

Balancing Your Own Energies

Using the general information on fire excesses and shortages given in Section 2, Class 5, page 51, or using the detailed notes on fire excesses and shortages given in Class 4, Section 8, page 47 and 48, analyze your own energy balances. Determine whether you might need to adjust your balances for fire excesses and shortages. Notice your state of being, then use the box technique, Dragon's Breath, or direct flow method to adjust your own balances. Re-check your balances in 15 or 30 minutes and take note of your state of being. Remember not to take more than 3 breaths at a time when using the Dragon's Breath technique. When using the direct flow method, use direct contact with either the target or color source in the beginning. Use the forms and directions below to help you track your adjustments.

1. Write a general statement of your condition before your analysis in Form 6H.1 below.
2. Use ↑ and ↓ in Form 6H.2 below to indicate the color and characteristics in which you are in excess or shortage. You may wish to write explanatory notes for your choices in Form 6H.3.
3. Use Form 6H.4 to indicate your plan of action. You may wish to add a number to the ↑ and ↓ to indicate which boxes you will be adjusting first. For example, if you want to increase Sun Yellow Weightless first, write 1-↑ in the Sun Yellow Weightless box. If you are using direct flow or Dragon's Breath, write that in addition to the arrows in the boxes.
4. Use Form 6H.5 to document the results of your adjustment, both immediately and over time.

Form 6H.1: General Description Before Analysis

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Form 6H.2: Fire Excess and Shortage Analysis

Characteristic/Color	Sun Yellow	Yellow Orange	Red Orange	Bright Red	Deep Red
Non-Mutable					
Power					
Motivator					
Weightless					
Radiative					
Masculine					

Form 6H.3: Comments on Analysis

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