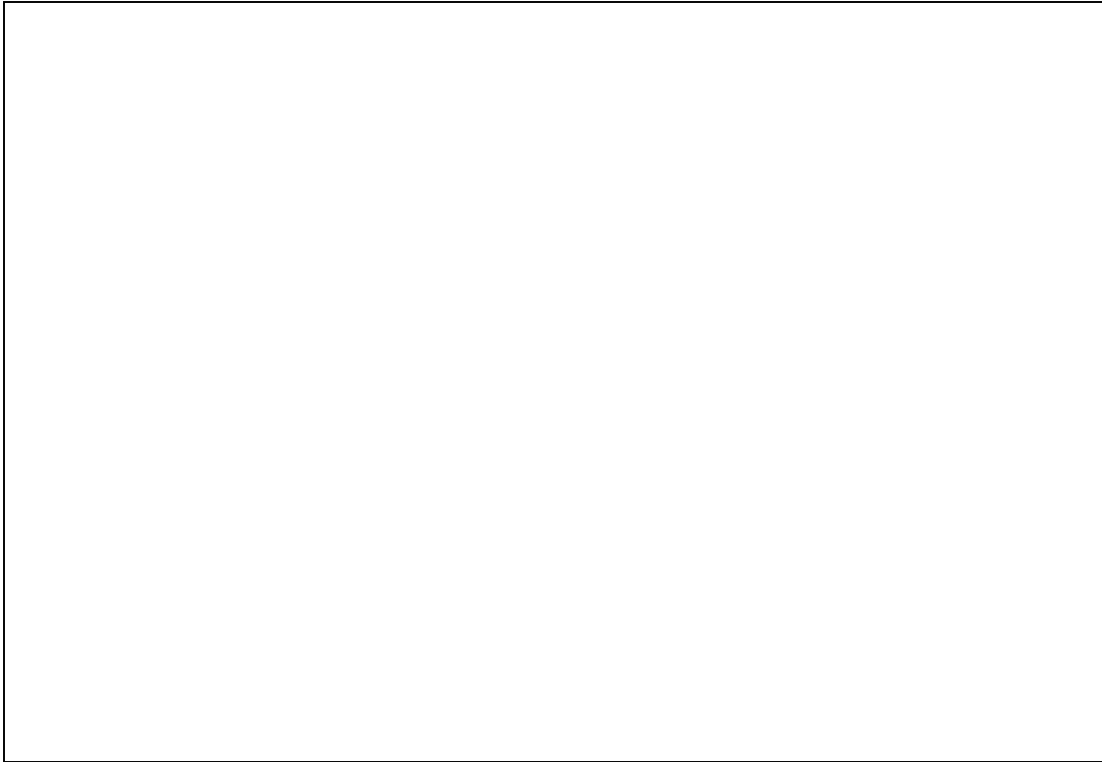
A large, empty rectangular box with a thin black border, intended for the student to write their contemplations on the physical object and its internal molecular structure.

## 4 Element Summary - Exercises

### **Exploration 6**

Insulator is a characteristic common to air, water and earth. What might be the purpose of so much insulator in the four elements? What purpose does that serve in our Universe? Record your results below.

Exploration 6 – Form 10H.E6

A large, empty rectangular box with a thin black border, intended for the student to record their results for Exploration 6.

**Overall Energy Adjustment**

Perform an overall energy adjustment for at least one person (can be yourself). Use the form to record your results.

Overall Energy Adjustment – Form 10H.OEA1

A large, empty rectangular box with a thin black border, intended for recording the results of an overall energy adjustment. The box is currently blank.