

Places you can use

1. Sacred Temple
2. A clearing in the garden
3. Classroom blackboard
4. Computer screen
5. Book of records
6. Hall of records
7. Digital screen
8. Television screen
9. Chair, table & journal
10. Door in the room
11. Box of Records
12. Filing system

Three ways & steps & methods :

1. Reading & exploring
2. Clearing & releasing
3. Rewriting & creating