



Transforming through alchemy steps

Alchemy means transformation/transmutation (turning obstacle into gold)
Whenever you notice resistance, stop and bring it to your awareness.

1. Identify what is the problem
2. What are your thoughts?
3. What are your feelings?
4. Where do you feel it in your body? (If you cannot identify then focus on your heart as all feelings come from the heart. Give it a name or a colour)
5. Speak to that part of your body like you speak to a child to honour your feeling
6. Acknowledge it say you are sorry it is feeling that way
7. Ask what it needs feel at peace again?
8. Connect with your higher self/intuition or use violet flame of transmutation and release with big sign
9. Call that part back to yourself and feel it integrate with love
10. If there is still resistance, ask what it needs. Maybe there is another soul involved. Call the soul, say whatever you have to say and forgive. Then let go and integrate.
11. Keep a journal to note patterns of resistance.