



DAMANHUR ALCHEMY SCHOOL

1st part:

EXERCISE OF THE CREATION OF THE ALEMBIC (without the spout)

GUIDED BY FALCO

- Imagine that you have a balloon around you and you are in the center. As you breath normally, it expands a little at a time. You expand, and you inflate it.
- Try to have an idea, as clear as possible of what is your current position. Try to understand how are your legs, your head, etc. ... How your body is positioned. Make sure that your body and mind are properly connected and in balance. Go ahead and choose a color you like for this sphere, breathe and inflate this aura like a balloon the size of an arm span- both horizontally and vertically. Where you are the central pivot.
- You will notice that it will gradually become more solid, as an egg shell.
- It will serve to contain your potential, sensitivity, to be able in some cases to predict and feel sooner. To perceive how your thoughts influence you.
- This shell serves to contain and concentrate your potential.
- When you have made your sphere dense, start the process over and overlay a second shell on top of the first.
- From time to time determine what is the exact physical position you have at this moment.
- When you have amplified and solidify this sphere for the second time, repeat the process a third time. What we are making is your first Athanor, your first bottle, your first distiller.
- Now after having built this shell around you for at least three times, always with your eyes closed, stretch your hands forward and try to define its position. Bring your sensitivity to your fingers, then try to feel this "something" you have created.
- It is clear that it is a reality inside your mind but it must be something that your body responds to. What kind of feeling does it give you?"
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2nd Part

EXERCISE OF CREATION OF THE SPOUT

GUIDED BY FALCO

- After doing this exercise a few times, you will have a clearer idea of the size and tactile sensations: for some it will be rigid, for others warm, cold or rubbery. It will be anything you want but it is something that you will define.
- In accord with the cup in front of you, create a spout. Visualize it extending in the direction of the container as if blowing a glass spout.
- You can also extend your hands in that direction, without touching the water.
- Next pour your emotions into the "purified" water - and you will see that those waters will begin to become very different from each other. They will be different in taste, consistency and color.
- THEN THE ALEMBIC MUST BE RE-ABSORBED
- When you feel that you have completed this first construction of your alchemical container, you can reabsorb it. This means that you let it go back in and, while inhaling, this time you call it back to you. Slowly you call it back: it will mentally superimpose itself on your body, it will spread over you or it will enter you. **What is most important, is that you call it back.**
- You will see that recalling it will be much easier than extending it. The effort in extending is like pulling a rubber band. If you pull it back, as soon as you let go, it will tend to shrink and overlap back onto your body. Some people experience resistance but, sooner or later, you will overcome these limits too."
- You must do the alembic creation exercise at least once a week. So you don't lose this energetic organ, then later when you feel it.
- "You can try this either lying down or sitting down.
- Learn to make notes of what happens."

"THE ALEMBIC IS AN ADDED ALCHEMICAL ORGA" THAT MUST BE ASSEVERATED WITH THE REPETITION OF THE EXERCISE"

FUNCTION;

1)To broaden our sensitivity

2) Concentrate our potential

3) Sterilize the aura and bring us to a "zero point", to a neutrality that allows us to create or absorb substances properly

(it should be done before creating substances and before absorbing them, even if it is done by other methods).

4) It densifies and distills substances created by us.