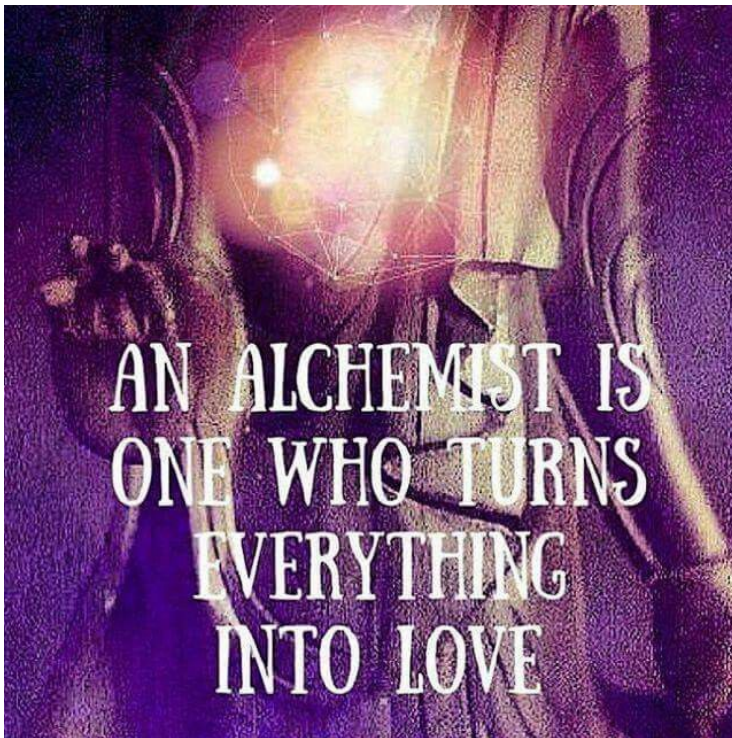


Alchemical Secrets to Help Keep You Focused



For as long as I can remember I've been completely fascinated with the elements, the laws of Nature, sacred geometry, energy, and how it all comes together in a sort of fancy cosmic toolbox that we can all learn to use through ancient alchemical processes.

Now, I'm not talking about literally mixing some lyrium with dragonroot under the 3rd phase of the moon to gain +5 mana, but hey...yesterday's Merlin is today's Spiritual Alchemist, right?

No, the chemistry, the reactions, the changes I speak of refer to those specific 'problem' areas of your life. As cosmic Creator beings, we are all modern-day wizards and witches with more power to control what goes into and comes out of our very own lives than we are ever told, but I'm sure to have continually imagined throughout the years.

I'm referring to power in the Now or what I love to call 'hacking the Matrix'. If we start to think of all outside events that attempt to bring us out of alignment (away from a feeling of being centered, calm, focused, relaxed, whole, peaceful, etc.) as simple programs running, then it becomes easier to then also recognize that we always have the choice

if we want to run those programs or not.

Next time you are attempting to focus on something you are doing and feel continually distracted, you will immediately see a program attempt to run that wants to make you feel impatient and annoyed and trigger you to do the exact opposite thing of what you are trying to do. However, if you simply recognize that fact, rather than react to it, you take away its INSTALL or RUN options and instead hit CANCEL. What you're really doing is consciously clearing away that energy via an intention from your heart.

A good motivator to remind you to take a moment to actually choose whether to INSTALL or to CANCEL is remembering why you are doing what you are trying to focus on, to begin with. In meditation, we always come back to the breath, and here we would instead come back to the task at hand. This can be likened to the alchemical process of Calcination.

Calcination is the process in alchemy when matter decomposes. So, in this case, it fits into letting all things but your goal, cause, etc. fall away from the moment so that just your object of focus remains in the ethers of your current reality. It can then more easily reclaim its place within our center sights.

Once we have taken the proverbial reins of our own awareness and continue to make these conscious choices as to what programs are installed into our reality or not, we are likely to see vast improvements in our self-confidence, judgments, and willingness to show up in life. This can be likened to the alchemical process of Dissolution.

Dissolution is when we start to feel less identified with the programs and more with our inner world. Suddenly we become aware of how our own behavior might affect other people and we actually start paying attention to how we feel and how those around us feel. The key here is learning how to maintain a

balance of compassion while not being a pushover. Maintaining a kind and open heart while creating a space where others can feel safe to release triggers, trauma, shadows, etc. is no easy task, but one that inevitably brings you more in tune with abilities to concentrate. This occurs the more we choose rather than react in life.

The less reactive we are, the more forgiving we allow ourselves to be. Where quick judgments are made, no room is left for grace, patience, and humility which must be present to ever heal resentment. We must be willing to let go to receive. This can be likened to the alchemical process of Separation.

Separation is where we isolate all components from the stage of Dissolution, or basically, we take that which we want to focus on in life and leave the rest. We take what works; let it go. And that is pretty much the foundation of forgiveness, no? It's never about overlooking something that was done but seeing it a new way.

Whatever you are attempting to focus on in life, I am sure you are fighting your inner excuses (basically your ego and all its ways it can come up with you keep you the same, feeling the same, thinking the same, day after day after day...) as well as your outer excuses (whatever else we commit our time to).

Now the key here with our outer excuses is to review which ones are true priorities that expectedly call for your attention, time, and focus (family, friends, commitments, hobbies, etc.) and just more reflections of your ego such as the time we spend complaining, comparing, judging, whining, putting ourselves down, putting others down, etc.

We all have pain and we all have more say in how fast our wounds heal. Some of us just like to keep picking at it. And while old wounds cut deep, they are also some of the best way-showers life has to offer us. We just have to be willing to

see. And in the end, the absolute best way to stay focused in my opinion is to simply remember why you looked in the first place. □