

Air Colors

Remember that the element air corresponds to the mind, thought, knowledge, understanding, and enlightenment.

Physical = Clear: Breathing, Looking and Seeing. Nourishes lungs, eyes, skin, sensations or one's ability to be aware of them. Prevents numbness or lassitude. If you are sitting in a room with low light, or you feel like your vision is dim, take on more clear air. If you feel the lights are too bright, reduce your balance of clear air.

Mental = White: Thinking, Learning, Speaking, and Hearing. Nourishes the brain, memory, planning and/or creative imagination, and visualization. Prevents worry or excess thinking. Boost white to memorize a list. If you can't sleep at night due to excess mental chatter, reduce your balance of white air.

Spiritual = Sky Blue or Powder Blue: Understanding and Enlightenment. Nourishes psychic or *spirit* perceptics, which is the way we actually take in information or data. Increase your balance of sky blue to understand what you have learned. If you are having too many realizations, reduce your balance of sky blue.

Use the class color chips to make sure you are working with the appropriate colors, since ALTERED PROCEDURES PRODUCES ALTERED RESULTS.

Air Shortages and Excesses

Use the information below to help you determine whether you or someone around you is experiencing an air shortage or excess and the specific color of air that is in shortage or excess. Start by first observing yourself. Do you notice that you chronically experience some of the symptoms listed below? Many of us chronically have an excess or shortage of a particular color.

Next, observe those around you to see if you can determine whether they have a shortage or excess of air, and in which color. You will notice that while the information listed below will assist you in determining air excesses and shortages, you will have a much better "feel" for this after you have personally experienced all of the air colors and characteristics by putting on and taking off boxes of each color/characteristic combination.

Note that a person can be in excess and in shortage of the same color. For instance, a person who talks a lot without thinking things through may be high in white easy flow and low in white clarity. A person may also be high in white clarity, in which case they think clearly, but may be low in clear clarity, in which case they may have trouble breathing or seeing clearly. The combinations are endless, so you want to make sure you are clear as to the specific color and characteristic combination that is in excess or lacking.

Air Shortages

- Physical/Clear: Shortness of breath, lack of oxygen in blood or brain, numbness, lack of sensation, apathy, some skin problems, blurred or dim vision, night blindness, color blindness.
- Mental/White: Mind blank, difficult to recall, memory problems, unable to focus or concentrate, hard to memorize, speech problems, reading problems, dyslexia, forgetful, can't remember names or faces, limited creativity, poor hearing, not listening, not remembering dreams, non-lucid dreams.
- Spiritual/Sky Blue: Not understanding things, not seeing relevance or connections, doubt, self-doubt, tendency to say "I don't know" or to apologize for answers or ideas, lack of inspiration, feeling psychically shut down.

Air Excesses

- Physical/Clear: Overly sensitive to light, unable to deal with visual stimulus or being overwhelmed, spaciness, detachment, excess gas or bloating, dizziness or fainting.
- Mental/White: Racing thoughts, excess thinking or worry, nattering, gossip, cutting people off in conversation, fixation of ideas, stuck beliefs, compulsive communicating, oversensitive hearing, need to repeat oneself, overly eager to learn, need to impress others, need to talk about oneself.
- Spiritual/Sky Blue: Self-centered, arrogance, over impressed with one's knowledge, understanding too much, megalomania, unable to stop realizations, fanatical visualizations, head in the clouds, lack of practicality, dyslexia, lack of concentration (can be "white" excess too).