



DAMANHUR ALCHEMY SCHOOL

## **EMOTION CREATION AND BOTTLING WITH ALEMBIC**

*"Making substances with the still is used to concentrate an element by reinserting the same mood with the spout over and over again.*

*In addition, to the spout you need to use the breath to put the chosen substance into the liquid or any other base that you want to deposit into. The spout is also used to remove things from the substances."* Falco

### **Materials needed:**

- a small white cup or coffee cup
- a small bottle and a black cloth or bag to wrap it in
- label and pen

### **Directions:**

- The alembic is created
- Place a white cup with purified water in front of you, resting on the black cloth (work table).
- For at least 4 minutes you recall a state of mind by standing still or moving
- Create a spout in your alembic and think of pouring this state of mind into the water.
- Then you take the cup in your hands and using the breath blow the mood/emotion into the water
- Then you pour the liquid into a small bottle.
- You put it in a black cloth
- You reabsorb the alembic
- Label the flask
- Write down the experience