



### **EXERCISE: TO RECALL AND DISTILL OUR EMOTIONS AND STATE OF CONSCIOUSNESS**

You can choose to distill a substance by going out walking and collecting it or by staying in the classroom and using a perfume, image, memory, music...

- Choose which element and how you will distill it (emotion, state of consciousness) write it down
- Create an alembic to sterilize and concentrate this emotion
- Choose in which bodily substance you will concentrate it
- Distill it through a physical substance that you produce e.g. saliva, sweat, urine, etc..
- The exercise can be done while sitting, outside walking or recalling an emotion with the anchor (music, memory, color, perfume...)
- Hold that emotion / state of consciousness for 4 minutes, from there on the body will physically produce it where you chose to direct it.
- Collect it with a tissue, a glass container, or inside a piece of saran-wrapt plastic
- Silently collect the substance, sealed in a black cloth or paper and label it
- Re-absorb the alembic