

Notes for: *The Art of Alchemy*



Alchemy is an ancient tradition that can be traced through many cultures (European, Middle Eastern, Asian, Egyptian) which describes a process of separation, refinement and union of forces to create a new higher vibrational result.

This pursuit, referred to as the *Magnum Opus* or “Great Work” by alchemists, was often described as transforming the **density of lead** into the **purity of gold** ... but rather than describing a physical process, it makes more sense as a metaphor for inner spiritual development, defining the psychological steps that transform the density of our ego into a more enlightened state ... the refinement of our soul being the true prize.

“As above; so below. As within; so without. As with the universe; so with the soul.”

Hermes – from Emerald Tablets

Hermes Trismegistus, a deity associated with Thoth and the Emerald Tablets, a master magician and alchemist, described seven stages to unite above and below, by rising to our highest potential and embodying it back into the physical.

7 Stages of Alchemical Transformation

1. Calcination: *Reducing a substance down to its core components.*

Purification by Fire



Fire brings the initiating and driving force to move us out of our comfort zone.

A catalysing event to break down our current formation ... through the chaos of change we have opportunity to perceive parts of self we are not normally conscious of.

Limitation: Fear, avoidance, denial, feeling shut down, fight, flight, frozen

Action: Be willing to walk into the fire rather than avoiding change.

2. Dissolution: *Dissolving the components into a liquid.*

Purification by Water



Water relates to the emotions which rise after the catalysing event. They are often turbulent, murky and lack clarity at this stage. Like water it is important to keep them moving (E – Motion).

Limitation: Getting fixed in same emotional state and feeding state through seeing self as a victim.

Action: Find healthy outlets for emotion in order to discharge and move its energy ... this will help reveal what is beneath it ... exercise, journaling, talking it out, creative activities.

3. Separation: *Filtering and separating the products of dissolution.*

Purification by Air



Air lifts you to a higher mental view, to become the neutral observer and gain clarity of perception.

Limitation: Falling back into old patterns, holding onto old attachments, blaming others.

Action: Face truth of self, perceive elements at play, consider what to keep and what to release.

4. Conjunction: *Recombining into a new substance.*

Purification by Earth



Earth assists us to ground and stabilise at a new frequency, attracting new people and opportunities. This stage feels like a rebirth.

Limitation: Comfortability, stopping now means stagnation and possible backsliding

Action: Use the momentum of change to become proactive about choosing a path of refinement and growth to reach full potential.

5. Fermentation: *Breaking down the substance by decomposition.*

A conscious slow maturing process, requiring focus, patience and persistence ... where anything corruptible is systematically broken down and transformed.

Limitation: The more we resist facing the deeply rooted aspects of our personality, the more we are likely to experience a dark night of the soul.

Action: Set intentions for small achievable steps. Use practices to assist focus (breathwork, meditation, visioning), raise vibration (symbols/images, chants, sound, body movement, group work), and find your tribe (to assist, inspire, encourage and support you).

6. Distillation: *Boiling and condensing to produce a more refined substance.*

“it ascends from earth to heaven ... and it again descends to earth; and revives the strength of the superiors and the inferiors” Hermes – from Emerald Tablets

To continue to refine and attract higher vibrations of consciousness and then to embody and apply it in our lives. Connecting to Universal Mind for illumination in order to manifest light in the physical world ... through this process we divinise matter.

Limitation: To believe that there is an end goal when the work will be done.

Action: To unify with others in order to create higher and more powerful vibrational fields that can be embodied, grounded and shared within the physical world.

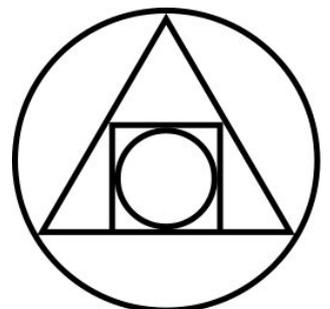
7. Coagulation: *Transmuting into a pure crystalline state ... becoming the Philosopher’s Stone*

Mastery of body, emotion and mind ... the perfection of inner being

Integration of physical, soul and spirit ... one unified field of light

Achieving self-realisation ... only to return and do the process again to explore our infinite potential as we spiral through further dimensions.

Action: Service ... to assist others on the path from the realisation that we are all part of the One.



Alchemical symbol for the Philosopher’s Stone : The Squared Circle