

Unlimited Golden Success

Secrets to Transformational Winning



**A Guide for the
Modern-Day Alchemist**

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A Guide for the Modern-Day Alchemist

Brings deeper understanding to Cards & Program

With
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Contents

Forward	4
Introduction	6
What is Alchemy?	7
Becoming the modern-day alchemist	8
<i>Alchemy For Now Cards</i>	10
The 7-step process	11
Calcination	13
Dissolution	19
Separation	25
Conjunction	30
Fermentation	36
Distillation	42
Coagulation	48
Beyond the 7 Steps	53

'The mystical secrets that hide within the silent whispers of the wind, the glorious dance of the peacock, and the exquisite perfume of the rose now rise to meet me as I dare to fan the flames of a longing that seeps from my soul. It is in this moment that I embrace the essence of who I am, and slowly, I rediscover my oneness with all of creation.' Geraldine

Forward

Our finances fell apart over a period of about 18 months; so much so, that we lost everything and lots more. We were going through complete and utter financial meltdown and there didn't seem to be anything I could do to stop it. Such were our circumstances that I was now standing in a material world with absolutely nothing, and feeling completely vulnerable, utterly broken hearted, and demoralised. As I sat in the rubble of my burnt-out life and yelled through the floods of tears, 'why me', a loneliness invaded my heart and quietly crept its way into every tiny cell of my body. It felt as if my life had been ripped apart by some outer force, and I had no idea of how I was ever going to put the pieces back together again. And so began my journey towards discovering Truth. A journey that would challenge me to leave behind an outer world I knew so well, to charter a new path that would finally reveal a little-known inner world where golden treasure lay in wait.

After twelve long months of wallowing in my misery, I decided that things had to change and that I was going to find a way to step back into life without holding onto the fear that had steered me into a state of deep depression. It was definitely time for action – but where to begin? I knew of others who had gone through similar experiences, and the common factor in their recovery was a guide or mentor who helped them through the tunnel of darkness and back into the light. Having gone through financial devastation, it was very plain to see that I had to find a genius mentor that came free of charge – a challenge in itself!

But as they say, if the desire is big enough the facts don't count, and my mentor and guide immediately appeared before me in the form of Mother Nature herself! She gathered me up in her all-embracing arms and invited me to become her apprentice, and I very gratefully accepted. As I quickly discovered, Mother Nature often speaks in a language of imagery – a language of simple, yet profound, metaphysical metaphors. This created an insatiable thirst for knowledge, and an unbelievable urge to discover the Truth. The phoenix within me, which had remained dormant and hidden from view, had built its pyre, turned up the heat, and was now very busy fanning the flames. Whether I liked it or not, and regardless of how much I ranted and raved about how it was so unfair, my personal and spiritual transformation was well under way, and there was no turning back.

In order to have that beautiful phoenix rise from the ashes, I made the decision to free myself of so many negative memories, old worn out stories, habits and beliefs. Not an easy process - but essential if I was going to change my current life into the life of my dreams! But how?

I knew that my favourite bookshop held so many secrets still to be discovered and as I scanned the shelves for the next exciting read, one book in particular seemed to be calling my name. As I reached up and pulled it from the shelf, my whole body quivered – a message that spoke volumes! This was a book on Alchemy. As I leafed through its pages it was as if I was transported to another time and place where strange smelling smoke and vaguely familiar sounds filled the air. I gathered up a number of books on this subject and made my way home with excited anticipation.

As I gradually re-awakened the alchemist within me, things slowly but surely began to change! I would love to say that every day was filled with rainbows, and everything I touched turned to gold, but this was definitely not the case! It always seemed like 3 steps forward and 2 steps back! The ego which I had so carefully groomed and trained, was not giving up without a fight. But once I accepted its kicking and screaming, and thanked it for what it had brought me, it seemed to settle down, and finally stepped aside to allow a greater wisdom to emerge.

I am pleased to say that this story does have a very happy, ongoing ending. As I reach one destination, I realise that there are another infinite number of exciting paths to still be explored in my quest to find the Philosopher's Stone that lies within. Over the past couple of years, the magnificent wisdom engraved on the Emerald Tablet, my study of Metaphysics and the fabulous teachings of Mother Nature have been my guiding light towards finding my Truth – the pure essence of who I am, and my oneness with all that is, has been and forever will be.

I have become very passionate about bringing this ancient art into the modern-day world as I now know from my own personal experience how powerful alchemical transformation can be. The seven steps inscribed on the Emerald Tablet are still extremely relevant today for anyone wanting to transform their life from one of ordinary to extraordinary. The difficulty is that understanding this process can be a little tricky. My wish is that this book can enable you to find the alchemist within, enter your very own personal laboratory, turn up the heat on your dreams, use alchemical techniques to help you transform whatever it is that you wish to transform, and create amazing golden results.

Much love,

Geraldine

Introduction

We all long for a life that is filled with loving relationships, health, wealth and happiness. How to create that life can often lead to frustration, confusion and a great deal of stress. We are on a constant search for a solution to create what seems like an allusive dream – one which haunts our days and our sleepless nights. The bookstores are filled with amazing titles that offer hope and inspiration, but quite often, this is where it ends. What we would love to find is that ‘quick fix’ which will have us making a quantum leap into wonderful results without necessarily having to expend a great deal of time or effort.

Unless you have expanded your awareness to the extent that you can perform instant manifestation as did some of our master teachers, then I’m afraid the quantum leap may just turn out be a short hop. Instigating change within our lives always requires some form of transformation regardless of how big or how small you wish the change to be. As the ancient alchemists discovered, to ensure ongoing and sustainable success, there must be a willingness to explore the inner workings of both mind and soul. This may not be what you were hoping to hear, but perhaps when you understand that the outcomes of being willing to undergo this exploration will be beyond your wildest dreams, you may readily step into the process.

The seven-step transformative process explained in the following chapters does not fall under the category of ‘quick fix’, but it definitely does appear at the top of the list for ‘processes that create extraordinary results’! When it all boils down to it, it is always the choice of the individual as to how he/she experiences life. If you choose to live more of everything that this amazing Universe has to offer, then I humbly recommend you not only read, but also embody the process shared within the pages of this book. Yes, it may be challenging and at times quite confronting, but if you are sick and tired of being sick and tired, then I suggest that ‘NOW’ is the time to become your very own alchemist!

The ***Alchemy For Now Book*** is devoted to bringing the ancient art of Alchemy into our 21st century without losing sight of its core teachings. Each chapter is centred on one of the seven steps within the process, and is written in such a way so as to help you form a link between the ancient and the modern-day world. As you will also very quickly discover, Mother Nature plays a vital role in the lives of alchemists, and is about to play the same role within yours. She was a constant companion and mentor to the alchemists of the past, and continues this function in our world of today. Many have lost their connection with nature, and in doing so, wander through life struggling to find balance and purpose. Taking the time to re-build that connection is an essential part of becoming the modern-day alchemist.

The chapters which cover the seven steps follow a precise and deliberate pattern. Each begins with a fundamental message from Mother Nature. These amazing metaphors will assist you in understanding the step you are about to experience. Nature is the ever expanding, and ever constant role model for how to live your life on a daily basis. Many of the Master Teachers who have gone before us, used the metaphors in nature to guide their followers and teach the principles on which our Universe operates. It is therefore wise to connect into these valuable lessons from Mother Nature as you work through your process of change.

You will also find a beautiful message from the nature spirits. These thought-provoking messages speak Truth straight from the heart, filling our lives with much needed hope and inspiration. Not only are these inspiring truths to be reflected upon as you read them, but they can also become the focus of your time in meditation. Meditation was seen as essential to the daily routine of the ancient alchemists. Thankfully, even in our modern-day world, quieting the mind and relaxing into the silence is becoming well known for its capacity to heal body, mind and soul. Reading the nature spirit messages just before you begin your meditation will certainly ensure you are open to Spirit flowing freely in and through you. Nature spirits are always ready to assist your journey – you simply need to ask and be open to receive!

The next section in each chapter is designed to give you a tiny glimpse into the world of the ancient alchemist, helping to make that link between yesterday and today. To then further enhance your understanding of the workings of alchemy, I have included my own personal experience of each particular step. Please remember, this section is purely there to act as a guide. Although the sharing of my journey through the process will give you greater understanding of what is involved, your experience will be uniquely your own and not to be compared to another's pathway.

The final two sections within these chapters are focused on unravelling the theory behind each step, and the practical action you can take to ensure a successful outcome. Theory is wonderful, and yes, we definitely need to understand what is involved before we make the final leap into what is essential to creating a new and beautiful life. Just as important though, are the practical steps to enable this to come about. So often we are literally swamped with the learning aspects of change, but very few offer us the precise means by which we can make it happen! As you put into action the guidance within this book, other unique sign posts will appear for you to follow.

What is Alchemy?

Before jumping into this amazing process, it is important to know, 'what is Alchemy'? Simply put, Alchemy is the art of transformation. It is all about transforming or changing something

that is considered inferior, into something far more pleasing to you and your world. This ancient tradition dates back 10,000 years, when Thoth, who is believed to be the very first alchemist, recorded the wisdom of ancient visitors who came to our planet to share their teachings. Thoth's writings were then sealed in two great pillars which are known by alchemists as the Pillars of Hermes. Many 100's of years later, a study of these sacred writings took place in the ancient city of Alexandria, where they were translated, and from there, the art of alchemy spread across the world.

Along with many manuscripts in Thoth's pillars, was a beautiful green crystalline tablet known as the Emerald Tablet. This tablet was inscribed with the seven principles or Truths by which alchemists worked and lived. The Emerald Tablet brought with it, a new philosophy for mankind and the whole of the Universe.

To many, the ancient alchemists were those who worked long hours in a laboratory, with the one purpose of discovering how to turn base metals into gold. Few did, but many did not! The Alchemists who achieved success, all had one thing in common. They knew and understood that the secret to making gold was not just about working with the metals, but through their very own personal and spiritual transformation. By living and breathing the 7 Truths of the Emerald Tablet, the alchemists underwent a transformation that opened their minds, and more importantly their hearts to discovering what they described as the Philosopher's Stone – the elixir of life! Others called it the Holy Grail.

The alchemists believed this philosophy so powerful, that they created a hidden language to communicate with one another. This prevented those who were not able to see the worth and the worthlessness of true alchemy, from using it merely for material gain. The secret language of the alchemists also became a matter of life and death during medieval times when the church viewed alchemy as heresy, and those caught practising the ancient technique were often burnt at the stake. Thank goodness this is not the case for any modern-day alchemist!

Becoming the Modern-Day Alchemist

Life is an amazing gift we give ourselves when we choose to experience a physical journey here on planet Earth. Not all souls choose to step into the physical realms, but those who do, come with a definite passion and purpose – to expand and grow! This is why we enter this journey, knowing that the challenges and struggles we encounter along the way will definitely ensure the growth for which we hunger. Every soul arrives with the belief that he or she has what it takes to successfully face and conquer any difficulty that they may have chosen as part of the adventure called life.

The problems arise when those who care for us on our arrival, have forgotten their Truth and the Truth of every soul. This leads to them infusing our lives with beliefs and perceptions which are not necessarily true or in our best interests. Over time, we forget the excitement and passion that we carried with us to earth, and slowly take on all that is fed to us by our well-meaning parents, teachers and advisors. We gradually lose sight of our truth, and let slip from our memory the fact that we are powerful creative beings and have everything we need to create extraordinary lives, right within us.

Becoming a modern-day alchemist allows us to rediscover our Truth! We have inner gold that can very easily be transformed into outer gold once we remove the layers that we have draped around ourselves, and finally expose our core. This core is always present within us, but is often dimmed by the 'stuff' of life. Making the decision to reveal this essence of light is wonderful, but now we must find a transformative process which will ensure our success. This is where the teachings engraved on the Emerald Tablet become a wonderful guide for the removal of our outer layers allowing us to reveal what the ancient alchemists called, our Quintessence.

Trying to reproduce the techniques and processes of the ancient alchemists is all well and good, but in our twenty first century, we need to take this ancient art and look at it with fresh eyes. It is also time for us to take these life changing teachings and infuse them with the knowledge and understanding we now have centuries later. In a world that is fast paced and changing, we need a process that is easy to understand and implement. Not all have the ability or the means to devote all day every day to research in a laboratory. Nor do we wish to become the hermit who spends a lifetime in solitude attempting to embody the secret to life. With this in mind, we must find an alternative which will enable us to become a modern-day alchemist, transform all that needs transforming, and still lead a life filled to the brim with family, career and play. The ***Alchemy For Now*** book and ***Alchemy For Now Transformational*** cards, offer one such alternative which has produced incredible results in the lives of many. It may also be the perfect solution for you.

Turning base metals into gold was the goal of most, if not all of the ancient alchemists. In this respect, things have not really changed a great deal over the centuries. Describing it in very simple terms for all living in this modern age, the 'modern gold' is most likely to be turning an ordinary life into an extraordinary life – one that is overflowing with happiness and success. The all-important question to ask of ourselves is, 'What do we see as happiness and success?' There will be as many different answers to this question as there are people on the planet, but getting clarity on this question is of vital importance. Unless we have formed the image of our 'gold', then it will be virtually impossible to find it, but once we have created the vision of our extraordinary life, we are ready to step into a process of self-discovery which will ensure success.

***'Alchemy For Now'* Transformational Oracle cards**

We all know that any type of change is usually accompanied by a few challenges. To help smooth out the road ahead, I highly recommend you purchase the ***Alchemy For Now*** transformational oracle cards and guide book. Can you achieve a successful outcome without them? You certainly can, but I guess any extra assistance with the journey ahead is good! Not only do they help you attune to the secret language of alchemy, but this 40 card deck is the perfect tool to help you weave your way through the world of modern-day alchemical transformation.

They also bring you instant answers when the going gets tough and you are not sure which way to turn. We have all gone through those times when we want to find a solution fast, but don't have the luxury of having a mentor who can be accessed at a moment's notice. It is in these moments that our conscious mind goes into overdrive with its exhaustive chatter. So much so, that our unconscious mind, or inner oracle, gets drowned out by the incessant noise, and the solution which would solve the issue at hand remains hidden from view.

When you find yourself in this situation, confusion becomes frustration, and frustration quickly turns into stress, and the answers you seek simply go into hiding. Finding a way over this hurdle is easy when you work with the Alchemy for Now Cards. As you shuffle the deck and choose a card, you are actually tapping into your unconscious mind, and your inner oracle responds. The cards simply build a bridge between you and the solution or guidance you are seeking. You can now confidently take the next step in your process of transformation.

These powerful cards can also assist during meditation. If you are finding it difficult to close your mind and turn off from the everyday hassles, choosing a card can give you a single focus and help you ease into the moment so as to rest comfortably in the silence. But there is an even greater reason for using the cards during Meditation. Ancient alchemists would spend hours each day meditating on the symbols directly related to the particular stage of transformation they were experiencing. They found that by focusing on these symbols, their level of awareness grew in leaps and bounds. It was as if they opened a portal to greater understanding of each step in the process. This still holds firm for the modern-day alchemist!

***Please Note:** the Alchemy For Now Cards may be purchased through the website www.geraldinetegglove.com . Although the purchasing of these cards is certainly not essential to creating a successful result, I will be referring to them throughout each step for those who have decided to use them as a tool in their transformational process.

The Seven Step Process

It does not matter whether you are sitting in absolute lack and limitation and wondering how you are going to make it through your day, or you are an already highly successful individual looking for a way to increase your level of happiness. The 7 step process of alchemy will assist you to achieve ongoing and sustainable success in all areas of your life. As the ancient alchemists discovered, undergoing a process of transformation of mind and heart was the secret to manifesting their dreams and desires, and creating success.

The 7 step process that Alchemy offers may seem simple, but it is in no way easy! So please congratulate yourself on mustering the courage and the persistence that is necessary to undergo this life changing process. You can be assured that amazing success awaits you. Now is the time to let go of the frustration, anxiety and failure, and step into your own alchemist's shoes to begin your very own personal transformation and find gold. The following is a very brief summary of the transformative process at a personal and spiritual level:

1. **Calcination - Saying Goodbye to Ego:** We all live in an ego driven society, and we have all experienced the unhappy outcomes of ego driven choices and decisions! The first step in alchemy is to 'burn off' all your ego based thoughts, beliefs and perceptions. Let me warn you – the ego does not disappear without a fight!
2. **Dissolution – Exploring your Emotions:** Once you have begun to tame your ego, it is then time to begin exploring the waters of your emotions. It is time to take a long hard look at your deepest hurts and biggest fears, and the negative emotions you have attached to these. It is only by embracing these darker emotions and allowing them to be infused with the love that pours from an open heart that you will finally find freedom.
3. **Separation – Holding and Releasing:** The third step in the alchemical process is a time of decision making – a time of separating illusion from Truth. Deciding what is worth holding onto and what needs to be released from your life, and then following through with the necessary action, allows your Truth to shine.
4. **Conjunction – Birthing a New Inner Child:** This is a time of celebration! This step involves the bringing together of your chosen positive thoughts, uplifting emotions, and your passions to form a brand new inner child. You are now learning how to live from the heart! Just as with any infant, this child needs to be protected from your old way of living and nourished with tender loving care, as the newly formed you is not quite ready to be buffeted by the winds of the big wide world.
5. **Fermentation – You are a Co-Creator:** The concept of co-creation comes into play in the fifth step of the process of alchemical transformation. Acknowledging that there is a

higher power working within you and your Universe, and then embracing the knowledge that you create your desires by co-operating with this power, is absolutely essential.

6. **Distillation – Constantly Stretching and Growing:** This step takes patience, perseverance and huge quantities of faith and trust. As you form daily habits of meditation and observation, stretching towards a higher consciousness through the heart to create greater peace and harmony in your life, will become so much easier.
7. **Coagulation – Taking the Flight of Your Life:** The final step in this amazing process sees the phoenix which is you, flying free from the pyre of the old worn out life of struggle, and into the skies of Truth and enlightenment.

This is not a process where people become an overnight success. But, when taken seriously, and given the time it requires, this 7 step transformative process will definitely change your life in the most incredible ways. You will discover the gold that runs through your veins and every cell of your body. Not only will it transform your life, but the lives of all those around you, and ultimately, the world.

Step 1: Calcination – saying goodbye to the ego

Mother Nature's Guidance:

Here in Australia, as with many other parts of the world, grass, bush or forest fires are a regular occurrence during the summer months as the temperatures rise and the northerly winds gather strength and power. We humans find these fires extremely frightening and menacing, particularly as they often lead to the destruction of property, and the taking of lives. As we witness the aftermath of the intense heat generated by these fires, we are certainly stopped in our tracks and reminded of how fragile life can be. But it is what appears from out of these ashes that is truly awe inspiring. From a human stand point, it is the coming together of communities to love, support and to nurture each other through the rebuilding of lives and property that touches hearts and helps us to believe in the strength and kindness of the human spirit.

From Mother Nature's perspective, fire is a natural process which is essential to the ongoing expansion of the plant life in her care. The fierce heat of the fires enables the tiny seeds that have patiently lay in wait, to crack open and breathe life into their dreams of becoming the trees or plants they have longed to be. The forest floor is cleared of any built-up rubble, allowing the tiny new shoot a greater chance of survival as the sun's rays easily reach the tender leaves with warmth and nourishing light. Once this new generation of plant life becomes well established, the older trees spring into life sending out the freshest green shoots which will become tomorrow's branches. And so, the circle of life continues, and all is well!

Having experienced first-hand the fury of a bush fire, I know only too well how devastating it can be. During one of our hottest summers on record, fire raced through our then property at the speed of lightening destroying everything within its path. With the grace of God, we were able to save our house, but in the light of day - and the dark of night - we could only see the smouldering ruins of what was once the most beautiful and picturesque bushland. Tall black sculptures now filled the landscape, and a powdery white/grey ash covered the once lush green undergrowth.

Within 6 months, it was amazing how the new growth sprang up from the ground with a whole new generation of trees stepping into the light of day. Many of the old and wise trees sent out new vibrant green shoots just making sure that the young ones had shelter from the heat of the afternoon sun as they began their journey. I am sure we all understand that without these fires, (the process of calcination) the creation of new life would be insignificant.

Nature Spirit Message:

We in Nature Spirit understand that dramatic shifts bring powerful results! The spirit of the fire symbolises intense cleansing, purification, power, action and creativity. From what you physical beings perceive as ancient times to what you call your present day, fire has played a significant role in the shaping of your planet. Your flames of destruction are felt by us as the flames that dance through the fields of time and space to cleanse and purify the land. Fire changes everything, and often beyond your recognition! And yet, the sacred spirit that lives within all things remains a steady constant amidst the so-called calamities of your life. We want you to know that these flames are the necessary ingredient to the renewal of life. They also enable all physical beings to witness the mystical, creative forces that lie deep within the heart-beat of your planet Mother Earth, and this magnificent Universe.

With this in mind, you too are being called to a time of cleansing and purification. You are going to need enormous courage, determination, and passion as the turbulence of this change moves through your life. Your personal fire experience is not to be seen as having to go through a seemingly negative experience. Quite the opposite in fact, you are to see this as an exciting time of incredible change which will bring about the most wonderful results. Yes, if you choose transformation, life is going to take a huge turn which will include some rather challenging moments as a time of calcination takes place. This change will move you to a new state of consciousness. And yes, you may feel as if you are experiencing a baptism by fire and have been thrown in the 'deep end' of life, but we promise that you will be ecstatic about your golden outcomes. Always remember, you are so loved!

The Ancient Alchemist:

The first step taken by Alchemists to create the Philosopher's stone was called Calcination. The purpose of this step was to remove water or any other liquids from solids by heating them over an open flame or in an oven, until they are turned to ash. This process, symbolised by the astrological sign of Aries, took out many of the impurities that needed to be removed in order to find the purer essence of that with which they were working. It was often referred to as, 'the dragon that drinks water'. The Alchemists understood that in order for them to produce success in their laboratory, they also had to undergo this process within their own personal lives. Jumping into the flames of extremely hot furnaces was not necessary (thank goodness!) but it did mean that the Alchemists had to light a metaphorical inner fire to begin the process of removing all the impurities that are present within an ego driven life. The King was the symbol used for personal Calcination. The search for their own pure, inner essence was underway.

Living Calcination:

Change is inevitable! I am sure we have all heard this so many times in our lives, but even so, we most often try to put it off. We sit comfortably within our discomfort! Then finally things occur in such a way that we are forced to sit up, take notice and do something about the direction in which our lives are headed. Often, we get a knowing that it is time to change as we hear the whispers from our intuition, feel the taps on the shoulder from the Universe or the shove in the back, but we know better – or do we? Then one day, everything comes tumbling down around us and we find ourselves screaming, “Why? Why has this happened to little old me?” I can certainly tell you from personal experience that this is one place you really don’t want to go. We want to begin working on things way before this happens so we can at least have some control over what we experience.

We had lived at Elinike for 10 years, having built our business from the ground up. My dream to build bed and breakfast cottages saw us buying a stunning 40 acre property, which was bounded on one side by the Murray River, but having no road, no power and certainly no home. Over a number of years, we set about creating not only a magnificent looking property, but also a very successful and award-winning business which was frequented by guests from far and wide. After ten years of living and working at Elinike, I began to feel and hear the whispers of change, but my continual ego-driven striving to be ‘the best in the business’ won out.

Regardless of how hard I worked, or what new marketing strategies I put in place, over a period of about eighteen months, our finances fell apart. There didn’t seem to be anything we could do to halt the debilitating flow. At an age when most people are thinking of retiring, or have already retired, we literally lost it all – complete and total financial meltdown. At fifty-seven, after a lifetime of achievement, I was completely broke and struggling to put food on the table. To put it mildly, I felt totally demoralised, ashamed, and all sense of self-worth was lost. Bewildered and in shock by what had happened, I wondered how I was ever going to survive the next day, let alone the next few years and into retirement. My whole world had fallen apart and I wasn’t sure if I could go on. Each morning I had to force myself to get up and make the decision to move forward.

Hind sight maybe a wonderful thing, but as I now look back on the events that followed, I can see that the more I fought the process, the tougher life became! Financially, everything was going up in flames, and regardless of my feeble attempts to put out the fire by crying bucket loads of tears, I eventually found myself standing in the smouldering rubble and still asking, Why me? It wasn’t until I began to ask better questions, that I found the answers which were right in front of me all the time.

So, what happened to cause our finances to fall apart I hear you ask? I guess there were lots of reasons. Looking back, probably the most significant to me at the time, was not being able to let go of what I had created when I knew in my heart it was time to move on. I was extremely run down and tired, but this was mine and we had built it from scratch, so how could I let it go to someone else? In truth, this amazing business had fed my ego in so many ways, and right now this same ego was taking a beating, but was still hanging on with all its might!

Often, it is not until we become totally vulnerable that we can look beyond what is, and see the amazing opportunities which lie ahead. I am pleased to say that this was the moment in time when I began to rediscover my Truth which had been lying dormant inside me for so many years. I was now on a mission to create change and find my unique inner essence.

To the Modern-Day Alchemist

As Nature Spirits shared in their message, the first step towards transformation requires enormous, courage, determination and passion. From a modern-day alchemist perspective, **Calcination** is all about saying goodbye to an ego centred world, and entering a season of life where a new level of consciousness awaits. Ego is firmly based in the mind where our thoughts, for the most part, love to focus on the negative aspects of our material world rather than the positive. We have all experienced the unhappy outcomes of ego driven choices and decisions, and I am sure we have all experienced those times in our lives when we know that change is calling, but we just push it to one side and keep on keeping on!

This first step in alchemical transformation is focused on the 'burning off' all our old and misguided thoughts, beliefs and perceptions about life - many of which can be extremely negative in their nature. Let me warn you that these do not disappear without a fight! As physical beings, we are forever feeding our egos with what we think will build a reality of happiness and success. The problem is that ego is all about our outer material world and never about our inner world where real and lasting happiness and success are found. All the material things that we gather around us often symbolise our ego at work, and we begin to believe that they show a true picture of who we are. Once we allow our outer material goals to take over our life and begin to rule everything we do, we push aside the call for change and board a fast train to disaster. Our thoughts and emotions are given permission to wander freely in the competitive world where resentment, greed, pride, jealousy, judgement, and blame become the norm.

Finally, there comes the time when our heart can no longer remain silent and cries out to be heard. Our outer world begins to crumble, and rather than going with the flow, our ego fights back with all its might, but the inner call holds firm in its intention to reveal Truth.

The process of Calcination can begin to show up in any area of our lives with the break-down of relationships, melt-down in finances, loss of job or business, or debilitating health issues being the most common. The trick is to not only recognise when Calcination is occurring, but to also act in ways that has you working towards a far more pleasant resolution. The problem is, we all hold on tight thinking things will magically work out in wonderful ways! The fact is that they won't!

As change occurs, we get so caught up in the negative aspects of the Calcination process that we just continue to create more and more negative experiences. Getting through this process in the fastest and most productive way is to turn and face the truth of what is occurring. Once this has been recognised, we can then choose to make the necessary changes that will enable us to set ourselves free of all ego driven thoughts, perceptions and beliefs. Simple really – but not easy!

We can choose to take ourselves through this first step, or we can hang on and wait for it to happen! (Just in case you were wondering – hanging on is not the best option!) If you know that things must change, then be brave enough to step into the change and embrace it. The good news is that if you have been through or going through a relationship breakup, or have had huge financial loss, or have been given a wakeup call through a particular illness, you can rest assured that you are experiencing Calcination. So, don't fight it! Seize the opportunity with both hands knowing that by undergoing this process you will emerge with a far clearer knowing of who you really are. Even though you may feel depressed or fearful, this is actually a time to look to the future with a great deal of hope and optimism - time that will see you flying from the 'flames' of life and into your desires. You will have begun to remove the outer mask to reveal the brilliance of what lies within. This is a brilliance that can only sparkle when infused with large quantities of humility.

The Practical Steps of experiencing Calcination:

After having gained an understanding of this process, there are a number of things that can be done to see us emerge safely from the flames of Calcination and well on the way to a successful personal and spiritual transformation. Stepping out of the 'busyness' of life for even a short time to focus on the reality of what is happening within us and around us is the very best move we can make. This allows for the viewing of our life from a whole new perspective, which is the key to changing what needs to be changed. It is time for a reality check to see where and when our ego has been running our life. A great deal of courage is then required in being totally honest and open with ourselves, and making the decision to change what needs to be changed.

The ego is not who we really are, but if it has had a strong hold on our lives for some time, it will not give way easily, so determination will be an essential ally in our endeavours towards change. Writing out a list of all the outcomes of our ego driven choices and decisions is a great way, as the ancient alchemists would say, to ‘face the dragon’. Seeing the results of an ego driven life on paper brings a whole new dimension to its reality. Having named these, we can then make new choices as to how we wish to move forward towards better outcomes – outcomes that reflect our Truth.

The release of competitive thoughts or processes, resentment, jealousy, blame and any other negative ego-based feelings or actions can be quite simple. By taking the paper on which we wrote all that needs to be released, and infusing it with the power of intention and willpower, we are now ready for a symbolic burning of our ego based lifestyle. As the paper burns, it is important to see a vacuum forming and then being filled with new and positive choices.

Now is the time to check in with your heart and feel how it has expanded in love. Putting the ego in its place allows you to become heart centred – it allows you to now infuse all areas of your life with the healing power of love. If this process is proving too difficult to handle, a mentor or guide can be of great assistance in breaking through the ego barrier and preparing us for the next step in the journey towards ongoing and sustainable happiness and success.

Alchemy For Now Transformational Cards: 10. Calcination 6. Fire 31. Emerald Tablet 35. Puffer 28. Rose 4. Nature’s Essence

Step2: Dissolution – exploring your emotions

Mother Nature’s Lesson:

The rivers, lakes, creeks, and streams of our beautiful planet are absolutely essential to our existence! We all understand that the constant flow of these life-giving waterways is vital to life on Earth, and, as we physical beings are composed of 90% water, it is vital that we honour every drop of water Mother Nature supplies. It is great to see in recent times, so much emphasis is being placed on all of us taking responsibility for the care of our waterways.

Water symbolises life, emotion, intuition, cleansing, healing and transformation. Although Nature does not experience emotion as we physical beings do, Mother Nature creates amazing imagery to assist us in our understanding of how emotional well-being is essential to us creating happiness and success. Water as a whole, falls into two categories: healthy water or polluted water. Healthy water represents those wonderful positive emotions that have our heart singing for joy, and have us flowing easily and effortlessly through the streams of life. Polluted water represents the negative emotions which block our pathway and keep us stuck in lack and limitation.

From Mother Nature’s perspective, the images we are drawn to observing around water are often a reflection of our state of mind in that moment, or a reminder of the effects of both positive and negative emotion. These wonderful metaphors can reflect turbulence, disease and stagnation, or ease, grace and fluidity. As we begin to read these signs and symbols, we grow in our understanding of how our inner emotional well-being is vital to the creation of our outer golden results.

Having lived beside a magnificent river, I know only too well the effects of pollution on the health of not only the water, but all the creatures that depended on what flowed between her banks. Over the years, what was once clear glistening water slowly became toxic from the overuse of chemicals used in modern day farming. But Mother Nature had a wonderful way of dealing with this problem by calling forth the spirit of the sky! As the skies opened and rain poured from the clouds above, the river became swollen and the flood waters cleansed all before it.

Mother Nature helps us understand that water is also the perfect way to wash and cleanse from our lives all that we no longer wish to carry in the way of old worn out beliefs, perceptions and more importantly negative emotions. Often, the best way to heal our emotions is through the free-flowing tears that we shed. These sacred tears cleanse far more than just our eyes, but

also our heart, allowing it to once again connect to the music of our soul and dance to its rhythm.

Nature Spirit Message:

Have you ever listened to the music of the wind as it swiftly moves across the sky, or dances gently with the leaves? Have you stopped to listen closely to the song of each bird as sends its unique message into the spheres of this Universe? Have you ever connected to the magical song of the mountain which plays softly in the mystical silence of all things? Have you sat beside the ocean and felt and heard the peaceful, never ending rhythm of its ancient songs? Music is within the heartbeat of all of nature ... its timing, its rhythm, its melody and its harmony! Music is also within your heartbeat ... that gentle rhythm that keeps you alive each moment that you choose to be on planet earth!

Music, whether it be the music in Nature, or that which has been composed by your gifted musicians, contains the most exquisite strands of brilliant healing light that pierce through the darkest moments of your life, to embrace your heart, your spirit and the depths of your soul. Even though you may not be able to see these strands with your physical eyes, it is of such importance that you know, each strand is filled with a miraculous healing potion of Divine love, Divine peace and Divine happiness. As you connect to the music that sings to your heart, these strands begin their work to heal whatever needs to be healed, regardless of the negative emotions, the challenges, or the physical illness you may be feeling or enduring at the time. So, may we urge you to play the songs that touch your heart and help you to release the pent up emotion, and allow the healing to take place. You are so loved!

The Ancient Alchemist:

The second step in the alchemical process of transformation – Dissolution – is symbolised by the astrological sign of Cancer. This was the second operation in the black phase of alchemy. The Alchemists took the ashes formed through Calcination and then dissolved them in water or other forms of liquid. The equipment used for this step was developed by female alchemists. This water was believed to hold magical powers. As with other processes, the Alchemist also underwent the same process in their personal life, by bravely facing and embracing their ‘watery shadow side’. Exploring the realms of the unconscious mind was often symbolised by a great whale swimming freely in the ocean, but the all-important symbol was that of the Queen. The Alchemist knew that by courageously entering the murky waters of their unconscious mind and dealing with the emotional dragons of their past, they could confidently swim and enjoy the fruits of this beautiful realm.

Living Dissolution:

After having finally put a halt to my wallowing, I made the decision to get to work on whatever had to be done to move forward with my life. This was a very slow process as I gently lifted myself out of the negative space which had become my regular mode of operation, and back into a far more positive state of being. The first decision was simply to be happy regardless of what was going on around me in that moment of time! Did I do this successfully? Certainly not! But what I felt was possible for me at that point in time, was begin with 5 minutes of happiness each day where I put to one side the depression and the fear, and infused my whole being with feelings of joy. This time limit was expanded as I grew into greater levels of happiness. Yes, a very slow process, but one that worked for me.

During this time, I had also taken the step to find work as an emergency teacher in a number of schools in the area. This brought in much needed money to help with the paying of the rent and putting food on the table. Some days were easier than others, but it was good to have a focus other than our financial situation. Working in a classroom full of energetic children certainly has a way of lifting you out of 'woe is me' and placing you firmly in 'I need to keep these children challenged and occupied or I am going to have a big problem on my hands'!

One thing about being an emergency teacher, you can always be assured of having duty at recess and lunch! Dealing with the regular squabbles that occur in a playground filled with children is not always a favourite part of teaching duties, but one that must be attended too. One particular lunch time duty is firmly embedded in my mind! I had lost track of time as I wandered the playground repeating my positive affirmations, and attending to the children's needs, and then I heard it! I heard music that was about to change my life! The song that was ringing out across the playground to tell the children it was time for classes to recommence, stopped me in my tracks.

I felt my heart bursting with emotion – feelings that had my eyes filled with tears. It took all my power to pull myself together and make it through the afternoon classes. As soon as the bell rang at the end of the day, I raced to the office to ask the name of song which had been played. Apparently, the recording was quite new and nobody seemed to know much about it! Sometimes I am ever so grateful for technology! When I arrived home, I ran to the computer and found a recording of the song which I then began to play over and over again. With each listen the tears flowed and for the first time I actually sat within the painful emotions that I had previously tried to push aside.

It was if my whole body cried - cried the sacred tears that needed to be shed! I was finally exploring and embracing the negative emotions that had been hiding in the deepest recesses of my being. No longer was I ignoring these feelings, but accepting them as an essential part of

who I was – a spiritual being experiencing a physical journey. Regardless of the emotion that surfaced, I bathed myself in its energy and recognised that it too was one sacred part of the whole me.

I am not really sure how long the process took, but sometime during that life changing night, the tears ceased flowing, and the sadness and fear simply dissipated. I had swum the murky emotional waters, faced the emotional dragons, and had risen from the experience a changed woman. At last I felt empowered to face the world with a whole new perspective on the challenges I had been experiencing. The idea of negative emotions controlling my life was now just a memory. Instead, a knowing that all emotions are good and play an important role in the growth of a new level of consciousness was firmly planted in my unconscious mind. And my heart sang a brand-new song of love, peace and happiness.

To the Modern-Day Alchemist:

If you thought that Calcination took a great deal of courage and determination, I'll let you in on a little secret – Dissolution takes even more! This process can be quite a scary one as it requires you to go within to search for and find those dark emotions that you have buried in your unconscious mind. Let's face it, we all love to feel pleasure and none of us really want to experience pain. In fact, we will go to great lengths to jump over, skirt around or perform great feats of strength just to keep us from undergoing any form of emotional pain. We are all experts in this field! But the time is here for us to understand that we create from the heart – our emotional control room!

Anyone who has experienced the breakup of a relationship, the loss of a job, financial devastation, serious health issues – just to name a few – knows firsthand the heartache of these situations. In many instances, it feels as if your whole world has been torn in two and life is hardly worth the effort. But there are even deeper emotional dragons that lurk within! These are the emotions that we have locked down for maybe years, and have thrown away the key as they are just too hurtful to even think about let alone contemplate.

It takes a person of even greater strength to dive into emotional pain and embrace it with every fibre of his or her being. But to take the next step in the alchemical process of transformation, it is essential for us to unlock the emotional treasure chest – yes, I did say treasure chest - and explore what lies within even if it does scare the socks off us.

Now that you have embraced change and said goodbye to the ego driven world, it is time to explore your emotions - all of your emotions, and not just the positive emotions. It is time to take a long hard look at your deepest hurts and biggest fears, and the negative emotions you

have attached to these. Did you know, that the only thing that stands between an ordinary life and an extraordinary life are the negative emotions we feel on a daily basis? I know from personal experience that it is ever so easy to push aside, or push down or under those feelings that rise up which seem too difficult to really face. We will fill our lives with 'busyness' in whatever way we can rather than dealing with the emotional dragons that hide beneath the surface of our outer smiling face. We pretend to ourselves and the world that all is well, but eventually, it will all catch up with us.

How do we recognise these deep dark emotions that hide away? Well, if you are riding what I call the emotional roller coaster for much of your day, (you know, feeling okay 1 minute and then plummeting down to fear in the next) then you really need to stop and take the time to check in with your heart and be totally honest with yourself about what you are hiding from. Once you have dragged these emotions out from wherever, it is then time to embrace them fully. Sit with them and feel them throughout your whole being and I promise, they will slowly dissipate and disappear. Understand that so called dragons, or negative emotions are not all bad, as without them we would never recognise happiness. Once you feel completely free to express whatever floats to the surface from within without judgment of self or others, you have then mastered Dissolution.

The Practical Steps of Alchemy for Now

Now that you have a greater understanding of the process of Dissolution, it is time to take action! Be gentle on yourself with this step by simply beginning to pay attention to any negative emotion that may rise up from within you from time to time, or on a daily basis. Start making a list of these emotions, and make a note of how often you feel them, and what circumstances trigger these feelings. This will help you get a very clear picture of the emotions that need your undivided attention.

At this point in the process, the very best way to move forward is to explore the reasons why you are feeling what you are feeling. It is time to search the memory bank and delve into the stagnant waters of past experiences that will more often than not, take you way outside your comfort zone and into feeling the pain of heart ache, or heart-breaking experiences! The instant response is to jump ship, swim for the shore and hide in the sand dunes, but this is not going to bring about your desired outcome of creating golden happiness and success.

Film producers are experts in choosing emotive music which can inspire, empower or frighten us – and music that can reduce us to tears. A very effective way to uncover the hidden emotions that are concealed beneath layers of life is to become your very own movie producer.

You too can find the music that cuts through these layers to expose any hidden emotions that are keeping you from realising your dreams.

As you play your music, courageously embrace these unwanted feelings with every ounce of your being and cry the tears that need to be cried. You may think that you have already done this at one point or other, but I promise there will still be more to shed, and crying is the most wonderful method of releasing the emotions that keep you tied to the past. These tears are the tears that heal! These are the tears that set you free! Continue with this release until the tears dry up and the negative emotion fades away.

Your heart is now able to once again sing a beautiful melody of love – the melody that creates abundance!

Alchemy For Now Transformational Cards: 11. Dissolution 8. Water 22. Moon 40. Copper 24. Cosmic Melodies 28. Rose

Step 3: Separation – life-changing decisions

Mother Nature's Lesson:

I am constantly in awe of the miraculous workings of all within Mother Nature's care. So much so that the wonders of nature have become an integral part of my work as a spiritual alchemist and metaphysician. Even as a child, I would climb trees to simply listen to songs of the wind as it sang through the branches, I would mix up potions made from the petals of flowers or scented leaves, collect feathers, gum-nuts, seedpods, and the smoothest pebbles from the waterways, and lie on my back on the grass watching the clouds shift and change shape. One of my favourite pastimes was to chase dragonflies or butterflies through the garden, and then sit and watch them as they played amongst the shrubs and trees.

As I grew into adulthood, I turned my attention towards creating beautiful gardens that would not only feed and nourish my soul with their beauty, but also attract these amazing creatures that would love to make it their home. By carefully selecting the plants, building ponds, and providing well protected areas for all to feed and play, I can now watch and enjoy the birds and bugs that have made our garden their home.

It is through gardening that we also connect and ground ourselves in the powerful energy of Mother Earth. Regardless of the season, there is always something magical occurring within her soil. I am reminded of this each time I collect the seeds of favourite plants and store them until planting season comes around again. How one tiny black dot of a seed can grow into the most beautifully perfumed flower or delicious tasting vegetable or herb is truly a miracle.

A seed is an amazing creation. It holds within it the DNA to produce the perfect flower, tree, fern, crop, or fruit. As it connects with the nutrients of soil and water, it sheds its protective skin to reveal its pure essence – and then miracles occur! The seed follows its unique path, sending out roots into the earth and tiny green shoots that grow into the light. All the time, Mother Earth holds it close and nourishes the seed with vital food, the clouds lovingly shower it with rain, and the sun gifts warmth and energy. All its needs are met by Mother Nature. The seed never questions or doubts, but has complete trust in the process of growing and becoming all it was meant to be.

Mother Nature has once again provided us with the perfect metaphor of how to live our lives. By shedding the outer layers we have added over time, we finally discover the pure essence of our being. This pure essence is the Truth of who we are – magnificent, unique beings who have the ability to create miracles. We feed and nourish our souls by doing what we love and loving what we do. When we immerse ourselves in the waters of uplifting emotions, and we warm

and energise our hearts with complete faith and trust in the process of manifestation, miracles happen. Yes, this does take enormous time, effort and energy, but the results will truly astound you.

Nature Spirit Message:

It is a natural instinct for all in nature to move towards that which serves its needs in living its unique and one of a kind path. Consider your spectacular Monarch butterfly with its inbuilt compass that enables it to fly thousands of kilometers to seek out the perfect habitats in which to be nourished, to breed, and to continue its beautiful cycle of life. Flying huge distances to spend the cold winters resting together in the perfect climatic conditions in the forests of magnificent mountaintops, they choose to serve their needs regardless of the time or effort it takes. Consider also the millions of creatures that roam the land you call the Serengeti - how they travel so far and risk so much to find the perfect place to birth their young, to find lush feeding grounds, and the essential watering holes. How courageous is their journey and how firm is their intent!

It is time for you to follow the example given by nature. Love yourself enough to take the necessary time to explore the depths of your heart, and when you do, you will find the signposts which help you to navigate your way to the pure essence of you. It takes daring, bravery and an unwavering trust to find your unique magnificence! But we know that when you do, life smiles upon you in such magical ways that even the most vivid physical imagination could not dream of so much love and happiness. It is time to break free from your cocoon of circumstances that do not serve your needs, and spread your beautiful wings so as to fly into the life of your dreams.

As a physical being, your uniqueness is quite often defined as your fingerprint – those tiny patterns pressed upon paper which become your imprint within this world of the physical! But a greater expression of your uniqueness is found in every tiny cell of your body – it is the gentle, hidden essence that flows through every part of your being etching a mystical imprint that only you can share with the world. It is the very brave amongst you that courageously peer through the mists of the physical realities to discover and embrace this truth. It is in discovering this truth that you are empowered to create a brand-new identity - to engrave your unique footprints upon the sands of time, and to create and share an individual expression of service within your community. You are so loved!

The Ancient Alchemist:

The astrological sign of Scorpio was often used by the ancient alchemists as the cypher for the process of **Separation**, which is the third step towards the ultimate transformation. During this step, solutions were filtered, skimmed, or sifted to further separate off the impurities to find

the pure essence. It was through these means that the alchemist was able to throw away anything that was not genuine, and only keep that which was worth keeping. Achieving a successful result with regards to personal Separation was very similar. It required the alchemist to become totally honest with his or her self, whilst making choices and decisions regarding what was serving their highest good, and letting go of the irrelevant parts of their lives. This enabled them to expose their true self. After a time of intense contemplation, meditation and being resolute in their decision regarding the separating off of the unwanted parts of their personalities, the alchemist finally revealed the pure essence that had been hiding within, just waiting to be recognised and embraced.

Living Separation:

There comes a time in all our lives when we arrive at the fork in the road. Standing at this fork is definitely one of the most difficult places to be! We must make the choices and decisions which either keep us tied to living a less than satisfying existence, or enable forward movement towards what makes our heart sing. This is often likened to taking a path of safety or a path of faith. The path of safety will bring somewhat satisfying results, but it is in following the path of faith that we discover our true essence and how to live an extraordinary life.

Eighteen months had passed since we had moved to Melbourne in an attempt and put our lives back together again following the financial devastation. Both of us were now gainfully employed and we were successfully executing our plan to pay the rent, meet all our everyday needs, and pay back debt. At long last, all was going well!

My role was to teach 3 days a week at a nearby school, and to continue my studies in metaphysics. I was determined to discover how we had found ourselves in this mess, and more importantly, how we were going to get ourselves out of it! If there were hidden secrets as to workings of this amazing Universe, then I was going to find them and endeavour to work with them to turn our lives around for the better. Every spare moment was filled with learning and growing spiritually, and every spare cent was spent on study material and courses that helped me to rediscover skills as an intuitive and healer. Life was ever so busy but ever so exciting!

In addition to my study, I had also found a community of people who were on the same path to finding Truth. It was wonderful to become involved in the gatherings and the metaphysical lessons that were offered. Every time I stepped into the building it was like a home coming celebration that spoke to my heart and my soul. What's more, there was a whole library of books and programs just waiting for me to devour. At this point in my development, little did I know that just around the corner, I was about to undergo my very own process of Separation!

It was at recess time when a message came from the principal of the school asking that I pop by her office for a chat. I was too busy preparing for the next class to really give it a great deal of

thought, but was hoping that it was not to say I was no longer required. To my delight, it was the exact opposite! I was being offered a fulltime permanent teaching position which only required me doing a little extra study to upgrade my teaching qualifications. This was, I must admit, quite surprising to me, but my response was equally surprising to the principal! I asked if I could have a little time to consider what had been offered. So many question marks rang loud and clear as she kindly agreed to my request.

My head was full of all the reasons why I should accept the offer that was before me – fulltime work that would bring in a regular income, no more worrying about paying the bills, and a job that I was good at and found satisfying. So why was my heart not singing for joy? It knew only too well that this would mean the end of me living my Truth as a spiritual being on a journey of discovery. The school embraced a religious belief that was not in alignment with all that I had become! Was I prepared to give it all up for a pay packet and a secure job? Or was I ready to sift, filter and sort to find and follow what I knew best served the discovery of my pure essence? I had now reached the fork in the road, and the choices and decisions I made from this point in time would have a profound effect on my life forever.

I chose to let go of my teaching position, and follow a path of faith – a decision I have never regretted. I bravely chose to continue my quest to find the pure, unique essence of me!

To the Modern-Day Alchemist

Separation is all about learning the art of holding and releasing – holding onto all the genuine parts of you, and releasing all that is no longer serving your heart and soul. This is a time of further sifting and sorting of your life at a much deeper level.

It is a time of unravelling the worth and the worthlessness of the parts of you so as to allow more of your unique light to shine as never before. I love helping people through this step and seeing their eyes and heart start to glow as they begin to reveal their ‘one of a kind’ giftedness. You see, this is not possible until you clear out the ‘stuff’ of life which is all the baggage that you try to carry in your inner backpack.

It is time to look at your life from a new perspective – from a higher perspective. From this view, you will be able to see the opposing forces that are at work within you so as to separate the genuine from the false, and begin to live in such a way that allows your true authentic self to blossom. The problem is, as it is for most people, you have been living the false self for such a long time that you can no longer recognise which parts of you are real. Peeling off the layers may take some time, but peel sufficient layers and you will finally reach the core to reveal the light that shines within.

What is this light exactly, and how do you recognise when you have found it? We all arrived on this planet with a unique inbuilt genius. Over the years, with the assistance of parents, teachers, mentors and guides, we have been steered in directions that have taken us away from this genius and into what others felt were better options. You will never find your light by exploring your outer world or through the lives of others, but only from within – only you know what feels right for you, and what brings a smile to your heart.

By journeying inward to rediscover the uniqueness of you and then choosing to live this, your light will shine through every cell of your body – the light of happiness, love, health, and prosperity. At last, you will have returned to doing what you love and loving what you do in ways you never dreamed possible.

Your greatest gift to yourself and to the world is to live the one of a kind you, and not a version that has been created by others. The most exciting outcome of this particular step is that you will be changing the planet simply by living your Truth.

The Practical Steps of Alchemy for Now

You can either choose Separation, or you can have it come upon you! This step usually begins as an incredible urge to move from simply going through the motions of life, to feeling alive, alert and truly passionate about all that you do on a daily basis. You will often be feeling a heaviness and lack of enthusiasm around your employment, becoming dissatisfied with simply working to bring home the pay cheque. You know in your heart that there must be more to life than what you are currently experiencing, but you are not really sure how to change things.

The simplest and one of the most effective ways of achieving separation, is to begin working with the element air through placing your attention on your breathe during meditation. By focusing on the inward and outward flow of air through your lungs, you free yourself of all the mind chatter. This exercise allows your breathe to carry you above your material world to clearly see what needs to be separated off to expose the real essence of you. Once you are in a deep meditative state, ask the spirit within to reveal your 'one-of-a-kind' gifts and talents, and then begin to take steps towards embracing these on a daily basis.

By separating off what is no longer worth keeping, the real you will begin to blossom, and ideas and opportunities will flood into your life supporting the true essence of you. Your light will truly shine.

Alchemy For Now Transformational Cards: 12. Separation 7. Air 39. Butterfly 3. Quintessence 26. Wolf 34. Uroborus 28. Lion

Step 4: Conjunction – nurturing your seeds of brilliance

Mother Nature’s Lesson:

Bees would have to be one of my favourite little winged creatures, and watching them at work is truly inspiring. Mother Nature was certainly on a winner when bees appeared on our planet. When planning and creating our garden, we always have in mind the plants which will not only attract these wonderful creatures to our garden, but also feed and sustain them in the best way possible. In return, they ensure continued survival and life for all our vegetables, fruit trees, vines and flowers. It is such a joy to watch them skilfully hovering over the flower, landing softly on the bed of golden pollen, and then on to the next to spread the essential pure essence needed in the formation of a new seed of life.

Working as a team, bees devote themselves to caring for and protecting their queen, and their hive - the water carriers, the collectors of pollen, the builders, and the nurturers, all working for love of family and queen. By doing this they insure a growing population, and the continuation of the colony. I am filled with awe and wonder when I ponder the intricacies of their homes and the way in which they produce their liquid gold – namely honey. Throughout the ages this gold has been considered a sacred and prized product because of its amazing healing properties.

Many cultures have used bee symbolism to represent things such as royalty, love, family, work ethic, courtship and marriage. The bee in Chinese symbolism focuses on love, courtship and marriage as they liken the pollination process to the unrealised fruitfulness of young women, and the potential for new life after marriage and conception. This provides us with such beautiful imagery of the tiny bee being the catalyst for this sacred marriage. Everywhere in nature, this incredible creature makes it possible for this union to occur, with the result being the birth of a brand-new life.

Through the workings of the bee, Mother Nature provides for us a wonderful message to assist our journey of personal and spiritual transformation. The first two steps in our transformative process are all about exploring the inner workings of our mind and our emotions and releasing all the unnecessary elements and finally isolating those we wish to embrace. The third step assisted us in isolating the pure essences of our unique self. It is now time to combine the elements that we have chosen to keep and embrace during these initial processes, to form a sacred union within our inner being. This is the conscious bringing together of the pure masculine and feminine energies that lie within us, and through this mating, we birth a brand-new state of being.

We have become one with that beautiful little bee working tirelessly to ensure the creation of new life within its hive. But the bee's work does not end there! It continues to nurture this new life through consistent effort and energy knowing only too well that if it doesn't, the child within the hive will wither and die. A very clear message for us to ponder!

Nature Spirit Message:

We in Nature Spirit would love to remind you of why you chose to take on a physical body and experience living on planet Earth. It was to create a world for you filled with more happiness, more beauty and greater love. When choosing to experience your physical world, you also knew without a doubt that you had the ability to embrace and overcome the challenges that came your way, enabling you to grow your spiritual self which is the dream of all in Spirit. As your time on earth unfolds, you tend to forget these truths and become entrenched in an illusion of lack and limitation fearing that life has dealt you a blow from which you will never recover. Please listen with your heart as we gently remind you that beautiful new growth bursts forth from moments of desperate struggle when you look beyond the moment and remember the truth of who you are - a magnificent spiritual being embracing a physical experience and having the power to create magic.

We have watched lovingly as you have built your pyre piled high with all your old stories, your worn-out beliefs and the negative emotions that have been keeping you from building the dream that beats softly deep within your heart. Using your gift of imagination, step onto that pyre and watch it burn beneath your feet until it is but ashes. Now, step from these and watch as a beautiful lush green sapling takes its first peek from amidst the smouldering blackness. Welcome it with open arms and an open heart for this symbolizes the birthing of the new you. We encourage you to feed, nurture and protect your new state of being from those who may not understand the hidden depths of heart and soul. Surround your new state of being with the nourishing energy of kindness, gentleness and love of self. Know that we are with you through your time of transformation. You are so loved!

The Ancient Alchemist:

The process of **Conjunction** was considered one of the most important steps in Alchemical transformation. By this stage of the process, the alchemists were working only with the purest and most essential elements of the matter involved in their experiments, and now was the time bring these together to form a new compound. This was such an exciting, but nerve-racking moment for the alchemist, and was viewed as a moment of truth! The failure of this step meant having to begin again on locating and releasing anything that was less than genuine. Conjunction was seen as a mating of chemicals to create a 'new child'. This new compound was called 'the Child of Conjunction'. The alchemists often used the astrological sign of Taurus the

virile bull to represent this process. Either the presence of material impurities or negative spiritual energy within the Alchemist was seen as the reasons for failure to produce the 'new child'.

Living Conjunction:

Recognizing significant milestones along the pathway to transformation is different for each individual who has dared to step out with the courage and commitment to find inner gold. Many experience these milestones as huge 'aha' moments, but for me, it actually took a series of events (three to be exact) before it finally dawned upon me that I was, without a doubt, living my personal time of Conjunction. Obviously, Mother Nature had been conspiring to bring about experiences which would help me to wake up to what was occurring, and accept the changes.

It all began with an encounter with a butterfly in the early hours of the morning. As the sun rose, her magical beams of light reached into the clouds and touched them with a magnificence that took my breath away. I stood there for quite some time watching the ever changing colours and patterns that filled the sky as the wind joined in the fun of creation.

I had been so caught up in this wonderful display of light, that I hadn't noticed something even more beautiful occurring at my feet. There, in the middle of the pathway was a little butterfly struggling to take its last breath. I gently lifted it onto the grass where it would not be trampled on by others walking or riding bikes, and sat quietly watching its last physical moments here on planet earth. As if to say thank you, it slowly opened its feeble little wings for the very last time, breathed one more breath, then closed its wings and it was gone. How blessed was I to be present in that precious moment of time, and to witness such a miracle. No wonder the sky was filled with such glorious light. It was honouring a beautiful life and calling it home.

It was in that moment that something stirred inside me and the world stood still - I was hearing the spirit of this beautiful little butterfly. She was explaining to me that this physical life does eventually end, but it is the transformation from the struggling caterpillar to the magical butterfly that really matters. It was time for me to break free of my cocoon and birth a brand new magnificent me.

Nothing could have prepared me for my next mystical encounter! The wisdom filled eyes spoke to me in such powerful ways, and I felt a shiver of magical excitement vibrate through my body and deep within my bones. It was Saturday, and as I woke with a start, my bleary eyes could just make out the glow of light stretching itself into the day. It didn't take long at all for me to discover the reason for Mother Nature's early morning call! There in the middle of my path lay

a beautiful fox. As its body still felt warm, I realised that it had only just passed from this earthly plane and on to the mystical land of spirit. Whilst I sat on the pathway stroking this amazing animal and giving it a blessing of peace and love, I asked if there was a message it wished to share with me.

The answer didn't come in that moment, but two days later as I sat by the edge of the creek watching the water gently flowing across the rocks, out of bushes appeared another fox. It quietly made its way down to the water to drink, then lifted its head and gazed across at me with its soft yet piercing eyes. Being only a couple of metres away, I was spellbound and could not move a muscle. The fox was obviously not in a hurry to leave, and as I slowly relaxed and opened my heart to this beautiful animal, the message flooded in loud and clear!

The fox is a very holy animal who is one of the great teachers of ancient wisdom, and protector of these teachings! Traditionally, the fox knows how to dance on the old bones of the ancestors in order to re-awaken the ancient sacred teachings that may have been hidden or lost over time. It has the most extraordinary energy around camouflage. It is all about knowing when to hide, and when to come out into the light and share the knowledge that lies within you to all those seeking answers through the wisdom of nature spirits.

The fox brought a clear message to search deep into my sacred memory bank and dance lovingly through its files. It was time for me re-awaken ancient knowledge that had been lying dormant for so long, and to once again give birth to this unique part of me. My third and final encounter happened two weeks later.

After a long week of work, we decided to down tools and head for a nearby National Park to wander what we Aussies call the bush tracks, and breathe deeply of its peace and serenity. The silence was amazing, and only disturbed by the beautiful melodies of the birds which flitted along the tracks to guide our way. Then out of nowhere rang the clearest, most magical song that seemed to send ribbons of music dancing through the trees. Once again I was stopped in my tracks, and then treated to the most enchanting sight – a lyrebird! To actually see a lyrebird in the wild is something of a rarity, and here I was experiencing this amazing moment in time.

The lyrebird has the unique ability to remember the sounds of the bush from hundreds of years ago, and it hands on these beautiful sacred sounds to its young. The lyrebird's melodies assist in connecting us to ancient knowledge so as to bring the new clarity and direction to our lives that we have been seeking.

Suddenly, I was overcome by emotion - a very strong emotion that I couldn't quite explain. It felt like sadness, grief, joy and bliss all rolled into one, and all I could do was sit beneath the trees and allow sacred tears to fall. An unfamiliar energy was surging through me which felt

amazingly good – clear, sparkling and empowering. I was entering unknown territory, and the brand-new feeling I was experiencing both excited and scared me. It was in that moment that there was truth to my suspicions, and it finally dawned on me that I was birthing a brand new me – I was experiencing the process of Conjunction.

To the Modern-Day Alchemist

I am sure by now you understand that Conjunction is a time of birthing a new inner child, and as with the birth of any child, is a time of celebration for the modern-day alchemist! A brand-new consciousness takes its very first hesitant steps into the light, and gently expands in and through the heart of the one who is ready to accept a new way of being. All the hard work of sifting, sorting and releasing has brought wonderful results, but in all the excitement and celebration, it is of utmost importance to remember that there must be continued vigilance. Coagulation can easily fail if old negative thoughts and emotions, and false perceptions of life find their way back into the equation.

Just as with any infant, this child needs to be protected and nourished with tender loving care. The newly formed you is not quite ready to be buffeted by the winds of the big wide world, so it is important to keep all that you are doing very close to your heart and only share your thoughts and experiences with those who will encourage and offer support. Why? Because some family, friends and acquaintances, may find it difficult to accept your new understanding of self, and at an unconscious level, try to bring you back to old ways of living.

Be sure to love and honour yourself enough to work at this process quietly to give sufficient time to really embed all your new ways of living before proclaiming it to the world. Yes, everyone will probably begin remarking on how well you are looking, or may simply say that you look different. This is because your energy is so much lighter and brighter, and you are smiling much of the time!

The Practical Steps of Alchemy for Now

It is wonderful to feel something new birthing in your consciousness. As suggested earlier, this can slowly unfold, appear with a series of events, or it may just come upon you with a life changing ‘aha’ moment. Regardless of its mode of entry, it is a life changing moment in time for both you and the planet as your soul blossoms in new and wonderful ways. Protecting this newfound awareness is of utmost importance! Seeing it as a tiny egg that needs to be placed in a warm, soft nest and kept from the prying eyes of anything that may cause it harm is a great analogy for how the ‘new you’ must be nurtured.

One of the very best way to ensure your continued success is to not let yourself be dragged down by negative people. This is a time to become very aware of those around you and not allow them to affect your growth. 'Choose your friends wisely' is a saying we have all heard, but how much importance do we actually place on it? The fact of the matter is that we become a mirror image of those with whom we spend most of our time. It is only natural that we take on their beliefs, their perceptions and their ways of being as it was probably all those things that we were attracted to in the first place. As you begin to create a new you, some of these friends and acquaintances will begin to slowly disappear from view. Only you can decide which is more important – keeping friendships that no longer support your efforts to transform your life, or moving into much greater levels of happiness and success? So, choose wisely and only spend time with those who continue to inspire you, those accept you for who you are, and those who encourage your transformation.

Another great way to ensure your successful Coagulation is to keep a notebook or diary handy to write down the experiences you may have during meditation, whilst spending time in nature, or through your dreams. The alchemy of each step will be working in your life and it is often the little signs or symbols which help you to hold firm to the path which is perfect for you. These appear to give you greater understanding that there is a higher force guiding your journey every step of the way.

Alchemy For Now Transformational Cards: 13. Conjunction 18. Mercury 25. Egg 20. Salt 36. Caduceus 37. Meditation 3. Quintessence

Step 5: Fermentation – discovering your spirit within

Mother Nature's Lesson:

Living in the mountains with amazing views and walks that bring me in constant communication with all in nature has been a dream of mine for quite a number of years – a dream which has now become a reality. My office windows allow me to enjoy the playfulness of the wind amongst the clouds, the unwavering strength and majesty of the mountains, and the awe-inspiring sunsets which seem to set the earth alight with colours only available to the master painter of the sky. Is it any wonder that there are times when I become lost in the imagery and lose track of the work which awaits my attention!

Spending time walking the bush tracks through this amazing landscape, one that beckons me from my windows, has enlightened my mind and my soul in so many unique and surprising ways. Mountains symbolise strength, wisdom, majesty, permanence and immovability, allowing them to stand tall against all the elements whether that be drought, torrential rains, hail, storms, snow, gale force winds, or the gentle breeze of a warm summer's day. Regardless of what Mother Nature calls the mountain to endure, it always stands firm in its TRUTH. It is immovable in its power and integrity!

Mountains can also symbolise a secluded, isolated or hard to reach place; or as described metaphysically, a higher plane of consciousness. In spiritual studies, when one is seeking to grow spiritually, emotionally and mentally, it is often spoken of as 'going up the mountain'. You will find hundreds of references to mountains within ancient teachings, each referring to spiritual growth and spiritual enlightenment. When ancient master teachers were searching for answers or clarity, they would often withdraw from society to seek and draw upon the wisdom, strength and peace of the mountains. It was these self-imposed retreats which enabled them to connect to a higher consciousness, allowing them to find the much needed answers.

Out of all the metaphysical metaphors that Mother Nature shares with me on a daily basis, one of my favourites would be the storm that rolls in across the peaks and surrounds the mountains to torment, test and shake them to their very core. I love to experience the amazing energy in the atmosphere as the thunder rumbles its way amongst the heavy dark clouds that hang low, bursting at the seams with their precious cargo, and argues with the lightning that streaks its way across the sky. The light and sound show which accompanies the dark, menacing sky never ceases to surprise and amaze me. It is as if the whole of nature has joined forces to help us to not only see, but also hear the message it is attempting to impart. As it slowly dissipates, that

truly magical moment arrives! The sun finally makes its presence felt as it pierces the clouds with golden rays of light and the sky is filled with the most beautiful rainbow.

By embracing the wisdom Mother Nature offers through the spirit of the mountain, we finally open the channels of communication between the spiritual and physical realms. It is a life changing moment when we realise that we are not alone in this journey. This is the moment we acknowledge the existence of a higher power which has been patiently awaiting our recognition. We now step into the role of co-creator rather than attempting to achieve everything through our own physical means. As we work with Universal energy, the challenges and struggles of life dissipate – the ‘dark night of the soul’ is finally replaced with the bright colours of the rainbow. It is only by leaving the valley of negative thoughts and emotions, and gradually climbing the mountain of greater understanding with the help of the One Mind that knows all, that we at last, get to experience our very own rainbow of peace, happiness and success.

Nature Spirit Message:

All in Nature would like to take this opportunity to extend an invitation to come and spend some time with us ... as you physical beings love to say ... take a walk on the wild side! The sky beckons you upwards to float on the softest clouds tipped with rays of golden sunshine, to fly with the wild geese into breathtaking sunsets that vibrate magical streaks of colour at dusk, and to sing with twinkling stars the sweet melodies of realised dreams. The soil feels your every step and calls you to experience a journey deep within the earth into the mystical world of crystal caves. The water invites you to dive into sparkling water filled to the brim with nourishing minerals that refresh and re-energise every cell of your body as you float through underground streams. The ocean encourages you to listen to the ancient stories whispered by the shell thrown up upon the shore. The forest longs for you to venture into her secret palace of emerald green, studded with jewels of gold and crimson red. She encourages you to sit beside her magical waterfalls that fill the air with the lightest mist of joy and happiness, and to clamber up the tree of life that grows and glows with sacred wisdom.

When you take Mother Nature’s hand and walk softly with her through this moment in time, you connect with the heart-beat of all that is, has been and ever will be – the Great Spirit! Time stands still and, as you soak in the energy and vibration of your most precious longings, healing occurs in your mind, body and spirit. You allow us to saturate your whole being with feelings of gratitude, replenish your body with vibrations of peace, and pervade your heart with unwavering love. Please join us ... and paint your rainbow across the skies for all to see! You are so loved!

The Ancient Alchemist:

Fermentation is the fifth step in the transformative process and was considered the time when the spiritual essence of compounds or solutions appeared. The ancient alchemist would sometimes add manure to the solution to help fermentation get under way. This enabled what the alchemist described as dead material coming to life again as it fermented. During the initial stages of fermentation, namely putrefaction, the solutions were very dark and murky, but out of this blackness would finally appear the 'Peacock's Tail'. The rainbow of colours that formed on the surface of the solution was a clear sign that the alchemist had successfully brought together the purified essences from previous steps, removed the last of the impurities, and by adding some form of bacteria, a spiritual essence was formed.

The primary symbolism used to depict this step was the astrological sign of Capricorn. In fact, Capricorn was believed to depict the complete alchemical process from beginning to end. There were a number of other symbols used for Fermentation, one of which is both beautiful and truly inspiring. This was the image of a yellow bird flying down from 'Above' into a rainbow coloured solution in the 'Below' – the entrance of a higher power into the workings of the physical realm. This was a time of deep meditation for the Alchemists as they connected to the One Mind and welcomed it into their lives.

Living Fermentation:

I joined a spiritual circle several years ago, not necessarily to become a medium, but to increase my awareness of the spiritual realms and help me to rediscover my intuitive gift, and use this in ways to assist myself and others in their journey of transformation. One particular evening is still very clear in my mind! We had been asked to bring to Circle something from the world of nature which we loved and treasured. This was quite an easy task for me as I am constantly collecting what I refer to as my 'little gems'. One of my absolute favourite 'gems' is an owl feather that I had found under a tree on one of my daily walks.

Owls are one of the only birds of the night who stay awake until the sun rises before retiring into a quiet time of rest. This wise feathered friend offers enlightening symbolism for anyone who is looking for help and guidance through the challenges and struggles of life. The large wing feather that accompanied me to Circle was from an elder of the owl community. It had often energized my work and helped me through those moments when I have been stuck in a tunnel of darkness and not sure how to find my way out into the light. It was with great humility that I proudly shared and honoured the powerful energy of the owl with everyone in our group.

Our time of discussion was always followed by meditation. On this particular occasion, I was finding it quite difficult to bring myself back into the Circle after an amazing journey into so many beautiful dimensions. My spirit was desperate to stay a little longer, but my body had already taken the leap just in time to hear our mentor suggest that we set ourselves the task of consciously experiencing a special moment of magic over the following couple of weeks – a moment of becoming totally aware of our connection to the One Mind within all things.

As I steered the car along the winding roads towards home, I became very excited about the possibilities of our task and hoped that Nature Spirits would bring it to me sooner than later! Yes, I am always in a hurry! (Note to Self – stop with the impatience!) With no moon to be seen through cloud covered sky, and street lights very few and far between in our part of the world, the lights of the car were all I had to guide my way through the tree lined laneways. I had only just turned the final corner when I jammed on the brakes to prevent the car from slamming into whatever was sitting in the middle of the road.

Once I had dimmed the lights, I could see clearly the most beautiful old owl looking straight towards the car. It was my hope that as I opened the car door to take a closer look, it would not take fright and fly away. Fly away it did not! This beautiful bird sat perfectly still as I slowly moved towards it, hooted softly, and only then did it fly up to sit on the electrical wire which curved its way along the side of the street. The magic didn't stop there! As the owl flew upwards, it dropped yet another stunning feather which came to rest on the road where it had been sitting. My heart soared with gratitude towards this beautiful feathered creature as it shared with me its spiritual wisdom, and its physical gift. I may not have seen the rainbow through the darkness of the night, but I had certainly found my pot of gold.

I knew without a doubt that I was now consciously connecting to the spirit within all things, and was no longer working alone within the physical experience I had chosen here on planet Earth. I am not really sure how long we spent together in the stillness of the night, but the next thing I knew, my phone was ringing with my husband wondering why I was so late in arriving home, and to make sure that I was okay!

To the Modern-Day Alchemist

This is a defining moment as a modern-day Alchemist. This is the time you step from living purely as a physical being to inviting the Great Spirit/Divine Mind to enter your life and work in co-operation with this Universal energy. You are now opening yourself to the idea that there is a power much greater than physical mind or matter, which can assist your journey in the most mystical and magical ways. Recognising that you are living and existing within a very powerful

and potent energy force that guides your dreams and desires into physical reality is essential to becoming the true phoenix of your life. If you have been experiencing what many describe as ‘the dark night of the soul’, by embracing the concept of co-creation you will allow rainbows of colour to appear from beneath the deep dark waters of your despair and fear – you will experience positive changes that you never dreamed possible.

You are living at an exciting time in the history of our planet where quantum mechanics explains in far less complicated ways the workings of the world in which you live. Through a study of this you will quickly gain an understanding and a realisation that everything in this Universe is energy. The first step towards embracing the concept of co-creation is to gain an understanding that this is a creative, thinking, breathing, and constantly expanding energy in which you are not only immersed, but are connected to and are one with – you too are a creative, thinking and expanding being. It is a natural urge within you to always be dreaming more, seeking more and working towards bigger and better outcomes.

The second step is to understand that there are laws that govern this Universe which are often unknown and invisible to physical beings. Never the less, these laws do exist and continue to work whether we know about them or not! The secret to manifestation is to grow your understanding of, and to align and work in harmony and co-operation with these Universal Laws. This calls for the creation of a brand-new paradigm or way of living which takes time, effort and energy, but once embraced, is certainly worth the effort.

The third step towards becoming the co-creator of your life is crucial! If you desire is to empower your life with greater happiness and success, then you must not only know about becoming a co-creator, but actually embody your new paradigm and live it! You often hear that action speaks louder than words, and this is certainly the case when it comes to embracing the concept of working with the higher power that flows in and through this Universe – and you! Many people fail to take the essential action and then wonder why manifestation is slow or basically non-existent. Fermentation is definitely a crucial step in your journey to transformation.

The Practical Steps of Alchemy for Now

Once you have decided to accept and be open to the workings within “The Above and The Below” (both the spiritual and physical realms), your life will become amazing. Everything begins to flow and your imagination and creativity will move to an alltime high. Bigger and better outcomes will appear in magical ways, but there is work to be done. You must remember that sitting and wishing will simply have you doing just that – sitting and wishing! Taking daily action will ensure your goals and dreams become a physical reality.

Setting a daily intention to connect to the Spirit in all things is a great place to start. Spoken words are another form of energy and have incredible power in the manifestation of your desires. Something that is even more powerful is the energy of the written word. You are not just saying the words in your mind, but focusing the energy of your intention through the formation of words on paper. It only takes a few minutes, but the benefits to actually writing out your intentions certainly outweigh the time spent.

Having set your intention to connect with Spirit, it is time to watch for the alchemy at work within this intention. It is time to become the sacred observer of all that is occurring around you. The quantum or energetic field in which we exist is a very playful field. As such, it will bring signs each and every day to assist you in experiencing your new found connection. It may be simply a butterfly landing on your arm, or a feather floating down to land on your path. It may be a book which has been given to you by a friend, or a bumper sticker on the back of a car that draws your attention. Becoming aware of these signs and symbols will help you to grow and strengthen your bond with the world of Spirit.

In alchemy, peacock feathers are important symbols of the process of Fermentation. The magnificent colours of this unique bird represent the rainbow of colours that are formed on the surface of solutions following Putrefaction. As such, it is a great idea to use the tail feather of the peacock as a focus during times of meditation. As your mind begins to wander, you can bring it back into focus by simply placing your attention on the peacock feather which will be a reminder of your connection to Spirit. If you are unable to have a real feather, simply use an image.

Another wonderful habit to form is to watch for rainbows appearing in your life. This is a fantastic sign that all is well and your pot of gold is on its way!

Alchemy For Now Transformational Cards: 14. Fermentation 23. As Above: So Below 27. Peacock Feather 29. Eagle 30. Dove 37. Meditation

Step 6: Distillation – stretching and growing

Mother Nature’s Lesson:

Mother Nature lovingly shares with us physical examples of the personal and spiritual process of Distillation. What better way to experience the quantum field in which we live than by taking a walk on a chilly, foggy morning. The fine mist that coats, surrounds and fills even the tiniest of spaces allows us to experience, in picture form, the way in which Universal energy operates throughout the cosmos. The fact that everything in our Universe is simply energy is quite a difficult concept for physical beings to understand unless you happen to be a quantum physicist, and even then, I am sure this is a truth that continually fills their lives with wonder. Fog depicts clearly how tiny particles of energy not only flow in and through us, but also fill the interspaces of our planet, the spaces that we perceive to be empty. As the sun slowly penetrates the fog, we can sit and watch its changing form as it begins to rise like giant ghosts disappearing from view as if frightened by the light that has the power to melt all before it. The shifting and changing face of the water element is truly mystical as it rises and falls through the atmosphere.

Another great example of this change in form is that of the mist rising from the river on cold frosty mornings. I often sit on rocks that jut out from the river’s edge making a wonderful place to view the workings of Mother Nature. From this vantage point, I have the privilege of sitting within the mist and feeling it enfold me in its life changing energy. As it performs its beautiful dance in the movement of the morning air, its dampness brushes my face and chills my hands. Quietly, in the warmth of the sun, it too disappears from sight, returning to the sky in magical purified vapours of what seems ‘nothingness’.

In the wide blue yonder, the mist and the fog become part of an ongoing miracle. Having risen from the earth, these purified and cleansed vapours are lifted to ‘the above’ to prepare to return again to the realm of ‘the below’ in various forms of water to quench the thirst of all living things, and once again become part of our river systems – a cycle that will continue until the end of time.

Through both of these metaphors, Mother Nature helps us to understand the need for not only cleansing and purifying of our lives, but also understand that we are part of both the spiritual and physical worlds. Understanding this concept is vital for those wishing to undergo transformation. This allows for us to constantly move into higher states of consciousness. It is a reminder that simply becoming aware of our ability to move between the physical and spiritual realms is not enough to create significant change in our lives. It also requires making a conscious effort to constantly cleanse and purify our lives, and embrace both realms as we

perform our dance in the mists of time and space. As with the fog and the mist, this is not something we do once and forget, but an ongoing daily process. It is an ongoing process that will allow our bodies to glow with light, and our hearts soar with love and happiness.

Nature Spirit Message:

As the owl sends out its last haunting call before the dawn, and as the darkness gently softens to allow creatures of the night a time of sleep and rest, these are the times when you can best experience the spirit realms; the veils are thinnest between the physical and spiritual worlds. Look closely into the cool rising mists of the early morning, between the branches of the trees, in the ripples of the stream, and within the palest light that announces dawn. It is here you will experience the exquisite dance of the nature spirit world. They dance to the music of all that surrounds them; a rhythm and melody only felt & heard by those who have opened their hearts to a purity of compassion, a purity of service, and a purity of love. Nature Spirits understand the pure essence that lies within all things, and celebrates its presence.

Nature Spirits not only work tirelessly to create a beautiful planet for all to enjoy, but are also ready to share their mystical wisdom with those ready to step into their light. To help physical beings recognize their presence, nature spirits appear in many forms such as you as a brightly coloured leaf, a feather softly floating on the breeze, or a beautiful butterfly landing gently on your sleeve. Each is awaiting your request for assistance, but cannot act until they are asked. Why? Because they will never interfere with your free will, the choices that you make, and the creation of your journey, but once you ask for their help, they are there in an instant. We lovingly suggest that if you are feeling very brave, you may wish to tiptoe out just before the dawn, whisper your request on the air, and then watch the magic unfold during your day. Nature Spirits are here to guide and help in your quest for transformation. You are so loved!

The Ancient Alchemist:

In the world of the ancient alchemist, the astrological sign of Virgo was used to symbolise Distillation. This process called for the final purification of the ego to allow for a greater experience of the all-encompassing power found in the coming together of what the alchemists described as 'the above and the below'. The continuous cycle of vapours rising and falling within their glass retorts, represented the alchemist's determined efforts to release anything that may keep them from experiencing the forever inseparable light and dark.

They also loved to use the image of the pelican to symbolise this sixth step of alchemical transformation. Sometimes the pelican pecks herself in the chest in order to feed her fledglings, rather than have them starve. The Alchemists saw this as nourishing his new spiritual self by sacrificing the old earthly nature of ego-based actions and perceptions. One of the most common devices used to achieve the desired outcome in this process was nicknamed 'the pelican', which enabled the alchemist to boil and condense solutions many times over to release the purest of essences.

Living Distillation:

After years and years of growing personally and spiritually, I thought I had experienced quite enough of the challenges and struggles of life. For the most part, I thought I had handled all of these in a way that brought a greater understanding of my inner self, my connection to the One Mind or Great Spirit, and the quantum field. Well, that was until I stepped into the Distillation process of alchemical transformation.

Amazing dreams and goals had become a reality in the most magical ways as I embodied my 'learnings' and put them to action in my life. Yes, life was wonderful and I was basking in its light. Beneath this success still lay the natural urge to be more, have more and do more! Remember, as we are made in the image and likeness of our creator, this is natural urge which lies within Universal energy, also lies within each of us! There is no hiding from this powerful force, so regardless of how I felt things were going in my life, I was being prompted to experience greater levels of all that I desired.

It was towards the end of the year when I heard and felt the voice of change. I knew without a doubt that this change involved simplifying all areas of my life. I also knew without a doubt that this would have the flow on effect of simplifying the energy within me and around me making it lighter and brighter, and yet at the same time, deeper and more mystical. The problem with we physical beings is, when we feel we are on what we would refer to as a 'good thing', we really don't want to go changing the formula! Change takes us out of our comfort zones and forces us, once again, to re-vision all that we are doing and figure out what needs to go and what is worth holding on too. This was one thing I wasn't sure I really needed to go through at this particular point in time.

Over the following weeks, I threw the idea of change to the wind and focused on getting on with the business at hand. If only it was this easy to ignore the workings of Spirit! Slowly but surely, things began to grind to a halt and regardless of how I tried to continue, I felt as if I was being thrown into an unknown darkness. I was being given a clear message on a daily basis, to

step out of life and consciously re-assess where the road was leading me, and what my true focus needed to be.

It was at this point that I felt like I was simply hanging in huge void with nothing but silence as my constant companion. The silence, of course, was of my own doing – I simply needed to begin listening to, and feeling the messages hidden within the emptiness of all that surrounded me. As I stretched my mind and my spirit into the darkness asking for guidance, I knew in my heart that this was one time when I had to make a huge decision. Was I going to let go of all the last remnants of the old ego and continue my journey of transformation, or was I going to fold under pressure and say goodbye to revealing the wonders of my inner gold? I also understood that this was going to take courage and determination, but I had come this far, and for me, there was no turning back.

In hindsight, making the decision to continue was quite simple. Living the decision was a completely different matter. The falling away of everything in the previous weeks turned out to be a prelude to what was about to occur! I freely admit that as I continually rose and fell through the mists of time and space being cleansed and purified, I cried buckets of tears and did quite a deal of screaming at the Universe – ‘why’? Within a matter of 4 weeks, (which seemed like an eternity) I experienced illness, the loss of websites, and very nearly the will to continue.

Then, in one beautiful moment I heard these words flooding from my lips - ‘I Am that I Am’ - and within a feeling of total vulnerability, I closed my eyes and experienced my body being infused with a brilliant light. My body relaxes like never before, and I know that all is well. It was then that the light relayed its message in a way that I cannot describe in words, but I knew with every fibre of my being that light and dark are one and the same energy. Life is a constant cycle of experiencing ‘the above and the below’, and there is never a need for fear. Someone or something had spoken, and I was listening as never before!

To the Modern-Day Alchemist

The Distilling process requires constant stretching and growing - a step that involves perseverance, and huge quantities of faith and trust as you continue to build and grow your new awareness. You are being called upon to simplify all that is you. This is essential for the removal of the final impurities that keep you from experiencing the inner gold that runs through your veins, and the outer gold of greater happiness and success.

The most wonderful expression of the Distilled person is that of love - a love that encompasses all peoples and all things. Unconditional love only flows from the one who can embrace all with

a compassion and concern that comes from a knowing that we are all one and the same. This beautiful and purified soul looks upon all things and people as blessings which need to be loved, nourished and honoured. Initially, begin by loving and honouring self! As you purify the energy in and around you through love of self, your vibration changes and the ongoing effect is a constantly expanding flow of love from all that surrounds you.

Another exciting expression of the Distilled person is a complete change in paradigm. Your old belief system around any form of lack and limitation existing in your life will have become redundant, and must be moved from your thinking to allow a whole new paradigm to take up residence in your unconscious mind. This can be done by simply becoming very aware of your thoughts and emotions making sure that they are always positive, uplifting and moving you to higher planes of consciousness. We all know how easy it is to slip into ego-based thoughts and feelings which tend to place us in a negative energy of guilt, blame or fear. We certainly don't need to revisit these as we have just spent so much time freeing ourselves from such traits.

The distilled person also understands the utmost importance of working in harmony and co-operation with the Laws of the Universe. We are currently experiencing an incredible time in history as our planet moves from one Great Age to the next, but regardless of this, the Laws are still in operation. They have been in operation since the beginning of time and will continue to operate for as long as this Universe is in existence. Once you have set yourself free of your ego-based life, you will find it so much easier to embody all your knowledge regarding Universal Laws, and begin to live within these on a daily basis – you are now living Truth.

Of all the possible expressions of Distillation that I could write about in this book, the one I believe is of greatest importance is that of humility. The true nature of humility is certainly not being walked over or being totally submissive – this is old paradigm! Humility is understanding who you are at your core, your oneness with the Spirit in all things, and the worth and worthlessness of the creative power that lies within you. It is only the truly wise amongst us who live with complete humility. These purified souls embraced with body, mind and soul all which is etched on the emerald tablet. They no longer shout their greatness to the world but quietly enfold themselves within a field of purified light energy. These enlightened beings simply live and vibrate their quintessence – their magnificent light shines as a silent beacon for all to see!

The Practical Steps of Alchemy for Now

There are a number of practical steps that you can take to actively participate in the process of Distillation. Begin by putting your thoughts, perceptions and feelings under daily scrutiny. One of the simplest ways of doing this is to become very aware of what you are thinking or feeling at

frequent intervals throughout your day. If you find yourself dropping back into anger, resentment, blame, fear, etc, then turn up the heat and vaporise each and every one of these until you are left with a clear mind and a peaceful heart. This is not a 'do once and forget' process – this is a daily practice which brings miraculous results.

One of my favourite sayings is, 'to know and not to do is not to know at all'! Such a powerful statement to contemplate on a regular basis, and if actioned, brings about powerful results. Simply put, if you continue to grow your knowledge but don't bother to embody this and live it, then you are never going to experience transformation. Humility becomes a natural outcome of living and breathing your new level of consciousness, not just having knowledge! True humility and wisdom, are built through the complete embodiment of all your 'learnings'. You now understand clearly that little knowledge can be a dangerous thing. Your inner wisdom helps you see that with every step forward, there another twenty steps still to be explored and mastered. A great question to ask yourself at the beginning of the day is, "What is one simple way in which I can infuse my life with all that I now know?" Remember, transformation only requires one small step each day!

Another most effective way of ensuring you continue to nourish your new awareness is through a daily practice of Meditation. It is so true that just fifteen minutes of Meditation a day can change your life in wonderful ways. This is not only a wonderful healing practice for your body, but is also gives you a rest from pesky little thoughts, allowing our spirit to soar. There are numerous Meditation techniques which can be practised, so it is important to find one that best suits you and your lifestyle. If you love to spend time in nature, then take yourself on a meditative walk each day making sure you give your mind a rest from the stress and worrying thoughts, and focus on the beauty around you. If you prefer to stay indoors, then your meditation can be simply relaxing the body, closing your eyes and focusing on your breath.

My final tip to ensure your Distillation is to nurture you and your dreams. Find a little time in your day to do the things that bring a smile to your face and joy to your heart – you will be amazed at the results!

Alchemy For Now Transformational Cards: 15. Distillation. 33. Lion. 30. Dove. 39. Butterfly. 22. Reflecting Truth, 36. Caduceus.

Step 7: Coagulation – the phoenix rises

Mother Nature's Lesson:

Broken Hill is a town which many would describe as a place in the middle of nowhere! Our daughter and family had moved there for particular work that was required by her husband to complete his studies. To visit was not as easy as it had been. The final three hours of the journey meant driving through desert landscape. The only vegetation was an occasional tree, which had discovered the secret to withstanding soaring temperatures and very little rainfall, and saltbush. The real challenge in travelling this road was the large population of wildlife that fed on the grass at the edge of the road – kangaroo, wild goat, emu, and the occasional brumby.

For me, what seemed an endless road of nothingness was always made exciting by the surprise appearance of the most amazing feathered friends that soared the vast openness of the skies above! The wedged tail eagle, with its huge wingspan and precision eyesight, could be seen gliding effortlessly on the wind currents, and only coming to ground to feed on the endless supply of dead animals that had been struck by the huge mining trucks travelling back and forth on a daily basis. For me, the sight of an eagle turned a tiresome journey into a joy. We would sit on the side of the road just observing its powerful knowing, and its ability to become one with the spirit of the wind and sky. Whether it was rising higher into the atmosphere or navigating a landing, every movement was performed with effortless ease and grace.

Eagles have the ability to hold this effortless ease and grace even in the face of adversity. As a storm builds and spreads itself across the desert sky, the eagle remains firm in its knowing and power. As the storm unleashes its fury, the eagle turns and faces it head on allowing the strong wind currents to lift its giant wings above to peaceful skies. Such a powerful metaphor shared by Mother Nature to help us overcome the storms of our lives. But Mother Nature would also like us to understand that there is a far more potent message hidden within the spirit of the eagle.

The wedged tailed eagle, as with all eagles, symbolises illumination of spirit, healing, and creation. It enables to witness first-hand the way in which to consciously become one with the field, and play within this field in such a way so as to create all our desires with ease and grace. The eagle has the amazing ability to see hidden spiritual truths as it rises above the material and looks at life from a higher perspective. It reminds us of our very own connection with the Great Spirit that knows all things. It reminds us that we also have the opportunity and the power to fly above our physical challenges, become one with Universal energy, and embrace the joy of our heart's desires. In doing so, you have discovered your very own Philosopher's

Stone. You have found the secret of Coagulation – the secret to creating miracles far beyond your wildest dreams.

Nature Spirit Message:

We in Nature Spirit ask you to close your eyes for one precious moment in time! Using your imagination, we would like you to feel & hear the beating of two very powerful wings coming towards you. Within the beating of these wings there is only love, strength and a deep knowing - these are the wings of an eagle! In an instant you find yourself lifted onto the back of this most beautiful and spiritually powerful bird, and carried high into the sky to soar on the currents of winds which whisper gently into your heart the ancient secrets of the north, south, east and west of this glorious Universe. Higher and higher you rise as if reaching and stretching into the realms of spirit for those long-awaited experiences of oneness! The sky becomes that magical ocean of glittering possibility which calls your name and, with the softest murmur, breathes life into all your dreams.

As the eagle turns its head to one side, your whole being is mystically transformed into experiencing your planet through its very powerful eyes. You see your whole life with laser vision and clarity! Yes, you see your Truth! You are a magnificent being who has the ability to transform your life and your world by simply being you, and finding true happiness is your only purpose! You must now hold on tight as the eagle dives towards the ground and swiftly gathers what it needs to build strength for its continuing journey. With this exciting move comes the knowledge that you must always ground yourself within your physical world as you stretch upward towards the light of understanding. As with the eagle, allow your whole being to be infused with the light of a higher power which nourishes your body, mind and spirit. Now, with gratitude pouring from your heart, ask the eagle to land you safely back to wherever you first began your flight. Embrace the lessons felt and heard, and then gently open your eyes.

This journey was filled with the intent of assisting you to discover the ancient secrets that lie within you right in this very moment. You are the eagle of your life, so stretch those powerful wings you hold within, and fly like you have never flown before, into a world of happiness, love and peace. You are so loved!

The Ancient Alchemist:

Coagulation is the final process in alchemical transformation and is symbolised by the astrological sign of Gemini, and the mythological phoenix. As the story tells, this bird built its

own pyre, sat upon it, set it alight and burned to ashes. It was from amidst these ashes that a magnificent new bird re-birthed to fly as never before. For the Alchemist, all his/her labours had finally come to fruition in the creation of the long-awaited Philosopher's Stone. One tiny pinch of the red powder from this stone was sufficient to turn base metals into gold – the goal of every Alchemist. They also believed that this was the elixir of life and had the ability to heal the body of all types of illnesses. Not only did it have the power to heal, but also enabled plants to magically grow in perfect ways.

One image of coagulation was that of a single eagle soaring to great heights, but more often, the alchemists recognised this process as their very own personal phoenix story of dying to the old, and taking on a new second body – an astral body of golden light. They had finally fanned the flame that had removed all the impurities of the ego driven life, and were now free to fly as never before.

Living Coagulation:

I always imagined that Coagulation would be one of those amazing moments of my life when I was lifted from this earthly realm to experience the euphoria of, I am not sure what! Over time I have discovered that for me, this final stage in the process has presented itself in small moments of bliss. These moments always seem to appear when I am least expecting them, and sometimes at quite inconvenient times I might add! Please let me explain.

Being on Radio is a passion of mine, and having my own weekly radio show is like a dream come true. Just recently when I was on air, I had what I would describe as one of my coagulation experiences. All was running smoothly and it wasn't until the last segment of the show, when I was having a short break whilst a song was being played, that things began to happen. With a minute to go before returning to the microphone, suddenly I felt this incredible tingling sensation right throughout my body. I knew my body was still sitting on the chair, but part of me was elsewhere. The joy I felt was indescribable and tears of absolute bliss streamed from my eyes. I could hear in the distance that the song being played on my radio show was nearing the end and I needed to somehow literally pull myself together to complete the show.

Then as if by magic, I was jolted back into the chair and was fully aware of what was happening just as my producer counted down the time to my speaking again. I guess it wasn't really magic, but my conscious mind reminding me of my body and bringing me back into the physical realm. I have never been one for astral travelling or focusing on leaving my body to explore other realms, as I believe I have come here to expand and grow through a physical experience. There will be ample time to live the spirit life when I return home! In saying this, I often feel as if spirit

is offering me the opportunity to expand my horizons into unknown dimensions in a more simple form, and in a way that allows me to feel safe and secure.

There is one other place where I experience Coagulation on a regular basis - when I am alone in the bush or the forest. I find the energy to be so powerful, and I love to get lost in the vibration that flows between the trees. The mirage of shimmering light seems to beckon me to join in its playfulness. I find two ancient trees and quickly drag a fallen branch between them so I can sit and soak in the energy flowing back and forth. Sometimes this is all I experience, but then there are other times when once again, the magic happens! It is as if my body fades away and I can no longer feel the normal sensations of being physical. Rather than experiencing numbness, I become so alert and so alive, and the songs of the birds around me are crystal clear and ever so beautiful. In fact, it is as if everything around me is dancing to melodies so beautiful that they could not be of this realm.

On one such occasion, as I closed my eyes, everything turned a brilliant shade of iridescent blue. Then four of the brightest stars appeared like beacons in a sky filled with tiny crystals. It was as if they were the four anchor points which held everything else in place. From the centre point of these appeared a light which slowly grew in its brilliance until it filled the entire cosmic space. Then, in what seemed an instant, I was back feeling my body simply sitting between the trees, but in actual fact it was quite a considerable time.

Unfortunately, these moments pass nearly as quickly as they arrive! My thoughtful mind brings me back into my body and grounds me in the physical. As short as these experiences may be, I am ever so grateful of my Coagulation moments.

To the Modern-Day Alchemist

I have just attempted to describe a couple of my Coagulation experiences, but I want to remind you that your Philosopher's Stone will appear to you in a unique way that is perfect for you. The important lesson within all of this is not necessarily your journey into the realms of spirit, but it is what you bring back with you from these experiences, and express in our everyday life which really counts. These blissful moments present to you the opportunity to become the sacred observer of your life. These precious moments in time expose you to your Truth – you are a thinking creative being who is being loved and nurtured within an all-encompassing, powerful creative and loving energy. Your true gold is created the moment you embody this Truth.

The coagulated person is someone who has what many would describe simply as 'a presence' - someone that others wish to follow and emulate. This person will vibrate a confidence infused

with a knowing, humility, and great wisdom. As the ancient alchemists have described in their texts, growing into this state of being is not for the faint hearted, but is the result of a determined effort to find the inner gold which turns golden dreams and desires into golden results.

Reaching Coagulation means you are now ready to take the flight of your life. The final step in this amazing process sees the phoenix which is you, flying free from the pyre of the old worn out life of struggle, and into the skies of Truth and enlightenment. Sounds blissful, doesn't it? Well it is! In the discovery of your very own Philosopher's Stone, as with the ancient alchemists of old, you will have found that everything you needed was not 'out there' but 'within'. It was there all the time. Finding inner gold is certainly is the key to living outer happiness and success – everything you touch will turn to gold!

The Practical Steps of Alchemy for Now

Now is the perfect time for you to create your own phoenix story, but the choice is still yours. This can be a simple process, but not an easy one! Many people reach this stage of the process only to fail as the ego makes its last ditch effort to bring you back to the old way of living. Begin by using your powers of intention and imagination. Start by clearly stated your intention to enter the Coagulation stage of transformation, and step into your brilliance. Then using your gift of imagination, see yourself standing on your pyre and allowing all the past to burn beneath your feet, knowing and understanding that you are safe and secure through this process.

Never try to force your Coagulation experiences! Forcing anything into being is actually pushing it away. Simply create the time and the space, and then be open to whatever may occur knowing without a doubt it is perfect for you.

Another great idea to help your transition into and through the Coagulation stage of Alchemical transformation, is to find a picture of a phoenix and use this as your focus during meditation. As you release the stresses of the day and relax into your meditative state, bring your awareness onto the image of the phoenix. Once you have this image firmly placed in your mind, close your eyes and see the phoenix within your third eye and hold the image for as long as you can. If it fades, gently open your eyes and place your focus back on the image until you are ready to return to a deep meditative state with the phoenix as the centre of your awareness.

It is very easy to get so caught up in the mystical outcomes of coagulation that you forget what this means in physical earthly terms. On an exciting practical level, the phoenix rising, heralds the arrival or the manifestation of your goals or dreams. This is an incredible time of celebration as you see the results of all your hard work in wading through the six previous steps of

transformation. Spending time in deep gratitude for all you have manifested will keep you closely aligned with the creative power of the Universe, and ready to step into a brand-new dream.

Alchemy For Now Transformational Cards: 16. Coagulation. 34. Uroborus. 3. Quintessence. 26. Wolf. 17. Gold. 1. One Mind. 2. First Matter.

Beyond the seven steps

In Truth – beyond every seven steps are another seven steps! The process of transformation is definitely an ongoing process which we will experience many times in this lifetime, and continue to experience over many, many lifetimes to come. It would be wonderful to think we could simply make one big effort to go through the necessary changes, and then not have to visit this process ever again. And I guess, you do have the choice and the free will to do just that! The one tiny problem with following this line of thought is that we have this incredible natural urge to expand our awareness within an ever-expanding cosmos. In order for us to ensure great results, we have a constant inner calling to step into higher levels of consciousness which require ongoing transformative measures.

Now, having a proven method for initiating and achieving change at your fingertips certainly puts you in the driver's seat of your life. Once you become the sacred observer of all that is occurring both within and without, and tune into the signs and signals of something stirring, you can simply and easily put the seven-step process into action. No more confusion or frustration around not knowing what to do or how to do it. As the voice of change comes calling, you can readily step into what needs to be done and move forward with courage and confidence in a perfect outcome.

It is in the changing of the seasons that you will most often feel and hear the voice of transition nudging you to move from one state of consciousness to the next. I am not talking here about the climatic seasons, but the seasons of your life. So often you want to hold on for dear life to what has been rather than accept and gracefully go with a growth in awareness. Your mind is screaming no, but your heart is gently whispering yes! The greatest wisdom is expressed by the one who can cut the strings holding them to the past, and begin to weave new and beautiful strands which stretch into the future. Changes in career, relationships, family structures, health or finances can herald a brand-new season for you to embrace. Exciting opportunities will appear when you are open to flowing with the tides of change, and transformation will be the natural outcome.

The decision to embrace transformation is admirable, but in doing so it is very important to maintain balance. Alchemy and the art of transformation to many of the ancient alchemists was an obsession which completely ruled their lives. The pursuit to reveal their inner gold and to create outer gold within their laboratories was all that mattered, and was their driving force both night and day. This is not necessary for the modern-day alchemist. You can happily go about performing all your necessary daily tasks, and still find sufficient time to spend on implementing the seven steps. It is so important for you to strike a balance!

Constantly remind yourself that this is an ongoing process. As you peel away each layer that dims your light of awareness, you simply find another waiting to be explored and removed. It is great to know that with the constant removal of layers, the desire for higher levels of enlightenment ceases to remain a distant dream, and slowly becomes a reality. This then begs the question – what is the point of even trying if you just have to keep peeling layer after layer? The answer is really quite simple. You arrived on this planet knowing full well that you were going to be studying at the ‘university of physical life’. This was a fabulous opportunity to be honing your already acquired skills, and learning so much more. You were excited at the prospect, understanding that the outcomes would not only allow you to experience physical bliss, but also bring you into closer communication with the source of all creation.

The greatest advice I can offer with regards to alchemical transformation comes in three parts. The first is to embrace each step as you come to it without fear or trepidation, understanding that the process of transformation is a natural function of life. Fear can very quickly erase your dreams and leave them smouldering in a pile of ashes. But, when you turn and courageously face this dragon, which keeps you from experiencing complete happiness, it will very quickly slip back into its caves and disappear from your radar.

The second is to constantly remind yourself that life is not a race to be won, but only to be experienced. Life is definitely about the journey rather than the prize on the finish line. In actual fact, there is no finish line. Each life journey is made up of a multitude of tiny spirit inspired pathways leading to a relatively unknown destination. If you try to rush the process, you may miss the one golden thread that weaves happiness and success through your unique web of life. Stopping off along the way to take in and enjoy the view is one of the best gifts you can give to you – particularly when out in nature!

And my third snippet of advice is to laugh often at yourself and life! Taking your journey too seriously can have disastrous effects on you attaining satisfying results. The field in which you live and expand and grow is a playful field. This quantum field is one that loves to bring you magical and mystical surprises in the most wonderful creative ways. Solutions to your problems will often appear out of left field (pardon the pun) in ways you never dreamed were possible.

So, become the soul that expects to experience 'playful' and that is exactly what you will receive.

Those who continually seek rainbows will eventually find their pot of gold.