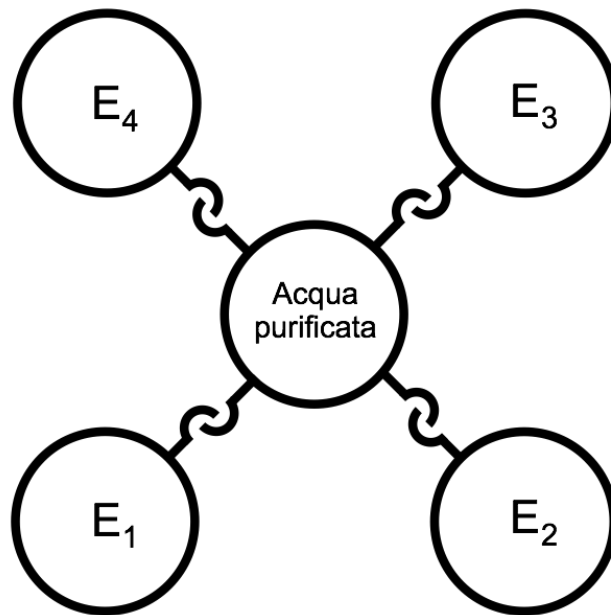




## **POTIONS COMPOSED OF MORE ELEMENTS**

- You choose the state of consciousness you want to obtain from your potion giving it a precise name: for example "the will to do", "peace of mind" etc...
- Analyze and think about (and for each one would be different) from which elements is composed this state of consciousness (for example: determination, joy, love for yourself etc...)
- Write in your notebook the name of the potion and the various names of the elements that will compose it
- Choose the amount of each element that you want to bring in the potion and write it down (1/3 – 2/3 – 3/3)
- Establish a code to indicate how much you will take with the wand (use the method of touches which means, one inhalation is one touch, two inhalations are two touches and so on...)
- Use your breath to take in by inhaling and release by exhaling
- Always use elements that have been already stabilized or produced with the "alembic" in the previous exercises
- You might use an element from the "viaggio". One that connects you to that emotion (it can be used either by adding it physically or taking it from its circle, with the wand, carrying its frequency from the open little bottle, to the central substance that you are preparing)
- You will use only one element, it is not mandatory to use it, but in this class we use it (earth, water, air, fire) because we want to see the variations if we use one or the other
- Experiment with the same potion composed by the same distilled emotions but combined with a different element of the "viaggio"



### **EXERCISE TO CREATE A COMPOSED POTION**

Make a circle that contains you with your wand (best with a small table in front of you), by tracing it three times. Clean it and charge it for a minute with your energy and attention. The circle around you is optional but recommended as it creates an energy bubble of amplification. Remember to have all the necessary material you need with you. When you have your staff, you will use it (instead of the wand) to trace this bigger circle you are contained in.

#### **Equipment/material to bring in the circle :**

- Pattern drawn with central circle and circles around connected by the hooks
- Wand and staff
- Elements that you will use to make up the potion
- A small bottle with purified water
- A black cloth or black paper to wrap the potion
- A label
- A pen
- 24 hours water
- Element of the "viaggio"
- Salt (of the "viaggio")
- One small bottle for the composed potion
- Trace, charge and stabilize the circles by tracing each one 3 times and the hooks once
- Clean the inside of the circles with your wand
- Open the central circle and place inside the open little bottle containing the

purified water (or if not available, water with your frequency or spring water).

- Close the circle, by closing the opening with your wand
- Place the various substances and the chosen element of the "viaggio" (it is not mandatory but we use it in this exercise in class) in each of the circles around the center, by opening and closing each one to place the elements in each circle.
- Bring the wand closer to the first substance you want to collect, retrieve the amount you want to use by INHALING it. Next, bringing the wand closer to the central potion and pour it by EXHALING it. This is not done physically, the frequency of the element is absorbed and transported in the wand
- Do the same thing for the other substances and the chosen Element of the "viaggio" that you want to put in the potion
- If you don't really want to choose an element of the "viaggio" and you want to add air, put your own air in the circle (we refer to Rituality elements)

Open the central circle

Add salt to stabilize

Close the circle

Erase the hooks

Open the other two circles, remove the elements and wrap them in black or paper or cloth

Erase the two circles

Dip the wand in the 24-hours water and trace the central circle containing the potion with the wet end of the wand (only once).

Leave to stabilize for 7/8 minutes

Open the circle

Remove and cap the potion, label the bottle and wrap it in black cloth or paper then erase the circle with the wand

Erase the wider circle which contains you

**Note: while the substance stabilizes, you can exit the circle that contains you, opening and closing it immediately with the staff or wand and then re-enter after 7/8 minutes, always opening and closing it. Consider that any time you open and close there is a little loss of energy.**

## HOW TO TEST POTIONS

You create the alembic to reach a neutral state.

Place few drops of the potion on the back of your wrist and perceive what happens from 8 to 20 minutes.

Re absorb the alembic.

Write down your impressions.