

ALCHEMY EXERCISES

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NOTE: The group practice that we did in class was just that-a group practice that our group alchemically created. Yes, it's true, I had a practice planned but the group alchemy altered it on the spur of the moment! So this Handout gives you an exercise that you can more easily do on your own. However, you can always re-listen to the practice from the call!

PRACTICE 1: ALCHEMY HAND EXERCISE AND IMAGERY

1. Pick 2 polarities that have some charge for you; that you have not resolved
 - a. For ideas, go back to Class 2 pdf handout from the PowerPoint in class
2. Get Grounded, Centered, Balanced, and Aligned
3. Center in your heart and send out an invitation to any and all parts of you that need to embody in order to do the exercise and ask them to anchor back into your body and your molecules
4. From your heart, call out to your Guides and invite them to be around for the practice
5. Call in the Group Sacred Geometry Matrix with all of our Group Guides and ask that by Spiritual Law that when you call in the Group, there is no energetic disturbance for any of the members. The connection to the Group is seamless and imperceptible and behind the scenes.
6. Place yourself (your whole self) into the Sacred Geometry of the Group. You will be doing the rest of the practice with the Sacred Geometry of the Group surrounding you. This potentiates the power of the exercise.
7. Call in your polarities/archetypes. Place them in the Group Matrix. Or, just put them in the Group Matrix and allow them to place themselves wherever they feel most comfortable
8. Assess how potent they are on a scale of 1-10, with 10 having huge potency and strength.

9. Make sure they are at least at a level of 5 or beyond. If not, they don't have enough alchemical charge to work with.
10. And now equalize their potency. If one is less strong, just ask all of the Guides and Group Alchemy to potentiate the power so that they are about equal. 1 or 2 points difference is ok.
11. Now imagine (you are still inside the Group Matrix) that you infuse one of your hands with the potency of one of the polarities. Just ask the polarity. Fully immerse the polarity with all of its potency into one hand. (doesn't matter which hand). And now do the same with the other polarity, infusing it into the other hand.
12. Let the alchemy begin! Notice the attraction vs pushing away. See, hear, feel, sense the energetic connection between the two. Sense into each side and feel how it connects to the other side and vice versa. Let the two connect in whatever way they can; it might not feel great at the beginning and that's ok. Give it time. Just keeps the flow going between the two. Just be curious as to what will happen. Don't will any outcome. Don't push them together. Give this at least 5 minutes. Notice any changes. Let your hands move into different positions to see what happens. (Hands can be moving together in a straight line horizontally, vertically or just exploring moving in all different directions in connection.)
13. OPTION 1
 - a. Check in with your hands periodically to see if they have shifted their alchemy to finally connect. It's an intuitive, unconsciously driven process and can take time. So it might take a few days or more.
 - b. When they finally come together, feel into the power of what that is like. You could experience it as a sensation, visual, symbol, word, sound, texture or overall just flash of knowing. Really commune with that power. Enjoy it. No need to translate this new creation into words!! Alchemy happens without words!
 - c. Now take that energy and 1) put it into your body wherever you feel it belongs and spread the sensation, energy of the symbol or image, power of the sound, word or knowing all through your chakras and body. OR 2) ask your body to open up and receive the sensation,

energy of the symbol or image, power of the sound, word or whole body knowing wherever it belongs and spread the power and potency all throughout your chakras and body. (One approach is more directive; the other more nondirective)

- d. Be with that for a while. Enjoy the new alchemical creation and let it unfold into your conscious mind and life.

14. OPTION 2

- a. Let the alchemical dance brew for some time. Be sure to keep the connection going or the alchemy falls flat.
- b. Now, invite your unconscious to surface an image, symbol, sound, sensation or overall knowing that captures the final new creation that springs from the alchemy. (Remember in alchemy, neither polarity wins, but something new is created). Just let the first image, thought, sound, sensation come to mind. No need to understand it!! Just feel its potency. Connect with it in all of your senses.
- c. Now take that energy and 1) put it into your body wherever you feel it belongs and spread the sensation, energy of the symbol or image, power of the sound, word or knowing all through your chakras and body. OR 2) ask your body to open up and receive sensation, energy of the symbol or image, power of the sound, word or whole body knowing wherever it belongs and spread the power and potency all throughout your chakras and body. (One approach is more directive; the other more nondirective)
- d. Be with that for a while. Enjoy the new alchemical creation and let it unfold into your conscious mind and life.
- e. Take the newly integrated energy imagine going through your life, especially in situations where the polarity would have been triggered before. Notice what is different

PRACTICE 2: ALCHEMY HAND EXERCISE WITH RHYTHM

- 1. Pick 2 polarities that have some charge for you; that you have not resolved
 - a. For ideas, go back to Class 2 pdf handout from the PowerPoint in class

2. Get Grounded, Centered, Balanced, and Aligned
3. Center in your heart and send out an invitation to any and all parts of you that need to embody in order to do the exercise and ask them to anchor back into your body and your molecules
4. From your heart, call out to your Guides and invite them to be around for the practice
5. Call in the Group Sacred Geometry Matrix with all of our Group Guides and ask that by Spiritual Law that when you call in the Group, there is no energetic disturbance for any of the members. The connection to the Group is seamless and imperceptible and behind the scenes.
6. Place yourself (your whole self) into the Sacred Geometry of the Group. You will be doing the rest of the practice with the Sacred Geometry of the Group surrounding you. This potentiates the power of the exercise.
7. Call in your polarities/archetypes. Place them in the Group Matrix. Or, just put them in the Group Matrix and allow them to place themselves wherever they feel most comfortable
8. Assess how potent they are on a scale of 1-10, with 10 having huge potency and strength.
9. Make sure they are at least at a level of 5 or beyond. If not, they don't have enough alchemical charge to work with.
10. And now equalize their potency. If one is less strong, just ask all of the Guides and Group Alchemy to potentiate the power so that they are about equal. 1 or 2 points difference is ok.
11. Now imagine (you are still inside the Group Matrix) that you infuse one of your hands with the potency of one of the polarities. Just ask the polarity. Fully immerse the polarity with all of its potency into one hand. (doesn't matter which hand). And now do the same with the other polarity, infusing it into the other hand.
12. Focus on one hand for now. Let the hand with the polarity #1 express itself in movement. Let it dance. And like every good dance, it has a pulse, rhythm and movement. Let the full expression come into play. Just let the movement, rhythm and pulsing have free rein.

13. Focus on the other hand. Let the hand with polarity #2 1 express itself in movement. Let it dance. And like every good dance, it has a pulse, rhythm and movement. Let the full expression come into play. Just let the movement, rhythm and pulsing have free rein.
14. The likelihood is that each hand is pulsing, rhythm-ing and moving in a different way. Let that be ok. But ask each to connect with the other, even if the connection feels strange or awkward. Keep the connection going just by infusing both sides with some intentional energy.
15. Let the natural alchemy take over. Notice how each hand begins to move in relation to the other hand. Keep going until they meet. They might go into dance partnership in the rhythm, pulse or movement but the end goal here is a unique form of pulse, rhythm and movement that is unique.
16. Enjoy the dance and the unity of the 2 hands. Keep them moving. Now take that movement and 1) put it into your body wherever you feel it belongs and spread all through your chakras and body. OR 2) ask your body to open up and receive that movement and dance it throughout your chakras and body. (One approach is more directive; the other more nondirective)
17. Now feel your desire to move your whole body and express your new creation in movement. Notice the effect that rhythm has on your psyche and on your body. It is an expression of you in the world.
18. Practice this every day for a week or more. Again, letting the movement drive itself deeper into system, affecting you.
19. When it goes in deep enough, it will feel like it is in the hard drive of your being, powerfully and more subtly affecting you in your life. It represents a new pulse, rhythm and movement of you of in the world. It has finally opened up a new vibration of your being.
20. Congratulations!