



DAMANSHUR ALCHEMY SCHOOL

<b>THE THREE TRADITIONAL STAGES OF INNER ALCHEMICAL TRANSFORMATION</b>		
<b><i>THE THREE PHASES</i></b>	<b><i>STATE OF CONSCIOUSNESS</i></b>	<b><i>THE PRACTICAL EXERCISE</i></b>
<p><b>NIGREDO:</b>            Black phase. The substance (in this case us) is in the “impure” state, and its initial state of transformation is called maceration. In this state we realize how we are, without judging ourselves, but having the courage to perceive ourselves and to begin the process of maceration of the coarser parts that will lead us to refinement. The process through which life gradually abandons attachment, complete identification with matter and ego, where mechanisms/automatisms and unconsciousness rule and guide existence.</p>	<p>CRISIS - MACERATION</p>	<p><b><u>SELF- OBSERVATION</u></b>  <b><i>If it is true:</i></b></p> <ul style="list-style-type: none"> <li>- you observe yourself sincerely and without judgment (observation of the soul/your true self)</li> <li>- you are able to observe your emotions in a detached and objective way</li> <li>- you do not have to change anything about yourself, rather the observed object (you) is changed as a result of an outside observation (from a more aware part of you)</li> <li>- you are able to identify shadows so they may be integrated</li> <li>- when observing yourself there is no judgment it means that it is an observation of the soul (your true self)</li> </ul>

**ALBEDO:**

White phase, where instead the substance (in this case us) is purified and sublimated, it does not yet become the new form it may take, rather it loses all the characteristics that were initially added to it: it was an object, then, it is no longer an object. Each of these steps is both internal and spiritual and takes place in the objects and substances that are used. Thus, the coarse parts are burnt away (transmuted into something else) or otherwise "left and separated" from the substance (us). This is done by choosing a direction and directing one's conscious actions, one's thinking in that direction.

PURIFICATION

**TRANSFORMATION OF NEGATIVE THOUGHTS**

***...continuing with self-observation:***

- you transmute negative, instinctive animal emotions, into heartfelt, higher emotions, sublimated by awareness (observation)
- you take total responsibility for the emotions you feel, beginning the work in "honest work"
- you made the decision, to apply self-observation again towards negative emotions, and the states of pain and suffering that follow, remaining there and accepting them without judgment
- you do not repress, you do not feed, you do not fight, you do not reject
- you become aware that you can only transmute to the outside world what you have managed to do within yourself
- you use everything you encounter on the outside to transmute the inside

**RUBEDO:**

REBIRTH

**DIVIDED ATTENTION AND SELF-REMEMBRANCE**

<p>Red phase, is the distillation of the purest and most perfect part of the substance (of us). The substance (us) takes on the new characteristics determined by the transformation, the crisis, the abandonment of our beliefs, given by society, education, morals, purification and elevation of our thoughts and states of consciousness. It is the extraction of the DIAMOND contained within each of us, our soul mission, our pure Element, with all its expressed talents. Divinization of matter. The feeling of being separate from the rest of the world disappears, interconnectedness. The physical, mental, emotional body and soul are led by unconditional love.</p>		<p>The secret is divided attention developed through self-remembrance. Self-remembrance (of one's essence/soul) is a conscious effort that cannot happen mechanically.</p> <ul style="list-style-type: none"><li>- divide your attention into two directions at the same time, one directed outward towards what you are doing in the matter; tasks, expressions, etc... And another directed inward, to your being, your essence (remember yourself, your essence and perceive it, while doing your daily activities)</li><li>- through this technique you will acquire a certain inner centeredness</li><li>- you will become more and more present to your soul/essence which will begin to guide all your other parts</li></ul>
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