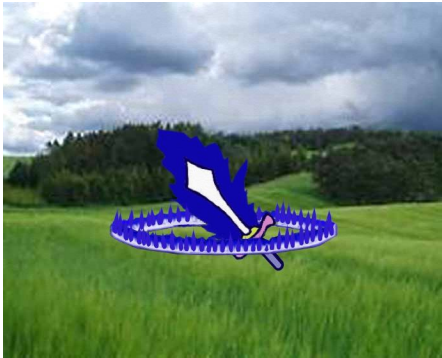


Throw Out Assignment by Mighty Astrea "The Blue Starry Mother"



The exercise is one of throwing your entities and demons into the circle and sword of Blue Flame. You go outside the house. You visualize it to where you would throw the entities and demons.



In this picture, you see how the primary used arm is used to throw out the entities and demons. The ball is used here to show that you are not exercising but have entities and demons to throw into the circle and sword. Once they are there, they cannot leave.

The arm position is kept throughout the assignment. You are to continue to throw the entities and demons out for a solid minute. If you are able to hear me, you will know if it is for longer.



This picture is of the leg position. You stand in a strong position to throw the entities and demons out from. The legs do not jump about as if you were pitching.



This teen is showing you how you must forcibly throw out the entities and demons.