

Constructing and Filling an Air Box to Increase Your Air Balances

When you take on an air box, you increase your balances of that color and characteristic by one box. See instructions below and the video clip on air boxes for a visual reference on this procedure.

Step 1 – Record date, time and direction of box

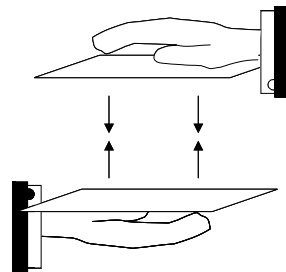
Using the air boxes sheet in the homework section, record in the left-most column of the first box the date and time you are beginning. Also, record whether you are increasing your balances (use ↑) or decreasing your balances (use ↓). See the example below:

Color and Characteristic	Effect
Clear Up Jan. 8 3:03 PM ↑	
Clear Down Jan. 8 3:30 PM	

Step 2 – Form the top and bottom of the box

Have a clear, white, or sky blue color source handy before you start building your box. You will use your hands to form the sides of the box. Start by placing your hands in the position to form the top and bottom of the box, palms facing each other (Figure 1). Start with your hands farther apart and then bring them together, “pressing” the energy together.

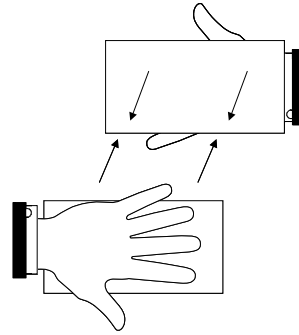
Figure 2.1. Forming the top and bottom of the air box.



Step 3 – Form the front and back of the box

Next, use your hands to form the front and back of the box, again starting with your hands farther apart (with palms facing each other) and pressing the energy together (Figure 2).

Figure 2.2. Forming the front and back of the air box.



Step 4 – Form the sides of the box

Next, form the left and right sides of the box in the same manner (Figure 3), and hold the box by the sides to fill it – see #4 under Air Boxes. The box will hold together as long as you hold the sides of the box.

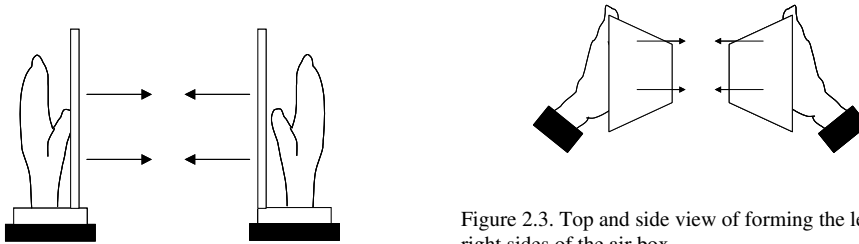


Figure 2.3. Top and side view of forming the left and right sides of the air box.

Step 5 – Fill the box with an air color

Next, fill the box with the desired color. Holding the box in front of your eyes and in line with the color source, pull the color into the box until the box is full. This is not a thinking process! Just pull the energy from the color source into the box – your intention does the work. The box is full when your hands grow warm or tingly – normally it takes no more than 5 to 15 seconds to fill a box. You can't overfill a box – it will only accept a certain amount of energy. Fill each box with only a single color.

You can use a lit candle of the desired color as the color source (the flame will push the color at you and into the box), or you can use the color chips. For clear, you can use clear glass, or learn to pull clear air from the air around you. Practice by looking at a spot in the air halfway between your eyes and an object. You can also use any other color source you see in your environment as long as the colors are accurate (use the color chips as a reference). Always use a color that you see in present time – never use your imagination. Finally, NEVER PULL ENERGY FROM THE SUN – you will spontaneously incandesce (combust), since the sun pushes energy at you and once you get the flow going you can't stop it. You can, however, pull from the reflection of the sun. This applies mostly to building fire boxes.