

## Alchemy of the Heart



Alchemy has been chiefly concerned with changing something of seemingly little value into something precious, such as lead into gold. In symbolic language, the word embodies the heart-centered journey of integration and individuation we must all undertake to express our fullest potential as a living vessel.

### Over the weekend we will:

- Open our bodies, minds, emotions and spirits to sub-personalities and other aspects of ourselves, developing a deeper appreciation for the contribution each of us brings to our wholeness and our evolutionary process.
- Combine breath, visualization, intention and current scientific techniques, so that together we can learn relaxation practices to gently align our central channel and our chakra system to integrate and balance our subtle energy anatomy.
- Focus on deep listening as we explore the myriad ways we can receive subtle insights, and apply these to a deeper experience of living.

Our heart can be symbolically understood as the alchemical map to body, mind and spirit integration – a process and an energetic instrument animating a drama that is not only cosmic and spiritual, but also rich, unique and deeply personal.

## **Expressing Awakened Global Enlightenment:**

Through collectively transforming our agreements about what “reality” is and what may be possible, we are co-authoring the emergent new story of our world

We will collectively explore, discover and extend wisdom’s potential. The processes in which we engage to experience the far reaches of possibility will include:

- Global Ascent: Integrating, influencing and responding to internal and planetary energy patterns.
- Heart-Rhythm Meditation Technology: Stabilizing and focusing our heart’s electromagnetic fields and subtle energy anatomy.
- Interdependence and Self-regulation: Modifying reactivity into creative potential.
- Life purpose exploration: Observing the movement of our attention and energy from our solar plexus to our heart chakras.
- Optimism: A choice to become more potent and influential; an understanding of Interdependence and Response-ability.
- Neuroplasticity: Openness, Observation, Objectivity
- Intuition: Through the science of impression we listen deeply, learning to see and shape energy.

As a species we can choose to operate from developmental adaptations that react to old ways, or else to express an Awakened Heart-mind Global Enlightenment. This Seminar is an opportunity to experience at a cellular level what that new expression actually feels like, so that we can take the experience with us and replicate it at will.