



DAMANHUR ALCHEMY SCHOOL

## **“The Beginning of the Journey”**

### **Introductory course in the Damanhurian Alchemy**



### ***STUDENT HAND-OUT***

*In this pamphlet the "quotation marks" denote the words of Falco Tarassaco,  
founder of Damanhur and the School of Alchemy*

*"Everything that is related to the human experience is part of the concept of Alchemy, and becomes something alchemical when the interaction, the meeting, the division, the separation, the union, when all these phases produce elements that can in some way be useful.*

*We can produce a large quantity of substances. The fact is that we produce them without properly placing them. We produce them like we produce carbon dioxide by simply breathing oxygen. We naturally do this but to utilize substances we need to use alchemy. At a high stage of Alchemy, transformations are always happening, even as we are processing the substances. Thus, they are always contemporary. In other words, if the substances are transformed, the alchemist is also transformed. There is always a relationship between the substances, the things that you want to produce, and those who produce them. If there is a change in the substances there will also be a change in whomever is making them.*

*A being becomes superior, when he/she becomes capable of evolution and not just progress, adaptation and change. He starts to become, once again, a temporal creature, when he can - in advance - determine where he wants to go.*

*Alchemy entails the willingness of the person to achieve results that can be both spiritual and material.*

*What we could obtain, what could we do? We could form a Higher Human, a being that is not determined by randomness but, instead by all the synchronicity. We could reorganize the parts of which we are composed, and, by this, to achieve completeness thus bringing us closer to the next phase of the "possible".*

*I have thought that in this course we would reorder all the things we have done in the past few years and bring them to a more advanced stage.*

*I will say one more banal concept: no alchemist could ever do alchemical research if he did not have some goals. The goal of the alchemist is the philosopher's stone or any other similar symbolism.*

*It's the elixir of long life or the transformation of substances into gold. The alchemical purity at 100%. When the alchemist has transformed lead into gold, he has overcome the world of attachment. He is no longer attached to the material or wealth. This is the evidence that he has succeeded in transforming himself. The pure alchemist researches not for himself but for others. Nor does he strive for personal power.*

*The alchemist must be capable of patience, perseverance, and must have the desire and ability to insist on perfection in all that he is doing. One condition remains: it is never perfect enough: there is always something more.*

*"In Alchemy we want to achieve the ideal perfection of the human being. "*

# The three laws of magic

*“ Thought creates ”*

*“ Likes respond to likes ”*

*“ As above, so below ”*

## THE BODY AS AN ALCHEMICAL CONTAINER

*"There is only one type of Alchemy with an immeasurable vastness of elements, which is practicable, and that is the one which is related to the body.*

*"We can use our body, our abilities, our qualities and senses in order to distill, form, create and develop substances that are useful. But useful for what?*

*The purpose of Alchemy can be represented as the transformation of an individual into a divine human".*

*"To prepare the alchemical laboratory one must make sure that the body is sufficiently known, because, if it is not well enough known, it is as if we didn't know the laboratory in which we can develop all the substances we will find useful."*

### WHAT DO WE MEAN BY "BODY" IN ALCHEMY?

*our body is made up of:*

THE PHYSICAL BODY  
SUBTLE BODIES  
ADONAJ BA  
ENERGY FLOWS

### WHAT FACTORS INFLUENCE IT?

Here are a few that do:

BREATHING  
MOVEMENT  
EMOTIONS  
THOUGHTS  
STATES OF CONSCIOUSNESS  
THE ENVIRONMENT  
SOUNDS AND FOOD  
THE RELATIONSHIP WITH OTHER BEINGS

*Alchemists choose how to direct their thoughts, emotions, relationships, lifestyle and the environments they are in to get the desired result.*

*"A being becomes higher, more capable of evolution and not merely of progress, of adaptation and change, when he or she is able to determine in advance where she/he wants to go"*

## **BASIC EXERCISES TO KNOW AND HAVE A GREATER BODY MANAGEMENT**

*These exercises will help you be more aware of your physical body and your subtle parts, creating a cleansed and harmonious frequency which will support the rest of your journey as an alchemist.*

*The first thing you need on this path is indeed to cleanse, to reorder, to make neutral our alchemical container (the body) to be able to produce the substances and states of consciousness we choose.*

**We suggest that you use these tools of refining and reordering regularly**

### **PRANIC BREATHING**

*Pranic breathing allows you to unburden, relax and regenerate body and mind, provides our tissues with a healthy amount of oxygen and furnishes our subtle structure with live energy, Prana.*

#### **HOW TO DO IT:**

- *Lie down (or sit comfortably) in a quiet place*
- *You can put on soft, pleasant music*
- *Leave the arms with the palms facing down, at the side of your body keeping them slightly apart as well as your legs*
- *Empty the lungs completely exhaling from the mouth, as you count to six*
- *Hold your breath, counting to three*
- *Fill your lungs completely, starting from expanding the abdomen inhaling through your nose, counting to six*
- *Hold the air inside, counting to three*

**Do this for 10 minutes every day**

## **RELAXATION WITH THE BLUE WAVE**

*Relaxation allows the vital energy, the blood, and all the body fluids to circulate, dissolving away the obstructions that are normally caused by physical tensions.*

*A relaxed person produces beneficial substances for her or his physical health (the happiness hormones) and activates a mental state of greater clarity and creativity (alpha waves) where inspiration is easy to receive. We can say that: a relaxed person lives more happily and longer.*

### **HOW TO DO IT:**

- *Lie down (or sit comfortably) in a quiet place*
- *You can put on soft, pleasant music*
- *Leave the arms with the palms facing down, at the side of your body keeping them slightly apart as well as your legs*
- *Take a few deep breaths*
- *Imagine a luminous light blue wave that brings relaxation and pleasant lightness to all of your cells*
- *It enters in you starting from your feet, it pervades your entire body, slowly, going upwards, reaching your legs, it flows into both, then into the pelvis, the back, the abdomen, the chest; then into one arm and the other, down to your fingers. Imagine it then going into the shoulders, the neck, and on to the top of the head.*
- *Imagine yourself at the end entirely colored blue and stay a while within this state of pleasant relaxation that regenerates you*

## THE ADONAJ - BA

*In the Damanhurian School there are 8 Adonaj Ba, or chakras, one of which is moveable. The Adonaj-ba are major inner refineries that process and transform our vital energy, modulating it according to necessary functions, and establishing relationships between the different physical, psychic, subtle and divine states which constitute our being. They fuel the processing of our thoughts and the expression of our inner divine senses.*

*The application of a series of suitable techniques to open these passages (inner harmonization, tracing psychic schemes, walking Damanur's circuits, doing metratura) promote strong spiritual growth.*

*Reawakening the "Adonaj-ba" in this way brings us closer to enlightenment.*

*Each of the vowels strengthens and balances a different Adonaj – ba*

### EXERCISE USING THE VOWELS

*Starting from the vowel connected with the lower Adonaj ba and we repeat each vowel*

*three times. The connections are:*

*A (thumb and index) the first two Adonaj ba (the one located at the base of the spine + the genitals area Adonaj ba*

*E (thumb and middle finger) the third Adonaj ba, solar plexus*

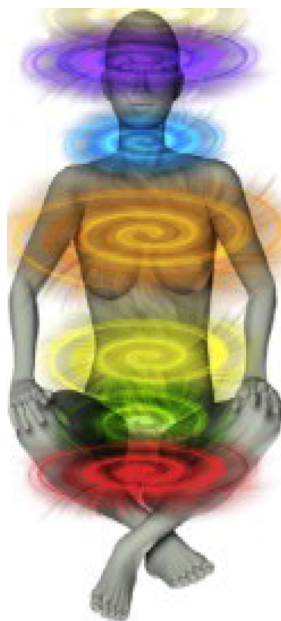
*O (thumb and ring finger) the fourth Adonaj ba, heart*

*U (thumb and little finger) the fifth Adonaj ba, throat*

*I (make fists with thumb outside) the sixth Adonaj ba*

*HIGH-PITCHED I (fists with thumb outside) the seventh Adonaj ba*

*Between one vowel and the next, breathe deeply then change the position of the fingers*



# EMOTIONS

*The emotions can be compared to the fire that lights up our actions. And which makes precious the processing of thought, producing added value and also giving direction to the action and senses, both internal and external.*

*Unlike the emotion that enables you to obtain a higher added value, emotionality pushes you into rash reactions.*

*Emotion is characterized, to use a metaphor, by delicate colors, pastel ones, shading into each other, while emotionality is characterized by violent colors and contrast.*

*"The emotions are clearly elements through which substances are produced. Our basic ability to manage emotions is determined by our ability to delimit the quantity of them.*

*We get emotional but our emotion has a beginning and an end, but often it is our own emotion that decides: it begins, grows, ends, it changes. In alchemy the use of emotion instead is guided. You see that they are two apparently dichotomous aspects. How do you guide it if it is an emotion? Yet you can indeed take a mood such as love, anger and make it become an aspect that can be guided and produce major effects, literally altering the "sponge" substances, the absorbing substances into which you direct these emotions. We therefore have substances that can be produced in us through our body. "*

**YOU CAN USE THOUGHT FOR CHOOSING THE EMOTIONS WHICH YOU WANT TO DIRECT**

## **AWARENESS OF EMOTIONS EXERCISE**

***During your day you can ask yourself:***

*What are my emotional states?*

*How do I react to different situations I experience?*

## **EXERCISE TO RECALL A SELECTED EMOTION**

- *Choose the mood you want to activate in yourself*
- *Recall it (through images, memories, words, colors, music etc)*
- *Anchor it to a specific image (color, words, music, movement) to repeat each time you want to create your potion*
- *Stay at least 4 to 8 minutes in the chosen state*
- *After 4 minutes you will begin to produce within you a considerable amount of substances linked to the state of mind that you are experiencing*
- *You can call up this state within you whenever you wish thinking about your specific image (color, words, music, movement)*

## ALCHEMY AND DREAMING

*"Dreams can be guided, dreams can be induced, and they can, in their turn, do many things, they can be useful in producing knowledge, in stimulating new discoveries, in enabling many things to be done. In the past, dreams were one of the most important "weapons" of humanity, and were used for inspiration, for communication and for precognition (seeing the past and predicting the future). On the subject of inspiration, in many cases dreams have enabled humanity to develop the technology – and not just technology - that we have at this time. Many inventions have come to us through dreams, since dreams enable the processing of data received during the day, mixing them together to form new links and, not unusually, to derive new solutions".*

*"The first step for an alchemist, then, is to start getting comfortable with this world, to start remembering them [dreams] and to write them down."*

### EXERCISE TO REMEMBER DREAMS

- *"You need to prepare yourself in the evening, when you go to sleep, by doing a few minutes of deep breathing and expressing the intimate desire to remember your dream the next morning. Before falling asleep, repeat ten or fifteen times: tomorrow morning when I wake up, I will remember what I dream"*
- *Keep paper and pen on the night table*
- *As soon as you are awake, before doing anything else, write down dream, the images, emotions, and whatever you felt in connection with your living the dream*
- *"With this system, nine times out of ten you can remember your dreams. It does not matter if the first time the experiment fails; persevere and you will see that you succeed."*
- *"In dreams, the details are very important, not so much the general story."*

## ORIENTATION OF YOUR BED

*Sleeping aligned to the North/South axis is ideal. If you cannot do this, you can use the scheme provided. It is also a good idea to sleep as far away as possible from electromagnetic fields emitted by such things as computers and mobile phones, separating ourselves from them by at least 2 meters, and perhaps switched off*

*"We need to shield ourselves as much as possible from the excesses we have all around us, in radiation of all types, kinds and degrees. We can shield ourselves using sleep as a useful step to recovering our "shell", an increased protection that helps us to be more lucid, not just in alchemy but in everyday life. How to do this? First, ideally, we should orient the bed on the north-south axis, sleeping aligned to this stream, and not contrary to it. It doesn't matter where your feet are. The orientation can be changed depending on how many metal objects you have in the room. You can use a compass to see where north is and determine the orientation of your bed. You can divert the orientation with a self or by moving the plants in the room if they are tall enough"*



## **SCHEME TO COMPENSATE THE ORIENTATION OF THE BED**

*"Magnetic fields are modulated when they pass through our body, which has a physical conductivity. This conductivity can be modified in its orientation by up to 45 degrees which is a great deal compared with the position you would have otherwise. We will give you a pattern to trace, to aid your orientation which you will need to go over several times to learn how to orientate a part of your physical structure to obtain the orientation you need – at least to a considerable degree. You will trace the scheme with both hands, one after the other with a sense of laterality, since we are after all made of two parts, we are symmetry. In alchemy much use is made symmetry: actions are done with the right hand, and actions are done with the left hand, and these are really different and produce different effects. Then, there are the orientations, the excesses that you will learn to control that will allow you to change the fields within you. Without changing the room, you can change something in your conductivity. In this way you will get a better night's rest, quite apart from recalling your dreams; you can improve the balance of your forces, instead of wasting them and waking up tired. Little by little you will be able to further develop these conditions and achieve them for much longer and more intensely. "*

## **FOOD**

*How should we eat? With care.*

*Our awareness of the world in alchemical thought conjugates us with all that exists. All is connected with all, with everything in existence. We are connected to the chicken even if we wring its neck, because the chicken is part of the whole.*

*There is an alchemy of nutrition which establishes contact between what feeds us and the original element that nourishes us. The fruit of the plant, eaten in a suitable manner, with what is necessary around, and with the appropriate ritual, connects us to the plant that the fruit comes from. So, simplifying, we extend the roots. Do not get bored with the same plant: try changing "*

*"What are the first desiderata which you must meet - not simply that you can meet to become alchemists? Improving your state of health, both physical and psychological. If we can orient a part of our attention to food, if we can sleep in a flow of energy, we shall slowly begin to heal our primary laboratory, the body.*

*Third stage: the connection with others. Just as we connect with what we eat, animal or plant, we cannot feed ourselves enough if we are not capable of a minimum relationship with other people, because otherwise we are not going to get our proper portion of food"*

## EXERCISE OF CONTACT WITH FOOD

- ÿ Bring your attention with your all senses to the food: view, touch, smell, etc*
- ÿ Eat slowly and with awareness, perceive the taste of the food, its frequency, its character, its origins, its place of belonging, its history and the type of emotion that it evokes within you*
- ÿ Welcome it as a part of you that will continue to evolve with you and enrich you.*

## ELEMENTS

*"The five basic elements: air, water, fire, earth and ether are, in alchemy, the first manifestation of the derived laws in the realm of form (derived laws are the laws that create form, that is, the material world, ed.). As such, each object is composed of different proportions of these elements (which is equivalent to saying that it will consist of a specific blend of the derived laws), so by operating on the elements we interact, by dint of correspondence, on the laws themselves.*

*An important premise concerns the attitude that we have toward the elements: to always have a great respect. The elements are alive, and as such should be respected. "*

## WATER

*"Water represents the cycle of life. It is able to host and transmit life, and is well-known to be an element that conserves. For this reason the element of water is commonly used in magic for its ability to remember. Indeed, the transmission, for example, of memories by water is simpler because it is effected through contact, comparable to the principle of homeopathy. In fact, a drop of water can transport the content of other water."*

*Water is purified when it is "cleansed", becomes pure.*

*And it is impregnated when an idea is centralized in it, a thought-form of some kind, through a rite of impregnation.*

*There is, then, moon water that can be used to accumulate external energies, collecting in this way all those frequencies able to recall the colors of the moon and the lights that cross the moon, the moon's reflections at various times.*

*Water is impregnated especially when there are thought-forms of a specific type, you can impregnate water just as you impregnate an object with thought-forms.*

*Water is one of the elements that carries energy most intensely. It has conductivity that, from the energy point of view, is extremely intense, a conductivity which can furthermore be used in magic."*

# FIRE

*"Fire, magically speaking, ritually speaking, is alive, a living element (...), an entity that has been present for tens of thousands of years in this world. Fire is considered to be a living element because it is able to host, in some way, a consciousness, a "something" comparable to being alive yet very extensive, able to react to the environment - with a comprehension of what is happening, and thus with the ability to understand and react to whatever occurs.*

## **SOME USES OF FIRE:**

**CONTACTING THE DIVINITIES:** *You cannot start a ritual having to do with a deity without the presence of fire.*

**PRAYER:** *In the case of a prayer forwarded through a candle or a fire lit to the deity, being part of a request at a precise moment of time. This works by opening a preferential channel that equally allows you to receive things from the other side. Remember that we support pure prayer, those which do not ask for something. It is an act, then, of awareness (I dare say) between equals*

**THE ORACULAR FUNCTION:** *in the case of the Oracle, through fire it is possible to direct one's search along the paths of time connected with the question. When foretelling the future, instruments to gaze upon fire are used.*

**TIME:** *fire, from the viewpoint of magic, is related to time. Through the reading of fire in magic the flow and movement of time are identified. It is a medium that refers to time; thus, through fire, the element that we seek to control is time.*

**SPIRITS OF NATURE:** *depending on the oxidization (the items undergoing combustion) which can be plants, herbs, minerals or other substances, there will be different spirits of nature present.*

**DECOMPOSITION AND RENEWAL:** *consider then also the idea of fire consuming to renew; think of the Phoenix that casts itself into the fire and is reborn; without the element of fire it could not exist.*

**COMMUNICATING AT A DISTANCE:** *you and the person you want to communicate with can use fire that works as a radio/bridge. In telepathy, too, fire was considered a transporting element.*

**OFFERING:** *when a physical object is offered through fire two facts happen: by offering thus, this object is brought back, through the fire, to its basic composition, to the elements composing it. Burning it offers the past of this object, that is, all the time that was used to develop it and also its future use. What is offered in this manner can return multiplied and divided among all forms.*

## IT IS IMPORTANT FROM NOW ON TO WRITE DOWN YOUR EXPERIENCES WITH THESE EXERCISES IN YOUR ALCHEMY NOTEBOOK

*"You begin to establish a personal relationship with the elements.*

*Learn how to treat water, learn over time to develop this relationship. Water little by little will start to speak to you, and developing this sensitivity, you can use water in multiple functions and uses.*

*What matters is that you learn to develop your sensitivity, making sure that this is a tool that works. The system of the seedling is a simple way to develop this."*

### THE SEEDLING EXERCISE

***"As a system to obtain a reading we will use a seedling or a seed"***

- *"Taking a small white bowl that contains a little water, you will learn how to charge water and use it to water the seed or seedling."*
- *"Keep the bowl in your hands for a few minutes inserting your frequency. Always use this water for watering the same seedling, while watering the others with the uncharged water"*

*You will need to have two seeds or seedlings, one of them being the control. You will see in this way whether the plant grows, how it grows compared to the other – or if withers on you immediately. Do not worry if this happens, this will just mean that you have to orientate the type of energy and of force that you have within you differently. To start with the ABC, the forces contained in each one of us have basic positivity or negativity in the magnetic sense rendered by a plus or minus sign. Take a small bowl, a glass one, either white or transparent - if it is transparent put a white handkerchief under it and around it – it needs to be white because other colors create different influences. Put the water contained in this bowl close to you on the bedside table and do the exercise for a few minutes. You will notice the difference in a few days. Measure and monitor the data, and this will give an indication of the type of orientation of your basic energy, which we will then have to learn to direct. "*

*"Keep the plants at a certain distance from each other. The different plants must be able to receive the same amount of light and heat from the environment; they should not be too near to one another because otherwise there will be a mutual influence and, in general, the influence is proportional to the height, such that the distance between the seedlings should be proportionate to their height. "*

### Write up the experience

*"If you have conducted the experiment for at least 10-12 days, in addition to water you may use your hands. "*

## REINFORCEMENT WITH THE HANDS

*"How do you use your hands?"*

*Lay your hands on it for a few minutes.*

*You should try to create and feel within you a reaction, a correspondence, feelings of correspondence. Clearly these are subjective feelings that you have to learn to develop vis-à-vis the plant that you are treating.*

*Bring the hands close for 2-3 minutes. You will feel a reaction of correspondence like something that is reflected on your hands, like a strong light, like a feeling of heat on the hands. You may even feel this in your arm or in other parts of your body. You can also establish for yourself which are the most sensitive parts, which you will exercise and develop as elements, as feelings for the experiments and experiences of Alchemy that you will carry out. **You now need to develop your favorite tool**, which could be your nose, your earlobe, a hand, an elbow. You will see which are the most reactive parts.'*

*Write up your experiences*

## EXERCISE TO CONTACT FIRE

*"The questions are the following: what relationship do I have with fire? I always get burnt, it scares me, I like it? Think as much as you can about it, concerning the feeling that the idea of fire gives you. Try to dig into your memory and extract the experiences with fire that you recall, positive or negative, of any type, because they represent a base. We cannot establish an emotional relationship from the alchemic point of view with a living force like that of water or fire, without having such points of contact. In this case the points of contact are mnemonic ones: if you were burned by the stove as a child, the memory starts from that episode; for other times you will have different memories, like the fire in the fireplace, and so on.*

*When you have done this experiment for at least 2/3 days, through which you will recognize your relationship with fire, you will begin to have a relationship with flames.*

*Take a candle, take a lighter - for those who can do it, it will be possible to purify these objects – light the candle and observe, trying to feel with your hands what comes to you from this fire. In practice, it is the same experience as you were doing with water. You need to understand what your relationship is, what the points of correspondence are that are created for you by this element. Water, for example, is a means, a medium, an intermediary between*

*you and the idea of water, the entity water. We will do the same thing with respect to fire. After several minutes – at the beginning about 3 minutes – put out your candle. Before you put it out, place the lighted lighter so it touches the candle flame, then withdraw the lighter, extinguish the flame, and then snuff out the candle. You can put it out by blowing, or any way you please. You need to determine, a little at a time, which part of your body is responsive to the idea of fire. If, in the case of water, you have identified a part of your body as being reactive, a part that will respond, do the same with respect to the fire. You will need to be able to distinguish the water from the fire however. You should do this exercise a number of times. Decide how often: you could do it once a day. It is best to do these experiments at approximately the same hour, and not more than once daily. Be careful where you put the candle, do not put it in front of the curtains. It will not be long before you know how your body reacts to the different elements. "*

*Write up the experience*

## **THE CONCEPT OF FREQUENCY:**

*What in this course we will call frequency is a vibrational field that represents any form and which is different for each form. There is a basic personal frequency: we can call it the rhythm/number, the ratio of derived laws contained within us, the one that is basic in magic to contact you.*

*In addition to our personal basic frequency, our thoughts, our physical state, the states of consciousness which we transit and the emotions which we feel, are spread in our vibrational field thus becoming a FREQUENCY that we emit and with which the elements around us resonate constantly, as we enter into resonance with the environment.*

*Through this principle of **resonance**, we can send our frequency, in this case a chosen frequency not a random one, to a sponge substance capable of storing memories as water does, influencing it, charging it with that type of vibration. Thus we create a sort of first "Potion" that we shall be using later to recall the chosen positive state.*

**Color** is a vibration which is electromagnetically detectable, perceived through the senses. Each color has its own wavelength which exerts a different influence and has a different depth of action.

**Black** is a color that isolates.

*We will use a black fabric to enclose both the "pure" water that we have collected, that we still have to charge and keep pure, and also the substances that we prepare and that we want to maintain as stable as possible.*

## **EXERCISE: CREATING A PERSONAL POTION**

*In silence  
maintaining a state of attention regarding our actions*

*How to do it:*

*Serve water, freshly taken from a spring and stored enclosed in a piece of black fabric or purified water. This is "a liquid that has had all the memories possible removed, both from the point of view of temporal aspects of that geometry, deprived of all these aspects. Or, if you prefer, a cell from which the DNA has been removed and ready to receive a completely new condition. "*

*First we feel our aura, and "sterilize" it as much as possible, removing from it the frequencies that we do not need. Proceeding then to create a free field that can accommodate the state of mind we wish to charge.*

### **STEP 1: STERILIZATION OF THE AURA**

*Feel and define your aura in your imagination*

*Breathe deeply for a few minutes*

*Breathing cleanly, reordering your energy, sending far from you everything else, carrying your point of presence into the present, using the breath.*

*Now look for a state of mind that you are pleased to strengthen: serenity, joy, enthusiasm, loving kindness, self-confidence, love ...*

### **STEP 2: RECALL THE CHOSEN EMOTION**

*Recall a color, image, a memory, word, music, a perfume, a feeling of the body you remember that puts you in the mood you have chosen, and do this for at least 4 minutes*

*The aura will be colored by this frequency*

*Then you pick up the white bowl containing the water and take it into your shell / aura holding it between the palms of both hands*

### **STEP 3: RADIATION**

- *Irradiate the water thinking that you're transferring into it the chosen mood*
- *"The water can be irradiated with thoughts of healing and appropriate frequencies. You can imagine that the thought- forms come out of your hands. The hands are antennas that can be used to send but also to absorb sounds, colors and frequencies. "*
- *you can blow the emotion on the water as well*



#### **STEP 4: "BOTTLING" THE POTION**

*After a few minutes transfer this liquid to a small bottle, put the top securely on, and store it wrapped in black fabric.*

*Write up the experience*

#### **HOW TO CONTINUE**

*Whenever you want you can do this exercise again by charging this water more, each time with the same emotion.*

*You can take it by drinking it, or absorb it through the hands, imagine them as antennas drawing it in.*

*Before taking the water or charging it again you need always to do the exercise of the sterilization of the aura so that this frequency is more easily noticeable for you.*

*The substance does not last a long time.*

**Make a note of the changes that the substance undergoes in time and then compare this with others' experience**

## **SUMMARY OF THE EXERCISES:**

**PRANIC BREATHING RELAXATION WITH THE BLUE  
WAVE**

**THE VOWELS SCHEME FOR THE NIGHTS GUIDING YOUR  
DREAMS**

**NOTING DOWN DREAMS IN THE MORNING BEING  
AWARE OF YOUR EMOTIONS MOVING INTO A CHOSEN  
EMOTION**

**EXERCISE WITH THE SEEDLING CONTACT WITH FIRE**

**CREATING A PERSONAL POTION**

**AND REMEMBER .... BE AWARE IN YOUR CONTACT WITH  
FOOD**





