

C19 Exercises

1. Do the Exit Ritual, Day Greetings and Day Endings.
2. Key your Plate. Record your results in the form provided below.
3. Cut lines on yourself and/or another person, and record your results in the form provided below.
4. When the opportunity arises practice the healing techniques taught in this class and record your results.

Key Your Plate

1. Feel your Plate before you start the keying process and record the results in Form 1 below.
2. Key your Plate according to the instructions given in the class notes. Record any unique experiences, questions or comments in Form 2 below.
3. Feel your Plate after it has been keyed, and record any differences you notice in Form 3 below.

Form 1: Energetic Feeling of Your Plate Before Keying

Form 2: Results of Keying, Difficulties or Questions

Plates - Exercises

Form 3: Energetic Feeling of Your Plate After Keying

Cutting Lines

Cut lines on yourself or another person this week and record any results in the form below.

Name of the Person	Form of Cutting Used (scatter, snap back, brown energies, Lemniscate)	Any Immediate Results	Any Long Term Results

Healing Techniques

Use any opportunities that present themselves this week to practice the healing techniques taught in this week's class. If you find no opportunities, do some healing work on yourself and record the results below.

Healing Technique Used	Condition Before Healing	Condition Immediately After Healing	Condition After Several Days

Keying Your Tarot Deck

Following the instructions given in the class notes to begin keying your Tarot deck. Record any cards that will not window in the form below and tell the instructor. Also record any feedback from the instructor in the form below.

Card That Will Not Key	Feedback from Instructor