

The Alchemy of Composure



We are the conduits for the flow of creation. Our heart is the instrument that provides the electromagnetic field potential, the resonant consciousness and the innate intelligence needed to manifest our greatest opportunities.

The ancient art of alchemy was chiefly concerned with changing something of seemingly little value into something precious, such as lead into gold, thereby creating the "philosophers' stone". Symbolically, the "stone" is not a material substance, but rather an awakened consciousness that permeates all forms, and gives rise to all creation.

Over the weekend we will:

- *Encourage exploration of personal innate knowing and capitalize on existing strengths to increase trust in the integrated Self so we can live our life purpose.*
- *Expand our ability to conceptualize beyond the duality of the material world to allow for a more intuitive and subtle energy context encompassing ourselves and the world.*
- *Transcend the limited context of belief in what we know ourselves 'to be' to include a perspective of 'what we may become.'*
- *Practice maximizing our relationship with the quickening global changes so we can experience greater states of joy, peace, equanimity, kindness, creativity and focused awareness.*
- *Understand more fully our roles and opportunities in the dynamic change processes on physical, mental, emotional and spiritual levels of expression*
- *Seek to find a place of inner peace to bridge internal and external states of awareness, and skillfully participate in our own transformation and that of the world by self-managing our inner and outer states of consciousness.*
- *Engage in dialogue about how we can support one another to bring a more enlightened perspective to the process of global transformation.*

Awaiting our collective awakening, we are the living, breathing alchemical vessel materializing the evolutionary transformation. Bringing our conscious intention and awareness to this time of transition is what we came here to do.