

C2 Exercises

Using the air boxes sheet at the end of this section, start taking on and getting rid of every color and characteristic combination of air boxes. There is a third air class, during which you can finish the boxes. Start at the top of the list, with the colors and no characteristics. Take the boxes in their up and down pairs. (Ex: Clear up and down, record results, then clear down and up. This is considered a pair.) Use your color chips to make sure you are taking in and getting rid of the right colors.

For example, starting with clear, take on a box of clear. If you don't feel anything within 15 minutes or so, take on another box. Then forget about it for about 30 minutes. Then take the box off to get back to your normal balances, and write down the results. If you didn't notice anything, just write what you did or the events that happened while you were "wearing" the box. Then, take off another clear box to reduce your overall balances by one box of clear. Wear it for about 30 minutes, go back to normal and record the result.

Always increase your balance first (do the up box first), and then decrease your balance (do the down box). Most people notice the effect of increased balances more easily than the decreased balances. Always do the boxes in pairs (up and down), and in order, since the contrast between going up and down in various boxes will give you more of a chance to experience the effect. The up box is rarely the exact opposite of the down box.

If you find that your mind gets in the way and tries to predict the outcome of the boxes, then first jot down what you *think* the box will do, then take on or off the box and write down what *actually* happens. As a magician, you have to experience what happens – you can't think your way into or through the experience. Also, you have to experience what the box will do for you – it will be different, though similar, for different people.

Be persistent and don't forget – by cultivating the discipline of remembering to do the boxes, and doing them according to the given procedure, you are increasing the level of intention necessary to become an effective magician. It takes a little while to develop the rhythm of taking on and getting rid of boxes every 30 minutes or so. We do between 7 and 15 boxes each day.

Air Boxes

Color and Characteristic	Effect
Clear Up	

Clear Down	
White Up	
White Down	
Lt. Blue Up	
Lt. Blue Down	
Clear Clarity Up	
Clear Clarity Down	
Clear Carrier Up	
Clear Carrier Down	