



HOW TO DISTILL ATTENTION INTO THE FIRE

Up to now we have used the element water as a basis for gathering substances. In this exercise we will collect a state in the element fire, to correspond to what we intend to concentrate: an attention, a focus.

We will then add to a flame this capacity that we have concentrated. To do this exercise we will use a lighter properly purified, and neutral, to contain our element.

"I have given you a basic scheme that will serve to produce substances, to act on aspects on which you want to intervene by adding or removing elements. Let's take an example: do you want to produce a substance that will increase your intuition or synthesize this distinctive substance that, in some moments, we have? It will certainly be a liquid that will need to be taken, and it will be purified water placed inside. There are elements that you somehow add to influence this capacity. For example, if you want to take action towards the dog at home? Then you use dog hair placed in one of the points of the circle. It's going to be that element that's going to influence the central substance, and then on the other side, let's assume that in order to increase intuitive ability, you need to increase or literally have a focus, a heightened attention to things that are going on. Then you'll add it to some salt or to a flame: there will be a candle with a fire that represents or on which you have focused the ability to have a particular attention on things, to notice the particular and also those are elements that will converge on the central element."

METHOD WITH FIRE

- Trace a circle around you (this part is optional), clean it maintaining the state of metratura and presence of the gesture
- Create the still/alambico
- Light a new flame
- Bring your state of presence, mental emptiness and attention to details for at least 4 minutes, observing the flame
- It is a state of hyper-attention
- Collect the flame in the lighter and put it in black
- Recall the still/alambico
- Open and erase the circle