

Exploration 1

Look at people or objects in your vicinity and list their air characteristics. Remember to consider all levels, including physical, mental, spiritual, and emotional levels when doing these exercises. Remember that any person or object that has one or more air characteristics has air, even though that person or object may seem physically solid or physically unlike air. Jot down your answers as you do this exploration. For those characteristics that may not be clearly apparent, you may also want to write down a brief explanation as a reminder for debriefing homework. The examples given below are written out in detail to give you a feel for how to do this exercise.

Example 1:

Kitten:

Clarity: It is easy to see her (physical level), and she is very clear about what she wants (mental level). Her needs are transparent. She expresses her thoughts very clearly.

Carrier: She carries a lot of fire energy, in terms of enthusiasm and activity, as well as light items such as dust and particles in her coat (perhaps even fleas)! She carries her opinions with her wherever she goes.

Reflective: Her coat is shiny and somewhat reflective (physical level). She reflects her level of health, attitude, and beliefs. She also reflects my moods and activity by her moods and activity.

Compressible: She is not very compressible since she is not on a diet, and so not likely to shrink in volume.

Expandable: She is expandable since she is growing everyday.

Easy Flow: She is physically easy flowing, since she can move her body quickly and change directions abruptly. Mentally she is not easy flowing, since she sticks to her own thoughts and opinions.

Reactive: She is very reactive, with sharp hearing and an acute physical sense. She reacts quickly and easily to almost any outside stimulus. Mentally she is also reactive, complaining loudly whenever her ideas clash with mine.

Shape Malleable: Physically she is very shape malleable, but mentally she is not.

Mutable: She is physically non-mutable since her body does not become any other element. However, her thoughts are mutable since they start in air but quickly become stuck and earth-like when someone disagrees with her.

Insulator: Her warm body insulates me from the cold air in winter, and her presence insulates me from feeling negative emotions. Her demands to be fed also insulate me from my penchant for self-absorption.

Inherently Stable: She is not inherently stable since she doesn't require any outside stimulus to get moving. She is prone to getting up and leaping around by herself.

Lightweight: Physically she is fairly lightweight, but in terms of her thoughts or demands, she's not lightweight.

Direct Mediator for Fire: She is a direct mediator for fire, since she can easily transform my anger about something into attention and affection for her.

Masculine: She's masculine since she's definitely an outgoing and forceful presence – she doesn't wait for you to bring her what she wants by attraction.

Example 2:

Ocean:

Clarity: The ocean's water has clarity, and it provides me with clarity. It's also easy to see.

Carrier: The ocean carries ships, fish, particles, salt, and sea life. The water also carries a great deal of energy, as demonstrated by the waves.

Reflective: The surface of its water is reflective and shiny. The state of the water also reflects the health of the ocean as a whole, and the contents of the water near shore reflect the habits of the people who live near it.

Compressible: The ocean isn't compressible, since it's volume changes very little as a whole. However, certain parts of the ocean are compressible as water evaporates before rain falls again.

Expandable: In the same way as above, the ocean is somewhat expandable.

Easy Flow: Like all water, the ocean's water is easy flow, taking the path of least resistance. At the same time, it is very hard to change or move the ocean, so it's not very easy flow.

Reactive: It is reactive to changes in the global climate, as well as the amount of pollution and waste that is dumped into it.

Shape Malleable: It changes shape daily as the tides go in and out.

Mutable: The water in the ocean can mutate into air through the process of evaporation.

Insulator: The ocean insulates against drastic temperature change – note how difficult it is to raise and lower the temperature of the water. Looking at the ocean can also insulate me from my chattering thoughts, since the ocean is so peaceful and calm.

Inherently Stable: The ocean moves itself through its tides so it isn't inherently stable. Overall, however, it is pretty stable in terms of its temperature, water level, etc., since it takes a long time to change these aspects of the ocean.

Lightweight: Being a large body of water, it isn't very lightweight.

Direct Mediator for Fire: The ocean mediates fire, absorbing a great deal of sunlight and other fire energy in its tides and waves. Also, like all large bodies of water, it can absorb a lot of fire energy without reaction.

Masculine: The ocean is more feminine than masculine, since it tends to absorb more than radiate.

Exploration 1 - Form 1H.1

Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	
Object or Person Observed:	
Characteristic	Is the characteristic present in the person or object? Comments about it?
Transparency or Clarity	
Carrier	
Reflectivity	
Compressible	
Expandable	
Easy Flow	
Reactive	
Shape Malleable	
Mutable	
Insulator	
Inherently Stable	
Direct Mediator for Fire	
Lightweight	
Masculine	

