

बोकेहलॉका पुण्ड्र

THE YOGA OF TRANSFORMATION



CHAVAH AIMA

Although the benefits of regular spiritual practice are well documented, Alchemical Yoga is neither an exercise or diet program, nor a substitute for professional medical or psychiatric expertise. Please consult with your health care professional or qualified mental health therapist before undertaking any practices that may affect your physical or emotional wellbeing, particularly if you have been diagnosed with any medical or psychiatric condition or symptoms that are serious enough to interfere with functioning or require ongoing treatment.

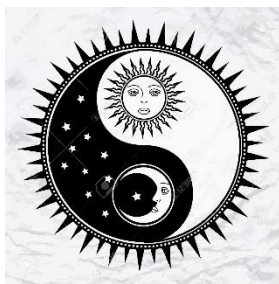
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Chapter One



The Philosophy of Alchemical Yoga

Man has a visible and invisible workshop. The visible one is his body, the invisible one his imagination...The imagination is a sun in the soul of man acting in its own sphere (the body), as the sun in our system acts on the earth. Wherever the sun shines, seeds planted in the soil grow, and vegetation springs up. The imagination acts in a similar manner in the soul, and calls forms of life into existence...The Spirit is the master, imagination the tool, the body the malleable material. Imagination is the power by which the will forms entities out of thoughts. It can produce and cure disease.



*Paracelsus, Alchemist & Philosopher
1493-1541*

Over the past 25+ years, I have studied and practiced the divine philosophies of Kabbalah, Hermetic Arts and Sciences, Alchemy, and Rosicrucianism from the West, and Advaita, Kundalini and Tantra yoga from the East. The commonality of all these traditions is their emphasis on developing the ability to transmute the body, emotions, mind, and soul from mundane to divine consciousness. Study and practice in any or all of these traditions steadily brings about incredibly radical shifts in consciousness, transforming human understanding into divine wisdom.

The Kabbalistic tradition which I have found most useful in moving toward divine consciousness is *Ecstatic Kabbalah*, founded by Rabbi Abraham Abulafia. The core methods found in Ecstatic Kabbalah are similar in many ways to visual meditative techniques used by saints, sages, and mystics throughout the world. Rabbi Abulafia (1240-1291) was a holy man and prophet who lived in Spain and Italy, and traveled widely. He taught the sacred science of divine realization to students of all religions. The Rabbi attained union with the Divine Self through specific ecstatic practices, and proclaimed, “*I am the messiah*”, indicating his loss of identity with the personality and his absorption into fully divine consciousness.

These ecstatic practices rely upon the proper combination of imagination, will, and concentration. In the Eastern disciplines of Yoga there is a similar emphasis on will and concentration in order to attain mastery of the physical body, the emotions, and the mind. Alchemy is an ancient system for attaining enlightened consciousness that encompasses all of these aspects: mastery of the physical body, emotions, and mind, the expansion of the imagination, the development of the will, full command of the ability to concentrate, and the activation and elevation of the cosmic Life Force energy.

When Alchemical practices are pursued with love and devotion, one becomes more aware of his or her true nature, more expressive of the higher realities of life, ultimately becoming wholly united with the divine consciousness. Spiritual powers awakened through the methods of Ecstatic Kabbalah and Alchemy are similar to those known to Sufi mystics and experienced through proficiency in the Western occult and Eastern yogic traditions: heightened perception, highly developed intuition, revelation of the past and the future, transcendence of the limitations of the personal self, deep peace, and bliss. Transported into such a state, one may experience the presence of saints and masters, archangels and angels, as s/he merges into the flow of sacred energy. Rabbi Abulafia recorded many encounters with such divine beings, and the ultimate realization experience of his oneness with all of creation.



Rabbi Abraham Abulafia

Occult practitioners in Europe, India, Arabia, and America have recorded and used methods very similar to those of Ecstatic Kabbalah - techniques that result in states of expanded awareness and a greater, more compassionate understanding of oneself and the world. These adepts (western yogis and yoginis) also worked with Alchemy, held ceremonial rites, and offered training and experiences to the public through lodges, temples, and correspondence courses. In such schools, Kabbalistic and Alchemical meditations were blended, refined, simplified, and modernized.

The core meditations of Alchemy and Kabbalah use the visualization of specific symbols and colors, along with specific chants to develop concentration, strengthen the will, and unleash the creative powers of the divine imagination. Kabbalistic and Alchemical meditations create greater alignment within the physical body aiding it to actualize itself as the temple of the Divine Self. My own experiences and those of many others who have used these methods prove that devoted practice leads to states of consciousness and divine experiences such as those described by Rabbi Abulafia, and many other adepts:

Your entire being and life are transformed from the inside out

The force that is awakened, exalted, and integrated by these all of these methods is called the ***serpent power*** in the Alchemy. Hermes, the Egyptian adept, referred to the serpent power as the strong force of all forces. Because of its fiery nature and ability to overtake and eliminate all that is not divine, it is best to learn step-by-step how to activate and integrate this energy over time. This same force is known as the ***Kundalini*** in the East, and it was through my years of the combined practice of Kundalini yoga, Kabbalah, and Alchemy that ***Alchemical Yoga*** was born.

The disciplines of Kundalini yoga are absolutely superior in their ability to open the body to greater spiritual force, bring the mind into a state of stillness, and immerse one in the bliss of pure consciousness. Kundalini yoga is the royal yoga just as Alchemy is the royal art.

Alchemical Yoga is an artful yoga that was inspired through my own mergence with the creative source in deep meditation. It requires no special knowledge of Kabbalah, Alchemy, or Yoga, and can be used in conjunction with any religion or philosophy, or with none. If one already has knowledge of these philosophies, or is aligned to a religion or spiritual tradition, ***Alchemical Yoga*** will enhance, strengthen, and increase your understandings and faith in these areas.

Alchemical Yoga is easily learned and highly rewarding in all areas of life. The body will become more flexible, slimmer, and healthier. Life's difficulties will be seen in a different light, and will be more easily resolved and let go. Greater understanding and love will flow into relationships. Connection to the Divine source will become steady. This is the divine promise of Alchemy, symbolized by the rainbow:

***You will become empowered as the creator that you truly are
and your life will become a blessing to everyone you meet!***



Alchemical Yoga is a philosophy that encourages a holistic lifestyle, focusing on the importance of our connection to the earth and nature, called the ***Kingdom***, in Kabbalah. Living naturally, eating less, consuming more raw plant foods and juices, occasional fasting, and taking regular retreats in nature will enhance and sustain the expansive states of consciousness that are brought about by Alchemical Yoga practice. Incorporating these principles into your life will insure that your alchemical practices rapidly manifest the highest expression of perfection in your body, emotions, mind, and soul, and in every aspect of your life.

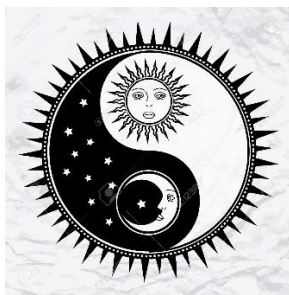
Alchemical Yoga is a synthesis of meditations, energy work, exercises, and healthy ways of living derived from many powerful spiritual traditions. It is itself an alchemical blending of the Western and Eastern streams of consciousness, and their highly complementary spiritual practices.

This yoga is dedicated to the divine awakening of everyone...



I think I have said enough to show that the Alchemist undertakes no light task. I can hold out no hope of success to those who still retain an absorbing interest in the world. Alchemy is a jealous mistress. She demands from her pupils no less than life...for her sake you must ascend into Heaven. You must have strength and patience, nothing must terrify you... having chosen your work, you must purify yourself from perishable desires, and bring down the light of the shining ones, that it may radiate upon you here on earth. This is the work of the Alchemist...to remain manifested as a living link between the supernal and terrestrial natures. Soror S.S.D.D., Florence Farr, Egyptologist, Sacred Magician, Spiritual Alchemist, 1860-1917

Chapter Two



Alchemical Yoga Techniques

At the time you wish to recite the Name...with its vocalization, (you shall) adorn yourself and seclude yourself in a special place... and purify your heart and your soul from all thoughts of the world. Rabbi Abulafia

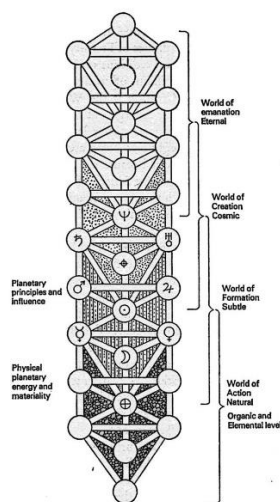
Preparation

Take time to *adorn yourself* for your practice. This act signifies removing the outer self, and putting on the higher self. This preliminary also allows you time to reflect on the space you are about to create and enter into. Wear simple clothing made of natural fabric – white is traditional - and use this clothing only for your Alchemical Yoga practices. Putting on special clothing for spiritual practice is a symbolic act that represents stepping out of the personality and into the higher self.

When possible, always practice in the same place, and treat your practice area as a sacred space, using it only for meditation, chanting, ritual, and yoga. When you practice with others it is also best to do so in the same area. In this way the energy you generate by your practice will become stronger. Candles, spiritual imagery, and incense may be used, if desired, to aid the energy and fire the imaginative nature.

Quiet your mind, and focus on your intentions before beginning any practice. Offer your attainments for the sake of your own enlightenment, to aid humanity and the world, for anyone you know of who needs healing, and for the glory of the Divine Light. When possible, recite your prayers out loud.

Alchemical Yoga works on the all levels of one's being, and bringing one into balance upon each of the *Four Worlds of Kabbalah*. The body exists in the physical world of *Assiah*. The mind exists in the formative world of *Yetzirah*. Spiritual creative energy is accessed in *Briah*. The divine source, which is the Limitless Light of *Atziluth*, exists at all times, in all places, and throughout every world as spiritual essence. Through Alchemical Yoga, the practitioner is brought into alignment within the Four Worlds of Kabbalah:



The Tools of Alchemical Yoga: Concentration & Imagination

Concentration

Concentration can be thought of as the application of one's will to maintain a definite mental focus. This willful intention is a preliminary step in disciplined meditation, but the concept of concentration also implies the accumulation, intensification, and consolidation of great energetic force. This energy is fixed, held, and directed by the presence of defined *thought-forms*.

Thought-forms are creations made by both the universal and the human mind, and they are generated whenever a thought is held in mind unwaveringly. They are strengthened by emotional energy, and on the human level, thought-forms typically come into being without any conscious intent or awareness of their existence. A thought-form is a non-physical yet tangible configuration of mental energy. Examples of universal thought-forms include angels, demons, dragons, fairies, spirits, gods, and goddesses. The strength and clarity of the thought determines the power and duration of the form.

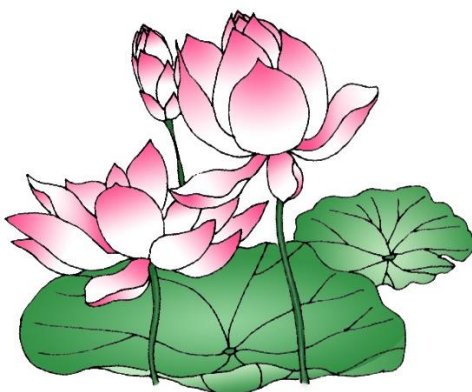
Though they are invisible, consciously created thought-forms can endure for centuries, and their effects upon physical matter are tremendous. One has only to recall the many stories of humans who have experienced assistance from angels to see the power of deliberate thought-forms influencing the reality of material life. In addition to universal thought-forms such as angels, each person also creates, consciously or unconsciously, a variety of personal mental constructions that

impact one's daily life for good or for bad. Examples of manifestations of personal thought-forms may include chronic illnesses, good or bad fortune, and the routines of daily life.

The concept of thought-forms in Alchemy derives from the Hermetic philosophy of ancient Egypt and Greece. This philosophy is named for the legendary master and teacher Hermes Trismegistus, whose many writings formed the foundation for much of the Alchemy of the Middle Ages. Hermetic philosophy is also considered to have influenced every religion in existence, yet it transcends all religion as well.

The first principle of Hermetic philosophy is: *All is Mind - the Universe is Mental*. This law further holds that the world of forms and images is a mental creation of the Absolute. The important idea to grasp from this principle is that the human being is an integral part of the universal, infinite, living mind of the Divine Creator, and can more consciously apply this law within his/her own life to create more desirable circumstances. Whatever is created by the power of the mind will ultimately manifest on the physical plane.

The ability to create positive and beneficial thought-forms that lead to health and happiness comes about by developing mental concentration and the creative imagination. Alchemical Yoga practices increase these capabilities when they are incorporated as part of one's daily spiritual discipline. A daily practice is easily to establish and maintain when it reflects one's true priorities. Self-improvement, a healthier, slimmer body, greater physical and mental energy, and enhanced spiritual connections are among the rewards to be gained through the devoted use of Alchemical Yoga methods.



The wish, the heart's desire, the goal to be reached, must be held firmly in mind, vitalized by divine power, and propelled forward into the universe by the fiery intensity of all the emotional exaltation we are capable of. Israel Regardie, Sacred Magician, Reichian Therapist, Lay Analyst, Spiritual Alchemist

Imagination

The true sign of intelligence is not knowledge but imagination. Imagination is everything. It is the preview of life's coming attractions. Albert Einstein, Scientist, Metaphysician

Alchemical meditation requires the ability to visualize specific imagery, ranging from simple forms to complex movements of energy. Imagination is the key to the human's ability to change existing conditions and create new circumstances. In children the imagination is fully free; however, over time the child is encouraged by adults to stop imagining; and imagination is dismissed as frivolous, unreal, and deceptive. Consequently, some adults have difficulty accessing the imaginative powers of the mind.

Imagination involves the cultivation and strengthening of an idea that begins as a passive thought. This core idea becomes creative imagination when it is intensified by desire and will. Desire activates the serpent-power, and willpower directs this force toward the manifestation of the idea on the physical plane. Though the creative aspect of this process operates subconsciously, it requires the conscious intention and focus that attends the regular practice of visualization.

In the beginning of Alchemical meditation practice it may seem that one is not actually seeing the images in the mind. This is often due to a lack of consciously perceiving the images that are in fact being formed by focusing on the chosen idea. Do not discourage your efforts with negative thoughts such as "I cannot visualize." Visualization is natural and occurs for everyone through dreams. It is only a matter of making the images conscious. This is best accomplished by adding sensory input into the images. For example, if one imagines sunlight, the scene will include the tactile feeling of warmth and the scent of fresh air in addition to the vision of bright light.

At first, the visualized images may appear as if one is seeing them upon a screen in front of one's field of vision. However, it is important to continually work to bring the imagery directly into one's body and aura. Patiently and steadily persevere with the visualizations, working each time to bring the imagery into your body, and endeavoring to physically feel the impact and movements of the energy. As each meditation is mastered, the visual images will begin to appear spontaneously, and the energy will become stronger and create more profound effects upon the body, mind, and soul.

If you feel that you cannot perceive the images described for meditation, it is important to keep in mind that the practices will still be effective. It is the focused intention of the mind and the activation of the desire that are most important to success. It is possible to work through the visualizations mentally, and to pretend that the images are being seen. Have faith that the practices will bring positive results, and it will be so.



Imagination is the door leading out of any given situation into another. Paul Foster Case, Sacred Magician, Mystery School Founder, New Thought Leader



Practices of Sacred Alchemy

1. Meditations

The Relaxation Exercise

This exercise should be performed prior to all Alchemical Yoga meditations, and can also be used to induce a deep state of relaxation at any time you desire.

Get into a comfortable sitting position with the spine straight. Do not lie down unless you are performing the exercise as a prelude to sleep. Close your eyes, and visualize a pitcher containing crystalline blue liquid just above your head. See the vessel tip over and the liquid begin to flow into the top of your head. This vibrant blue substance brings deep relaxation into everything it touches. See and feel the fluid entering into your head and face, and feel all of the muscles relax as it contacts them.

As the fluid continues to flow down through the body, all tension is released from the muscles. Continue watching and feeling the relaxing blue liquid moving down through the body, and mentally acknowledge each part of the body as it relaxes, i.e., “my neck is relaxed, my shoulders are relaxed, my arms are relaxed, etc.” Finally, see and feel the blue fluid flow out through the bottoms of the feet and relax the feet and toes.

Next, formulate the image of a small black dot in the mind’s eye. With this dot write your first name. Then write the word, *Relax*. Write your last name with the dot, and then again write the word, *Relax*. Dismiss the image of the dot. Drift quietly and peacefully into the silence for a few moments before beginning meditation.

Relax

Purifying Light Meditation

Sit in a comfortable position in a chair or on the floor with your spine straight. Close your eyes and inhale deeply, all the way to the bottom of your spine. Slowly exhale, contracting the abdomen, and feel the breath slowly move up and out of the body. Repeat this deep breath twice more.

See in your mind's eye, a sphere nine inches in diameter, made of brilliant bright white light, sitting at the top of your head. As you visualize this sphere, see it become more radiant. Imagine the white light as living light, see it sparkle and crackle with vibrant energy. Focus on increasing the intensity and action of the sphere of white light for a few minutes.

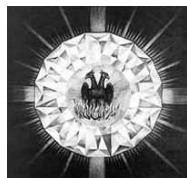
When you are ready, visualize a stream of white light emanating from the sphere. Imagine the stream of living light flowing onto and into the top of your head, as if the sphere had poured liquid light over you. See the liquid light flowing into your head, and immersing your skull and face in brilliant white light. Work carefully with the imagery until you can see the flesh, bones, brain, eyes, ears, etc., pulsating with vivid white light.

Visualize the stream of light continuing to pour down into your body: into your neck and shoulders, down your arms, hands, and fingers, into your chest, upper back, abdomen, pelvis, and hips, through your legs, and out of the bottoms of your feet. Take your time with the image of the flow, and let your attention dwell on each area as it is saturated with brilliant white light. As the light flows out through your feet, consciously direct it to take with it all impurities, toxins, and negativity.

See all of your vital organs completely bathed in liquid light. Imagine the white light permeating every cell and molecule of your body. Hold this image in mind, and increase its intensity until you begin to feel your body vibrating in the light. Meditate on this absorption in the light for several minutes, consciously directing the light to rejuvenate and regenerate your body, mind, and soul.

When you feel ready, release all visualizations, and meditate quietly without deliberately generating any thoughts or images. Simply be aware of the feelings in your body and on the surface of your skin where it contacts the air around you. Breathe deeply again three times, becoming conscious of yourself in the room where you are seated. Slowly open your eyes.

This meditation will take a little time to master. You may want to make a recording of these instructions to listen to as you work with the visualizations. Perform this meditation once a day at whatever time is most convenient for you.



The white light of Universal Spiritual Healing is filling my whole being with Cosmic Energy, health and peaceful vibrations. S.G.J. Ouseley in The Power of the Rays: The Science of Color Healing

Sunrise Meditation

Face east. Sit comfortably on the floor with your hands resting in your lap.

Slowly inhale all the way to the bottom of your spine, exhale, and relax.

Visualize a brilliant white light at the top of your head. Watch the light become a fiery liquid, flowing down through your body and aura, immersing you in a sphere of crystalline white light.

When the light is steady, visualize Aleph:



Hold this image within your mind's eye while you:

Breathe the Aleph Breath:

Inhale through the nostrils to a count of 8. Draw the breath in softly and steadily without exhaling and mentally chant these words:

Aleph All - Life

Exhale to a slow count of four, chanting mentally:

Aleph All - Life

Repeat the sequence four times.

Relax into your sphere of white light, and meditate quietly for a few moments.

Bring back the image of Aleph:



Hold the image within your mind's eye in silence... with open awareness... and no thought.

Release the image. Focus your attention internally, at the brow chakra, also known as the 3rd Eye. Meditate on the chant in harmony with your natural breath, *Ah* on the in-breath, *Lahf* on the out-breath, *All* on the in-breath, *Life* on the out-breath.

Bring your hands together at the heart in prayer pose.

Inhale deeply as you raise your hands together, stretching your arms all the way up above your head, and lengthening the spine.

Continue to stretch up overhead. Visualize golden yellow light descending into the top of your sphere of white light. See and feel the golden light flowing down into your hands and arms, entering into the top of your head and flowing downward through your body, and out of the base of the spine.

Exhale, separate the hands, and slowly bring them down and around the outer circle of your sphere, and back into your lap.

Still seated within the crystalline sphere, be aware of golden light within the central spinal channel. See and feel this light flowing upward and downward in a double spiral between the base of the spine and the top of the head.

Bring your consciousness into your heart center.

Watch the golden light flow into and through the heart from above and below, mixing with the white light, becoming pale golden white.

Expand the white-gold light outward from the heart, filling your body and aura with radiance, and clarity. Meditate within this sphere of light for as long as you like.

To finish the meditation, inhale deeply and exhale completely.

Give thanks to the Creator who daily gives life to all.



Yellow is a positive magnetic color associated to the higher mind and the soul. It is highly inspirational and stimulates deep connectivity between the lower consciousness and the light of the soul. Chavah Aima, Sacred Magician, Spiritual Alchemist, Yogini

Lighting the Seven Lamps



1. Perform Aleph breathing as given above in the Sunrise Meditation. Follow this with the Relaxation Exercise.
2. Perform the Purifying Light visualization.
3. Close your eyes. Focus your awareness on the Saturn center at the base of the spine. Visualize this center at the perineum as a nine-inch sphere of radiant red light. Continue to meditate on this brilliant red ball of living light, and see it swirling and vibrating with energy. Meditate on the Saturn center for four repetitions of Aleph breathing.
4. Bring your awareness to the Mars center, halfway between the naval and the pubic bone. Visualize this center as a radiant nine-inch sphere of orange light. Meditate on this vibrant orange sphere, seeing it pulsate and glow with living energy. Continue to visualize the Mars center as you complete four repetitions of the Aleph breathing.
5. Move your consciousness to your solar plexus and visualize the Jupiter center as a nine-inch sphere of golden-yellow light emanating outward in every direction. See this dazzling yellow globe vibrate and expand with dynamic force. Meditate on the yellow sphere of Jupiter while repeating the Aleph breathing four times.
6. Bring the focus to your heart and imagine the Sun center as a sphere of intense emerald green light, radiating in all directions. See and feel this glorious green light as a living force of energy. Focus on this image of the green sphere in your heart as you repeat the Aleph breath four times.
7. At the throat, create an image of a bright blue sphere of light. Focus your whole attention on the Venus center as it is bathed in the vital energy of the blue sphere. Meditate on the blue sphere of Venus until you have completed the Aleph breath four times.
8. Focus your awareness on the Moon center between the eyebrows and centered in the middle of the head. See this center as a nine-inch sphere of luminous violet light. Visualize this violet sphere as powerful energetic light, and watch as it glimmers and glows in all directions. Hold the image of this violet sphere while repeating the Aleph breath four times.
9. Allow your consciousness to rest at the top of your head, and visualize the Mercury center as a nine-inch sphere of sparkling white light. Imagine this resplendent white light bursting with life-giving divine energy. Continue to focus on the white sphere of Mercury while you complete four repetitions of the Aleph breath.
10. Bring your attention back to the Saturn center at the base of the spine, and see the red glow. Quickly move your focus up through the other centers, visualizing each color in turn:

orange, yellow, green, blue, violet, and white. Endeavor to see all of the centers simultaneously as seven colored lights along the spine, neck and head.

11. Release all visualizations, and meditate quietly for a several moments. When you are ready take three deep breaths and open your eyes.

The Center of the Sun



1. Perform the Aleph breath and the Relaxation Exercise.
2. Perform the Purifying Light visualization.
3. Close your eyes. Create an image of yourself about the size of your thumb, and see this small form sitting in the Lotus Pose. Shift your awareness into the Sun center in your heart, and visualize the small image of yourself seated within this center. Move your consciousness into your small form so that you see and experience yourself fully within the Sun center.
4. From the perspective of this inner self, see and feel an energetic double-spiraling brilliant white light going up and down the spine, which is behind you as you sit in the heart. Maintain the imagery of the double spiral moving up and down the spine for several minutes.
5. Seeing and feeling yourself fully as the small being in the heart, raise your arms, palms upward, as if forming a chalice (your larger physical body will remain motionless).
6. When the chalice image is steady, visualize a brilliant golden light descending in a downward spiral from far above the head of your larger physical body. From your position in the Sun center, look upward and watch this radiant golden spiral enter into the top of the head and continue downward into the spine of the physical body.
7. When the golden light reaches the heart, see it entering into the top of the head of your miniature body, and flowing into your open arms as you sit within the heart.
8. See your entire small being filled with and permeated by the descending golden light. Remain immersed in this luminous golden light, with your consciousness firmly centered in the small being in the heart for several minutes.
9. To end the meditation, cease the movement of the downward spiral of golden light. With your awareness still within the small being in your heart, again visualize the endless

movement of the double spiral of white light moving up and down your spine, just behind you.

10. After a few moments, shift your consciousness into your head, just behind your eyes, and let go of the image of the small self. Stop all visualization, and meditate quietly for as long as you like, feeling the energy of the golden light moving outward from the heart, and integrating into every part of your physical body. When you are ready, take three deep breaths, and open your eyes.

2. Chants & Music

Music is synonymous with activity in the realms of God's perfection, for every thought and feeling of the Godhead creates a glorious sound... Thomas Printz in The Seventh Ray

Sound is the primal vibration that creates the manifest universe. In the microcosm of the human the voice can produce sound vibrations that also stimulate creation. This is the underlying principle at work in Mantra Yoga and it is also given expression through songs, chants, and vibratory practices in the Western occult traditions. Chanting allows the mind to cease its endless production of thoughts and to come into stillness by focusing on the repetition of sacred words and sounds.

The words used in chants and mantras derive their powers from the combinations of letters from ancient sacred alphabets such as Sanskrit and Hebrew. It is said that the letters are the base elements of creation, each one carrying a specific force that enters into manifestation through the power of vibration. Thus in the Kabalistic tradition, the letters that form the names of the Creator in all of its various aspects are considered particularly potent for meditative focus and chanting. In the yoga traditions, the words of the ancient Sanskrit mantras likewise represent vibrations that can awaken divine powers, heal illnesses, and create new circumstances in one's life.

Chanting invokes these powerful vibratory forces into the physical body, setting up a potent energy field that impacts the cellular level of consciousness. The sounds emanating outward into the immediate environment wherein chanting takes place quickly create an atmosphere of sanctity, attracting celestial beings from the spiritual world such as angels and devas. Over time, chanting sets up a tangible sanctuary formed of divine vibration. Immersion in this energy field not only balances and heals the physical body it also ignites and accelerates spiritual growth and divine awareness.

Music has a long history of use in spiritual practices and religious services. Visitations and appearances of divine beings are often accompanied by the sound of heavenly music. Angels, masters, and saints exist in the fine ethers of spiritual vibration and radiate tones that are specific to each of them. When these notes mingle together, they create divine melodies that soothe the soul. Listening to sacred music can elevate the mind, relieve stress and anxiety, and induce deep relaxation in the physical body. In group rituals, music is used to shift the minds of the participants from its focus on the mundane world into the realm of the divine.

In Alchemical Yoga, certain sounds and chants are used to awaken and activate the serpent power, the divine Life Force within. These chants are specific to the various stages of Alchemical Yoga, and they slowly and steadily open the body and mind to greater illumination. The chakras are associated to the Kabalistic Tree of Life, and the God-names of the spheres of the Tree are chanted

for each individual chakra, for specific combinations of chakras, and for the chakra system as a whole.

3. Ceremony

Ritual frees consciousness from its self-imposed limits, and gives it wings for its upward flight. Dion Fortune, An Introduction to Ritual Magic

Ritual is any act that incorporates specific forms, objects, procedures, and sensory stimuli that are chosen or designed to symbolize an intentional outcome, and that draws a spiritual force that is sympathetic to the intended outcome into the physical plane. During the performance of a structured rite the attention is focused on the prescribed movements and actions, the imagination is inflamed by the presence of conditioned symbols, and the mind is focused on generating thought-forms specific to the anticipated outcome. This concentration of mental and emotional energy elevates consciousness, and creates a magnetized point of contact upon the formative plane that in turn attracts the spiritual force.

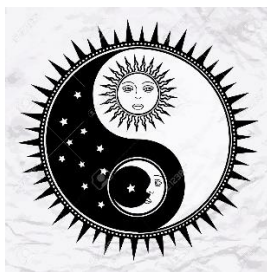
The performance of ritual involves the use of powerful electromagnetic currents. The body of the practitioner is the primary conduit for these streams of force. Therefore the body, mind, and emotions of the practitioner must be purified and stabilized before higher level rituals are undertaken. The first rites one performs in Alchemical Yoga are directed at the attainment of this purified state. The breath-work, exercises, and meditations of Alchemical Yoga also serve to clear the physical body and increase the powers of concentration and imagination in preparation for ritual work.

Alchemical Yoga meditations develop the ability to visualize, which is critical to the success of ritual work. Ritual work in turn increases the power of concentration, which strengthens the visualizations in meditation. When a person who is trained to use their mind in such a way performs rituals there is an immediate inflow of power from the higher planes. Through meditation, the mind is liberated from conditioned forms. Through ritual, the mind receives new conditioning that leads to further expansions of consciousness.



Moina Mathers, 1865-1928, Artist, Sacred Magician, Spiritual Alchemist, Priestess of the Rites of Isis

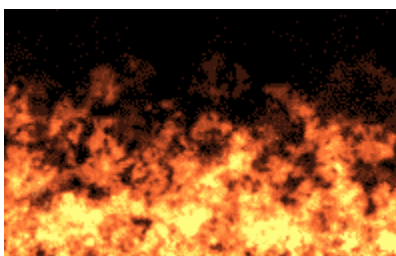
Chapter Three



The Stages of Alchemical Yoga

Stage 1. Purification

Igniting the Sacred Fire



Fire is the most perfect and unadulterated reflection, in Heaven as on earth, of the One Flame. It is life and death, the origin and the end of every material thing. It is divine Substance. Helena Petrovna Blavatsky, Occultist, Founder of Theosophy, Spiritual Alchemist

More than any other influence, the human ego reduces and restricts the divine flow of Life-Force energy in the physical body. When the Life-Force is suppressed by the ego this repression will manifest as selfishness, greed, attachments to one's environment and property, dishonesty, fear, unbalanced relationships, vengeance, violence in behavior or thought, toxic living, poor nutrition, ill health, and many other harmful conditions. Immersion in the ego creates the perception that one is separate from others and from nature, and is reliant solely upon one's personal will and ambition for survival.

Fear, doubt, insecurity, and distrust are the predominant experiences when one's identity rests with the ego. In this state it is difficult to believe in any power greater than the isolated self, and one's energy will be primarily directed toward mastering materiality through identifying oneself as the body, making money, and accumulating possessions. In this limited awareness, there can be no experience of the divine spirit.

The first stage in Alchemical Yoga focuses on the transcendence of the ego and the destruction of attachments to the material world. This stage is called *Purification*. Purification denotes self-sacrifice and renunciation of the attachments and attractions of the ego. Self-renunciation can be experienced through service to others, or by patiently enduring difficulties and challenges in one's life as has been demonstrated by the lives of many saints. However, purification can be taken on more directly and accelerated by the deliberate surrender of the ego via the spiritual disciplines of Alchemical Yoga that ignite the sacred fire of the Life-Force.

As the Fire-within burns brighter, greater introspection and self-awareness can occur. The Fire of Purification is awakened by practices that stimulate the metabolism and increase aerobic activity within the body. Purification practices burn off environmental and dietary toxins, bringing cleansing and healing into the physical body. As the body clears, one's dependence on the ego can be seen more clearly, and ultimately transferred to the higher Self. As physical and material attachments begin to release, awareness of the divine spirit increases. Separation and self-investment are replaced by experiences of oneness with others and nature.

The stage of Purification focuses on the energies found in the Root Chakra at the base of the spine, which is called the Saturn center in Alchemical Yoga. The Saturn center is associated to the earth, and it holds the keys to freeing oneself from many physical, mental, and emotional limitations. This center relates to security, trust, and survival. When it is dormant and closed, the individual's identity is entrenched in the physical body and ego. As it becomes active and open, one's identity begins to expand beyond the limits of physicality and the material world.

In Alchemical Yoga, the color associated with the Saturn center is deep red. The metal lead is also assigned to this chakra. Lead is a thick metal that blocks out radiation. While this can be protective in terms of man-made radiation, the lead referred to in alchemy often serves as an obstacle, blocking the radiance of the spirit from fully entering the body, and keeping the Life-Force energy inactive. In Alchemical Yoga, lead also represents the heavy dense toxins held within the body that are derived from toxic food, air, and water, and from stress, fear, and insecurities.

The Saturn center may also contain energetic traces of past traumas, which remain deeply imbedded and hidden beneath the barricade of lead. Purification allows these emotional memories to be subtly and easily released. The lead within this center is softened and melted by the fiery practices of Purification, increasing the spiritual light and bringing healing into every level of one's being. Ultimately the liquefied lead, which represents the liberated Life-Force energy, is raised to the Heart Chakra, and transmuted into the golden radiance of compassion and love.

Through Purification the Life-Force energy is awakened and activated. The Life-Force is the sacred fire, and as it rises through the body it burns up everything in its path, destroying all that is not divine. The disciplines of Purification in Alchemical Yoga include experimenting with the following lifestyle adaptations and practices -

- Vegetarian Diet
- Detoxification
 - Cleansing
 - Fasting
- Alchemical Meditations

Stage 2. Disintegration

Surrendering Lower Consciousness



The adult mind has typically been conditioned to override emotional expressions, and to restrict the powerful impulses of passion and emotion into limited expression via instinctive sexual desires. Natural creative powers are stifled by over-focusing on intellectual knowledge and mental concepts. This type of restrictive mental conditioning results in conditions such as fear of intimacy and pleasure, dullness in sensual experiences (sight, sounds, smells, tastes, touching), an inability to relax, the repression of feelings, and resistance to change.

Many people are also overtly sexual, yet unable to fully surrender and experience the spirituality of deep intimate union with one's beloved. In Alchemical Yoga, sex is of the mind, union is beyond the mind. Immersed in the limiting awareness of intellectual concepts and cherished beliefs, one's identity rests completely with the mental nature, preventing one from experiencing the divine reality that exists beyond the mind.

The second stage of Alchemical Yoga is the surrender of the lower consciousness, breaking down the artificial constructs of the intellect by total immersion in the non-rational depths of the unconscious mind. This stage is called *Disintegration*, which involves a process that dissolves the mind, and allows one to let go of the need to control.

Disintegration opens the flood gates of passion, and releases suppressed Life-Force energy from the waters of the unconscious mind. Disintegration brings a flow of intense bliss into the body, and enables one to break free from mental conditioning, rationalizations, and cherished beliefs. Disintegration continues the activation and ascent of the fiery Life-Force, opening subtle channels in the body to heal and recharge the cells. Sexual energy is transmuted into harmonious loving communion with the divine spirit, and creative expressions are liberated and empowered.

Disintegration works with the energies of the Sacral Chakra located between the naval and the genitals. In Alchemical Yoga this chakra is known as the Mars center, and it holds the secret of transmuting personal sexual impulses into powerful divine energies. The Mars center relates to emotions, sensuality, pleasure, and ecstasy. When it is closed and inactive, the identity rests with

the mind and one manifests resistance, insensitivity, and mental control. When it becomes activated and open, the mind surrenders, and one begins to live and move within the powerful unpredictable flow of divine essence.

The color associated to the Mars center is orange, and its metal is iron. Iron is a strong metal, indicating both the strength of intellectual conditioning, and the potency of the Life-Force energy within the Mars center. In Alchemical Yoga, iron represents the mental nature imprisoning the vital energies of life. The mind is blown away through Disintegration, freeing the cascading Life-Force energy, and awakening one into the higher consciousness, wisdom, and bliss of Spirit. The disciplines of Disintegration in Alchemical Yoga include:

- Shamanic Arts
- Ecstatic Dance
 - Fasting
- Spiritual Retreats
- Alchemical Meditations

Stage 3. Disengagement

Releasing Limitations and Attachments



As one shifts from identification with the ego, body, and mind, and rediscovers the divine essence within, one becomes empowered into his/her inherent spiritual authority. As the divine light increases within the being and illuminates the shadows of the past, it also brings greater awareness into one's long-term conditioned responses that are based upon expressions of the lesser will. Such responses may highlight imbalances in personal power that manifest as stubborn willfulness, and/or an automatic submission to the will of others. Issues of dependency versus independence are also highlighted.

Asserting one's true will is often viewed as a threat to others, and can activate fears of abandonment and rejection. When the will is constricted or unbalanced it results in expressions of emotional, physical, and mental limitations, attachments to others, weakness of will, outbursts of anger, a need to control others, over-ambition, depression, and dependency. In this condition, one's identity depends upon one's relationships with others, familiar environments, and externally directed work, family, and life roles.

The third stage of Alchemical Yoga is *Disengagement*, and it is through this process that hidden conditioning and emotional attachments are identified and released. Disengagement directs the fire of the Life-Force into the shadows of the unconscious, bringing into focus conditioned limitations and distortions of the will that were ingrained by one's parents, church, school, and other social and cultural systems. Disengagement helps one to let go of self-imposed restrictions upon one's true nature, and strengthens and aligns the will, activating one's own spiritual authority and empowering independence and detached compassion. Disengagement practices focus on the breath within the body to fan the flames of the Life-Force, and bring forth vital energy from the Spirit and the Soul, and on ritual practices that bring the descent of the higher self into the physical form. The result is a rebirth of the body, emotions, mind, and will.

Disengagement works within the Solar Plexus Chakra, which is also referred to as the naval center. In Alchemical Yoga this chakra is known as the Jupiter center and it relates to personal power, will, ambition, and the metabolism of the body. Conditioned limitations, disempowerment, obesity, and attachments to others are predominant when the Jupiter center is dormant or unbalanced. When it is activated and fully opened, this center expands the consciousness into the realm of divine reason through the empowered and purified will.

The Jupiter center is associated to the metal Tin, and its color is yellow. Tin is a soft metal, indicating the impressionable nature of the personal will in childhood. Over time and through conditioning, the will either remains flexible or becomes rigid depending upon one's responses to outer authority. Through the disciplines of Disengagement, the Life-Force energy is increased and intensified, incinerating limitations and attachments, and birthing the fully empowered spiritual will into physical form. The disciplines of Disengagement in Alchemical Yoga include:

- **Ritual Practices**
- **Vocal Vibration and Chanting**
- **Physical Exercise**
 - **Fasting**
- **Spiritual Retreats**
- **Level One Alchemical Yoga Meditations**

Stage 4. Communion

Empowerment of the Soul



Personal love is a partial expression of spiritual universal love, and is the first experience humans have of this powerful force that drives creation. Love motivates, animates, and permeates all aspects of life. Yet, most people only give and receive love from those in their immediate circle of family and friends. Many people also carry inner wounds resulting from a lack of love, which in turn restricts their own ability to love. Signs that the force of love is suppressed or unbalanced include attachment to ego, fears of rejection and losing control, selfishness, shallow breathing, heart problems, powerlessness, unhealthy relationships, and limited recognition of spiritual energies.

In such a state of awareness, it is difficult to fully trust and let go in intimate relationships. It may be nearly impossible to imagine the endless, limitless love of the Creator. Love may be experienced as conditional, and dependent upon one's compliance with or dependency upon another. Without sufficient love one has no real feeling of being connected to life, and no sense of the sacred. Yet even when one's capacity for love is so reduced, there lingers deep within the hope, dream, desire, and memory of unconditional compassionate love.

Expanded expressions of love and complete healing from the loss of love only come about through greater contact with one's own soul. The fourth stage of Alchemical Yoga is *Communion*, the act of consciously opening the body, emotions, and mind to receive the energy, wisdom, and love of the soul. In this process one attains an experience of transcendental love that creates a profound spiritual connection, and restores harmony, unity, and faith. As the energetic force of the soul becomes fully fused with the lower being, love is felt and expressed as freely with strangers as it is with one's family and friends. As the awakening and elevation of the Life Force continues, one experiences a deep inner union with the soul, which activates the higher mental body and expands one's capacity for and expressions of unconditional love.

Communion is a holistic event, illuminating the mind, emotions, and body with the loving light of spirit. In communion the Life Force is experienced within the heart center, and is transmuted from sexual energy and ambition into divine love and bliss. Communion fills one's entire being with

tremendous clarity and purity. The world and its passing events are viewed with greater detachment, concepts of time and space are altered, and stress is released as one realizes there is less need to act or react in the emotional dramas of life. The body is freed from the limitations of three-dimensional awareness, and becomes a true temple of the soul. One has the experience of being completely recreated from above as the soul establishes peace, serenity, compassion, and acceptance on every level. A tangible feeling of sacredness sets in, bringing one closer to the divine Creator, and increasing one's awareness of the spiritual nature of all life.

Communion works within the heart chakra, known as the Sun center in Alchemy. This center is associated to love, harmony, unity, and the breath as the medium of the soul. The soul's energy is referred as *pneuma* in Greek, which also means breath. Consequently, the Sun center also relates to the element of air. When this center is restricted or unbalanced, the breath is shallow, reflecting the body's natural response to fear, anxiety, and distrust. When the Sun center opens, the celestial light of the soul floods into one's being, conveying the divine love and compassion that have the power to transform one from a limited human into a divine being.

In Alchemical Yoga the color referred to the Sun center is green and its metal is gold. Gold implies the radiation of the sun, and is also one of the royal colors. The soul is the King or Queen who is meant to rule over the personality in its journey on earth. When communion is completed, the soul is seated upon the throne of the heart, and harmony and order are brought into the kingdom of life. What was really meant when it was said that the alchemists turned lead into gold is that they raised the Life Force energy from the Saturn center (lead) up to the Sun center (gold).

Communion is an all-encompassing experience in which one's identity significantly shifts from the ego to the soul. This transference marks the beginning of a new course in life as the soul sets its sights on the further spiritual attainment of fusion with the divine Self, the spiritual essence beyond all form, which marks the completion of the Great Work of Alchemy. As the soul becomes empowered into its physical form, spiritual abilities awaken. Intuition is increased, telepathic abilities are activated, and outer events become synchronized with one's inner knowing. Love and peace radiate into the aura, dispersing divine vibrations and blessings upon all who cross one's path. The disciplines of Communion in Alchemical Yoga include:

- **Ritual Practices**
- **Living Food Diet**
 - **Fasting**
- **Spiritual Retreats**
- **Level Two Alchemical Yoga Meditations**

Stage 5. Regeneration

Birth of the Higher Genius



Living from the heart in communion with the soul is an important first step toward a fully divine existence. In order to continue one's spiritual advancement, the endless compassionate love of the soul must be merged with divine willpower. This alchemical fusion of love and will brings forth sacred powers and abilities that mark the establishment of true spiritual authority within the physical form. In Kabbalah this conjunction of love and will is referred to as balancing mercy with justice, a work that involves reconciling the potencies of the Spheres of *Chesed* (Mercy) and *Geburah* (Severity) on the Tree of Life.

Obstacles and resistances at this stage in the progression of Alchemical Yoga are common, and stem from personal and social conditioning and emotional attachments that restrain one from expressing spiritual truth in actions and in speech. Divine reason sees and understands all circumstances perfectly, and divine willpower takes action immediately and spontaneously in response to that understanding. Yet the lower nature may obstruct this free flow of divine energy due to a deeply ingrained fear of power. Such a fear can prevent one from completing the Great Work, causing the momentum that has been gained through Alchemical Yoga to cease.

This is a critical turning point in one's spiritual path, and if one can work through the anxiety and face these deep fears, liberation will be within reach. The alchemical blending of love and will is the fifth stage of Alchemical Yoga, which is called *Regeneration*. Regeneration represents a gateway into a level of divine consciousness wherein all identification with the personality and its mundane life dies completely, and the Higher Genius is born into the physical form. The Higher Genius is the Divine Self which completes the soul, endowing it with spiritual mastery and miraculous powers. Once one has passed through the gateway of regeneration, his/her consciousness is permanently altered and there is no going back to the illusions of lesser life.

Regeneration brings spiritual nourishment from above into the body, mind, and soul. This process heals the individual in the true meaning of the word, which is "to make whole". Through regeneration great energy descends, awakening the inner senses of hearing, sight, and touch. By the mechanism of these inner senses spiritual guidance and higher wisdom are received. Supreme reason is discerned in every circumstance, even those that were previously seen from the

perspective of the personality as bad, negative, or evil. One is no longer frustrated nor engaged by the appearances of duality and separation as they are understood as no more than the illusory side-effects of manifestation. Regeneration restores one's status as a child of the divine, allowing one to access and know all things in the past, present, and future.

Regeneration focuses on the Throat Chakra, known as the Venus center in Alchemy. This center is associated to communication, speech, creativity, sound, vibration, and truth. When this center is constricted or unbalanced, one may be unable to fully express one's true self. Imbalances in the Venus center prevent one from speaking his/her personal truth, and typically result in mindless chatter, lack of vitality, suppression of will, and a disconnection from spiritual reality. As the Venus center opens and activates, the voice is strengthened and becomes an instrument for the expressions of the higher self, the veils between the physical and spiritual worlds are dissolved, and one's divine powers awaken.

In Alchemical Yoga the Venus center is associated to the color blue, and its metal is copper. Copper, which is also referred to as brass in the Bible, has many spiritual meanings. Moses raised a serpent of brass on a cross which brought healing to the people. The esoteric meaning of this story is clear: when the serpent-power, the fiery Life Force energy, enters into the brass or copper center of force (the Venus center), one becomes empowered to perform miracles of healing.



Moses - Prophet, Saint, Spiritual Alchemist

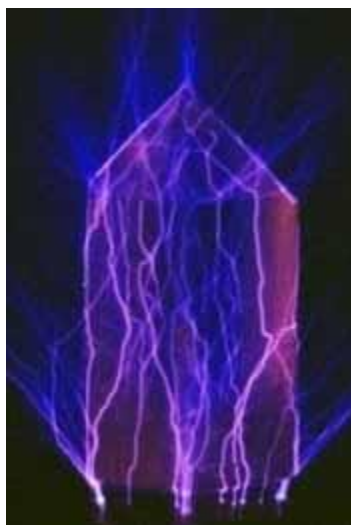
The Venus center, like all of the chakras, works both independently and in partnership with its lower equivalent, the Mars center, or sacral chakra. Venus associates to the feminine force and Mars to the masculine force. The Venus center contains a magnetic power that can attract the Life Force energy upward from the Mars center, bringing the feminine and masculine potencies of the being into union. This is an experience of the sexual energies on a much higher level than that found within the lower chakras. This interior union fertilizes the seed of divine life, and ultimately brings the birth of the Higher Genius into the physical form. The power that is directed toward this accomplishment is purified desire.

Through regeneration the last obstacles to divine life are eliminated, love and will are brought together in an alchemical fusion of force, and the Higher Genius is born from the inner ecstasy of purified desire. Regeneration marks the birth of the individual into spiritual life and the commencement of divine visions, insights, and actions. The disciplines that stimulate regeneration include:

- Ecstatic Prayer
- Shamanic Arts
- Vocal Vibration and Chanting
 - Esoteric Ritual
 - Fasting
- Spiritual Retreats
- Alchemical Yoga Meditations

Stage 6. Crystallization

Creating the Philosopher's Stone



Magnesium is a silvery white metal possessing a high luster. It burns brilliantly when heated emitting a brilliant white light. The light is rich in the violet and ultra-violet rays. A crystalline form has been obtained by heating it in an electric furnace. Encyclopaedia Britannica

Beyond the limited understandings of the lower mind lies the vast creative mind of the divine, wherein all knowledge may be attained. This knowledge is abstract and can be conceptualized as vibratory combinations of force that precede and create all form and language. As one continues the inner transmutations of Alchemical Yoga, this wisdom is perceived and experientially absorbed by the direct assimilation of these various vibrations. Along with this integration of essential wisdom comes the power to command the forces of light, which is the first form the higher vibrations of wisdom take as they descend into the planes of manifestation.

These subtle vibrations of wisdom-light are sensed and experienced directly by consciousness. Light operates at a tremendous rate of speed, the fastest proven movement within all of material existence. The key concept to grasp from the extreme velocity of light is that this vibration moves far more rapidly than anything upon the human plane, including thought. Light is a type of energy that manifests varying frequencies as it disperses across the color spectrum. These insights into the nature of light highlight its mysterious powers of healing and its occurrence in the experience of transcending time and space.

The Life Force energy, which is referred to as fire, is in fact a form of divine light. It creates heat in the physical and etheric bodies, which is why it is associated to fire. As light it is the underlying phenomenon referred to in the idea of **enlightenment**. As the electromagnetic currents of the Life Force ascend into the head they create a closed circuit of force within the pineal gland, which is known esoterically as the Third Eye. As the energy intensifies and heats this center, one of the most powerful acts of Alchemy becomes possible: the creation of the Philosopher's Stone.

The pineal gland remains something of a mystery to medical science, though it is known that it produces melatonin, which is necessary for proper sleep and mood regulation. The production of melatonin is related to the circadian rhythms of darkness and light. It is also known that the pineal gland contains a gritty material, which is referred to as brain sand. Though all of the components of this sand are not known; those that have been identified include calcium phosphate, calcium carbonate, and magnesium phosphate. These organic minerals produce unique outcomes when they are heated, ranging from the spontaneous healing of malfunctioning cells to conversion into crystalline forms.

Crystallization is the sixth stage of Alchemical Yoga, and it is a process that both uses and creates more light energy. Only by fully stepping through the gateway of regeneration, does one become empowered to begin the work of crystallization that will create the Philosopher's Stone. Crystallization involves intensifying and raising the Life Force energy into the brain repeatedly. This procedure is referred to in ancient alchemical texts as heating and cooling; and it is also a core method used in Chinese Alchemy to create interior light.

In Alchemical Yoga, the Philosopher's Stone is an actual living crystal, created by the power of the divine fiery light within the human body. This stone opens one's spiritual vision, allowing one to see the many dimensions of existence, to move between the worlds, and to command the forces of those worlds by virtue of his/her direct instantaneous absorption of transcendent vibratory wisdom. When the stone is attained, one is able to see into creation, perceiving the luminous vibration that is the true reality rather than objects, matter, and things.

Crystallization brings about a final purification of the ego and personality, removing all remaining traces of distortion from the cells and molecules of the body and mind. It requires the mind to be elevated to the highest degree, to completely rise above and leave behind all sentimentality and emotionality. One who undertakes the disciplines of crystallization incinerates tangible memories of the singular personality associated to the present life, and instills a detached intellectual attitude toward this former identity while embracing his/her unique character construction as a composite instrument for divine expression.

Crystallization takes place within the Brow Chakra, known as the Moon center in Alchemy. This center is associated to vision, light, clairvoyance, wisdom, and command. The Moon center primarily remains dormant for most people, giving only a hint of its true potentials through the inspired intellect and reasoning mind. One who awakens this center and completes the work of crystallization experiences prophecy, spiritual vision, telepathic communication on every plane, cellular wisdom, miraculous powers, and command of the forces of light.

In Alchemical Yoga the color associated to the Moon center is deep blue, and its metal is silver. Silver is a precious metal that has the ability to reflect. This hints at the ability of the Philosopher's Stone to transmit ideas, images, and light vibration between the worlds. The traditional foods assigned to the Moon center are the psychoactive plants, indicating this center's otherworldly perceptions and the expanded consciousness that comes about by its awakening.

Crystallization is a process of deep interior Alchemy that rouses and elevates the Life Force energy, focusing its fiery power upon the final purification of the lower self before directing it into the Moon center to create the Philosopher's Stone. The disciplines of Alchemical Yoga that aid the process of Crystallization include:

- **Living Food Diet**
 - **Fasting**
- **Shamanic Arts**
- **Ecstatic Prayer**
- **Spiritual Retreats**
- **Alchemical Yoga Meditations**

Stage 7. Illumination

Attaining the Body of Light



Everything is consciousness. This is the truth of all life. As one progresses through Alchemical Yoga, s/he experiences various levels of consciousness. Beginning with consciousness of the body and the material plane, moving through awareness of the emotions and lower mind, coming into communion with the soul, and finally stepping through the gateway to immortal life; consciousness is continuously unfolding and evolving. Beyond these experiences lies the realm of pure consciousness, that which is the source of all else.

The experience of pure consciousness transcends thought. It has been described as simply an awareness that “I Am.” It is beyond identity, duality, and things. It is emptiness saturated with joy. In this state one experiences his/her oneness with everything in and out of creation. There is no sense of even having an experience since this pure field of consciousness is all there is.

Pure consciousness is eternal and infinite. Here one enters into the essence that is beyond and within all things, yet is no-thing. The self-conscious being disappears as one is absorbed into the All. In Alchemical Yoga this experience marks the seventh and final stage known as *Illumination*. Illumination is a process that takes place deep within. The first perception of this stage is a strong feeling of anticipation as if one is about to step beyond all that is known.

When illumination occurs it collapses the dimensions of time and space, bringing one into an expansive awareness of eternity. When one has attained this state, s/he realizes that what was perceived to be the end of the process is actually just the beginning. Though this consciousness brings liberation from the limitations of material life, one sees the endless flow of creation in which s/he will continue to play a part. Yet this role is now approached differently, with true detachment, as one now understands him/herself to be an integral part of the field of consciousness upon which that role is played out.

As the process of illumination continues, the body becomes filled with light. The physical form transforms into a vessel of unified consciousness, and the possibility of physical immortality arises. The influx of divine light enters the body via the blood, changing its chemical composition, which in turns transforms the chemistry of the brain. Greater light within the brain spreads rapidly through the nervous system, the spiritual matrix of being. The body begins to rejuvenate as aging is stopped and sometimes reversed.

Health and wellbeing are restored. One may no longer need to consume food, instead feeding directly upon the divine light itself. The glands of the body begin to produce ambrosia, the alchemical nectar that steadily nourishes and energizes the cells, bringing the processes of elimination to an end. At this point, one will no longer live among the masses, retiring into the solitude and serenity of nature to maintain the Body of Light.

The Body of Light allows one to bi-locate, which is to physically appear in two places simultaneously, to take the body in and out of the physical plane at will, and to keep the body in existence as long as desired. This body may also become the vehicle of ascension, permanently removing the individuality from the wheel of birth, death, and rebirth. Though one may again return to the world of form to be of service to humanity, s/he is enabled to do so as an adult by materializing via the Body of Light. Among other things, this means that one is freed from the processes of infancy and childhood and their attendant conditionings which spiritual seekers spend so much time throwing off along the path of divine evolution, and can focus instead on the ongoing expansion of the divine plan.

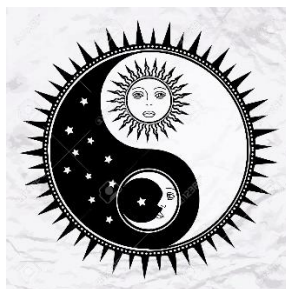
Illumination correlates to the Crown Chakra, known as the Mercury center in Alchemy. This center associates to higher thought, understanding, consciousness, meditation, illumination, and transcendence. The opening of this center is dual, depending both upon the elevation of individual consciousness and the descent of divine Grace. When this center is active, one experiences the cosmic unified consciousness, the eternal limitless reality, and mergence with the source of all life. From this state of awareness the body is recreated and the bio-spiritual process of illumination opens the door to immortal life.

In Alchemical Yoga, the color associated with the Mercury center is brilliant white and its metal is quicksilver. Quicksilver is liquid mercury. It represents the fluidic consciousness that coalesces into creation. Quicksilver is slippery, shiny, and reflective, which indicates that the processes of the Mercury center involve movement, activity, and the reflection of light between the planes of existence.

Illumination in Alchemical Yoga is a process that brings about the possibility of the immortal Body of Light. It is an experience of transcendent consciousness that transforms one for all eternity. Illumination awakens one into the limitless unified consciousness, opening the gates of heaven to pour forth the nectar of divine life on earth. Alchemical Yoga disciplines that support the process of illumination include:

- **Spiritual Retreats**
- **Extended Fasting**
- **Living in Nature**
- **Alchemical Yoga Meditations**

Chapter Four



The Alchemy of Life

The intention to work on one's spiritual development should not be limited to simply undertaking meditative and yoga practices. In Alchemical Yoga, we seek to increase divine energy and bring divine consciousness into every aspect of daily life.

Many factors impact the flow of divine energy in the body, and in the world. On the personal level these factors include diet, health, relationships, work, and lifestyle. As greater energy enters the body, many changes will occur. Sensitivities may increase in all areas of life. It is wise to create time and space for integration and transformation.

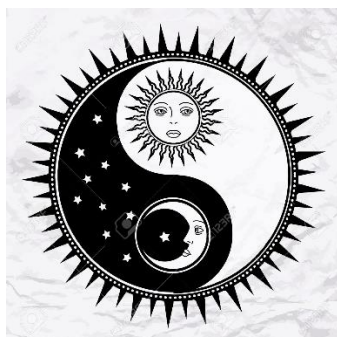
The available life force is limitless. Yet, one's personal reserves may be depleted at first, and may increase and decrease as Alchemical Yoga meditations and practices begin. Equilibrium is being sought: the deep inner balance of alchemy that will manifest a life of the perfect love and compassion that is the sign of a true adept.

Natural living aids the unfolding of divine life. Give the body the high-energy fuel it needs to accomplish divine union. Eat more organic, raw, living foods and pure organic vegetable and fruit juices. Fast regularly. Meditate and practice Alchemical Yoga every day. Retreat into nature from time to time. Bring love into every thought and action. Cultivate patience, tolerance, and compassion. Give whatever you can to those in need: money, service, prayers, and love. Be grateful for your many blessings.



Babaji and Mataji, Immortal Yoga Masters, Siddha Yogis, Spiritual Alchemists

Chapter Five



Diet and Health

Elohim said, 'I give you every plant and tree all over the earth for food and for medicine.' Genesis

Food is a gift from the divine creator, given to us in the form of plants and trees, fruits and seeds from the earth and from the sea.

Let the verse from Genesis be your mantra for perfect nourishment and radiant health.

Endeavor to align with the divine law of vegetarianism more and more each day:

Enlightenment requires a transformation of body, mind, and soul. In order to elevate the "animal" consciousness of the physical body into the radiant body of light, a vegetarian diet is essential. Some enlightenment traditions also recommend avoiding dairy products as well. Increasing consumption of living foods and juices, and decreasing the intake of processed and cooked foods accelerates spiritual evolution. The life-force energy of the sun is held within living plants, and one seeking to "illuminate" the body-mind makes wise use of this truth of nature.

Eating food in its natural state is superior in every way to eating food that has been modified, processed, chemically treated, and/or cooked. Organic living foods should ideally form 50-80% of a healthy person's diet. In certain diseases and illnesses, all cooked food should be avoided for a time. The greatest healer and revealer of the mysteries is the life-force energy. This energy is available in a highly concentrated form through the juice of vegetable, fruits, and grasses. Fresh organic juices provide powerful support for creating and maintaining the enlightened body.

Be grateful for the earth's bounty!

Heal the body, and feed the life force with pure living food & juices.

Rest the body and soul with fasting. All of the great masters and saints have demonstrated the power of fasting for spiritual progress. Below is a detailed plan for spiritual fasting.

Balance is the heart of alchemy and leads to success in all things. Avoid extremes.

Keep the diet steady and simple.

Learn about the healing properties of plants and herbs.

There is a secret in the energy of the green plants. Master this alchemical secret and attain immortal life.

Spend time in nature every day.

Watch the sunrise or sunset daily. Follow the guidelines for solar gazing.

Eat less, live longer.

For powerful healing, consume fresh organic wheat grass.

Living Food Recipes

Almond Seed Pâté on Cilantro & Mint

1 cup soaked almonds
 ¼ cup soaked sunflower seeds
 ½ clove garlic (optional)
 1 bell pepper, minced
 A dash or two of Celtic sea salt
 ½ tbsp. Celery seed
 ¼ cup soaked pumpkin seeds
 2 scallions, chopped in quarters
 1 stalk celery, minced
 2 tbsp. Parsley, chopped
 A dash of fresh ground black pepper
 ¼ tbsp. Thyme
 1-3 tbsp. Flax oil

Place all ingredients except celery, parsley, and bell pepper into food processor and process with the “S” blade, adding 2 to 3 tbsp. Add Flax oil as needed until all is homogenized into a fine meal that clumps together slightly. Pour nut meal into a large bowl. Mix in celery, bell pepper, and parsley by hand. Cover and refrigerate at least 1 hour before serving. (Pâté will keep in the fridge for 2-3 days.) To serve, chop and mix fresh mint and cilantro. Place herb mix on lettuce leaves & top with nut pate’.

Basil Bean Salad

1 cup sprouted mung beans
 1 cup sprouted chickpeas
 1 cup fresh green beans, chopped
 ½ cup sliced black olives
 Fresh whole kernel corn sliced from two ears
 1 medium red bell pepper, chopped
 1 medium shallot, chopped
 ¼ cup Braggs Apple Cider Vinegar
 ¼ cup flax oil
 2 tbsp. Chopped fresh basil
 1 tsp. Chilli powder
 ½ tsp. Black pepper
 1 tsp. Ground mustard

In a large bowl, combine sprouts, beans, olives, corn, bell pepper, and shallot. In a small bowl combine vinegar, oil, basil, chilli powder, black pepper, and ground mustard; and mix well. Pour over bean mixture; toss to coat. Chill for several hours or overnight, stir occasionally and just before serving.

Women's Healing Juice

3 carrots, 1 beet, 3 stalks celery
 a handful of parsley, 1 bell pepper, ¼ inch slice of ginger root
 a handful of dark greens – kale, spinach, or chard

Run through the juicer, and pour into a tall glass. Add a pinch of cayenne pepper or one teaspoon of super-green powder. Beets and kale are a woman's best friends. Both provide essential organic minerals, and have been reported to relieve menstrual distress, and restore balance. If one is limiting sugar in the diet, the carrots and beet should be replaced with broccoli, cucumber, or green vegetable of choice.

Fasting for Alchemical Transformation



The Green Lion of Alchemy represents green plants absorbing solar power, and converting it into “blood”, the juice of the plant. When the human consumes green plants, the blood within the body becomes charged with the life-giving powers of the sun.” Chavah Aima in Living Light: The 21-Day Alchemical Regeneration Plan

Regular fasting is also a core component of enlightened life. Allowing the digestive system a regular resting period aids in maintaining its health, and supports the wellbeing of the entire body. Fasting brings into focus the spiritual reality of life, and reminds us that the vital essence of life that does not come from any food. This essence is the vibratory life-light, and it exists everywhere at all times. When the body is heavy and dense from constant consumption, this subtle energy cannot easily enter one’s conscious awareness. Fasting brings the body into a subtle state of being, and enhances the assimilation of pure spiritual force.



Fasting is an advanced spiritual discipline that purifies the physical body, and creates increased awareness of the subtle spiritual force. This spiritual force is always present in varying degrees. Through the process of fasting, we refocus the cellular consciousness of the body, and increase the life-force streaming within us. This increased light-flow brings a feeling of great bliss, lightness, and connection to sacred source. When done in the context of living the enlightened life, fasting speeds spiritual evolution, and ultimately shows us the truth of immortal life.

The fasts described below are for healthy people who are seeking to live the enlightened life, and who have sufficient self-discipline and self-responsibility to undertake fasting in a mature, self-

aware manner without professional supervision. If you have health concerns, or do not have good insight into your mental and emotional nature, you should not attempt the fasts given here, but you

should consider undertaking a fast in a professionally supervised environment. Check your local resources for retreat centers offering supervised juice fasts and residential programs offering living food programs.

Every day, and especially during a fast, it is very important to drink lots of fresh living water (i.e., spring water – not distilled, tap, or other "dead" waters). In addition to the foods and juices in the following fasts, consume at least 2 liters (or more) of water daily. During the first 24 to 72 hours of a fast you may experience symptoms of detoxification. These may include headaches, fatigue, nausea, and aching muscles and joints. It is important to rest and take it easy during this time. These symptoms are normal and will subside in a few days. The first days of fasting should be devoted to extra meditation, naps, and reading spiritually inspiring material. It is highly recommended that you drink a cup of herbal laxative tea on the second or third day to help the detoxification process. Toxins being broken up through the fasting process are dumped out rapidly into the colon where they can be re absorbed. Consuming herbal laxatives greatly aids the process, and reduces detoxification symptoms. You may also feel cold during a fast, so be sure to wear warm clothing and socks if needed.

By the third or fourth day you will be amazed as how healthy and clear you will begin to feel. At this point, you may begin to do yoga and exercise, which should continue for the rest of the fast – and the rest of your life! Be sure to follow the recommendations for breaking each fast, and returning to an enlightened diet.

Fasts should be done in the following sequence:

Phase One Fast

Over the course of one to two weeks, gradually reduce the amount of cooked food you eat each day. You may begin by eating only a large raw salad at midday or evening. Next, replace your morning meal with all fruit, followed by the addition of raw vegetables for the remaining meal. You may also drink fresh organic juices. When you have eaten raw food solely for three days, substitute a glass of freshly juiced organic vegetable juice for the midday salad. The next day, have fruit juice in the morning, drink vegetable juice at midday, and have the raw salad at night. You can also eat a little raw fruit or vegetables between meal times if you feel you need it. Finally, replace the evening salad with another glass of freshly juiced vegetable juice. At this point, you can take three to five glasses of juice daily. It is recommended that the majority of juice be vegetable, with smaller amounts of fruit juice being taken in the morning. Don't forget to continue drinking pure living water too! You may also drink organic herbal teas. Meditate as much as possible – this is important every day, but especially during any type of fasting.

When you have taken only juices for three days, you may return to a combination of juice and raw foods. As you begin to add small amounts of cooked food, keep at least 50% of your diet raw, living food. From this time on, choose one day a week as a juice fast day.

Phase Two Fast

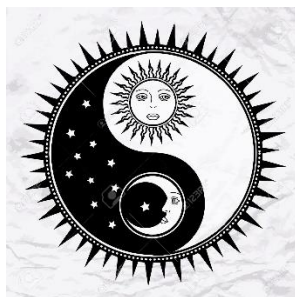
After you have completed Phase One, and have maintained a 50% raw food diet and one day a week juice fast for six months, begin Phase Two by continuing to drink only juices following your weekly juice fast day. Consume 3 to 5 glasses of fresh organic fruit and vegetable juice for five to seven days. Drink lots of water and meditate every day. To end the fast, add raw fruit, followed by raw vegetables. After a few days, slowly add cooked food, again keeping the diet 50% living food, and fasting on juices once a week. Repeat this fast in three to six months, or whenever you desire. Phase Two can be extended for up to 21 days when you feel you are ready to try it. Always listen to your body's own wisdom.

Phase Three Fast

Begin Phase Three during your third or fourth Phase Two Fast. Fast on juice for two days, on the third day, skip the morning juice. In the next day or two, reduce your intake to one juice a day (plus water – always drink lots of water!). Then eliminate the juice, and drink only water for one to three days. Meditate every day. Break the fast by drinking fresh apple or pear juice, then adding all juices, then raw food, and back to the 50% living food diet. Repeat this fast once a year, or whenever you desire. Phase Three can be expanded to as much as seven to ten days when you are sure you are ready to try it. Always listen to your body and don't go beyond your personal limits.



Chapter Five



The Alchemy of Love

What we desire to attain in this life is love. Love is the divine will and the divine energy. We must be focused on love for ourselves, for the sake of self-improvement; and we must be focused on love for others so that we may become a blessing to humanity.

Alchemy involves transmutation, which starts with loving yourself in an honest, compassionate way. Transmutation means turning one element into its opposite. In the human emotional body, this means turning anger into acceptance, selfishness into compassion, hate into love, and grief into joy. In the mental body, transmutation means turning limited thinking, conditioned beliefs, and cherished concepts into an open, expanded state of mind, experiencing the liberation of not knowing... anything. In the physical body, we transmute obstructions and resistances into free-flowing energy, heaviness and fat into a lighter, healthier, more slender form, and stiffness and weakness into flexible strength.

A man who is angry is not only angry in his head or in his fist, but all over...all the organs of the body, and the body itself, are only form-manifestations of previously and universally existing mental states. Paracelcus

Through the practice of Alchemical Yoga, transmutations on all levels occur steadily and quickly. Loving one's self means making your practice your priority, and keeping a strong commitment to a healthy lifestyle.

Relationships are fertile ground for growing love. They serve as a mirror to one's inner world, and can be the greatest healing force in life if resistances are overcome.

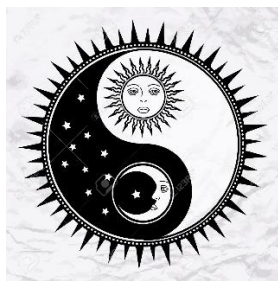
Treat every relationship as sacred. Seek to know your beloved on all levels by exploring past life connections, karmas, and the work to be accomplished through your partnership. When you know a relationship has completed its karma and its work has been fulfilled, let go with love and gratitude.

In Alchemical Kabbalah, there is said to be an ultimate relationship, which is known as *Tikkun*. This relationship is the reunion of the archetypal Oneness through the human forms of man and woman. This is the highest relationship, sometimes called the Twin Flame or Twin Ray. It is not commonly nor easily attained. If it is attained, it demands total surrender to the Divine Oneness, and brings about what can only be termed the death of the individual identity. However you have identified yourself before this relationship, this identity will no longer exist if you can surrender to the power and expression of Tikkun. If you cannot attain this surrender at this time, know that your true divine essence will again seek its beloved other half in a future life, for this reunion is the only true eternal love.



Seek harmony and love within yourself first and foremost. When you have attained divine consciousness, Tikkun will naturally follow. Do not exhaust yourself with desires and seeking for this reunion. Desire will not bring it about - only the attainment of perfection within your self will bring about the manifestation of this reunited Oneness. Love where you are with all of your heart and soul. Be at peace always.

Chapter Six



The Alchemy of Nature

How does one know what constitutes natural life? The world of crowded cities, chemically farmed and processed foods, polluted air and water, television and movies, violence and war, famine and disease has replaced natural life for many people. These circumstances and experiences of life impact millions of people; while civil, religious, and social authorities continue to subtly implant and reinforce the idea that such things are a normal part of life.

Ways of life that are considered normal by the greater society are far different from those that are truly natural. More often than not, behaviors and environments that are generally accepted by society as normal are actually unnatural.

Chavah Aima, 9 Secrets of Spiritual Mastery

The aspects of living that have the greatest impact upon the physical body are diet, sexuality, relationships with others, environment, and spiritual practices. The natural diet for the human is that recommended by the creator, consisting of fresh fruits, vegetables, nuts, seeds, and whole grains. It is important to make sure that these vital foods are eaten in a pure and uncontaminated state, which means they are grown organically, free from chemical fertilizers, pesticides, irradiation, and other harmful processes. The most natural way to receive pure sustenance and high nutrition is to grow one's own food.

The sexual energy must be understood as the divine life force, elevating one's consciousness from the seeking of only physical pleasure into a desire to experience union with the divine through the powers of this sacred force. Whether or not this experience will include celibacy is a personal choice and depends upon one's present lifestyle and relationships. In either case, this essential Life Force energy must be liberated from its repressed state and integrated fully into the physical form in order to release the deeply held remnants of old emotional impacts and mental conditioning, and empower one into his/her own spiritual authority.

For those who are ready, a period of celibacy can be a powerful method for rapid spiritual expansion wherein the sexual energies are directed upward and inward, and are consciously transmuted via Alchemical Yoga practices. Too many sexual partners over time can create a build-up of old vibrations within the physical body, and a period of celibacy while engaged in Alchemical Yoga practice is also an effective way to allow these residuals to release. For those in

spiritually-oriented, enduring relationships, Alchemical Yoga practices for couples may be undertaken to aid in raising the sexual vibrations to their higher expressions.

When engaging with others in any setting, one must be on guard against involvement with those who consistently hold and express negative states of mind. Negativity is the magnetic pole of force, and it will always pull the positive current toward it. One negative person can pull down the vibration of an entire group. This is simple metaphysics, not a judgment upon those who are struggling with their human natures. One can certainly send compassion and love to such people via prayer and meditation; however, physical contact with them should be avoided. Keeping company with like-minded spiritual people is essential for progression into the spiritual light. Developing spiritual contacts and spending time with others in meditation, chanting, prayer, and ritual are powerful natural methods for raising the vibration of the physical body, emotions, and mind.

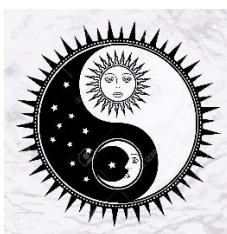
Happiness, joy, and bliss are your natural state!

The environment has tremendous impact on well-being. Though many people work and live in cities, this is a relatively recent development in the history of humanity, and is an unnatural way of life. As the new dispensation continues to unfold, like-minded individuals must come together and create new villages in the countryside, where people may be healed with fresh air and water, and realigned with natural life. In the interim, regular retreats in nature allow one to experience life as it is meant to be, rising and sleeping with the sun and the moon, and experiencing the soothing sounds, sights, and feelings of the earth in its natural state.

Natural life includes regular contact with the force that daily gives that life to the body: the spirit within. Alchemical Yoga Meditations offers a core practice that will purify and elevate the body, emotions, and mind to their highest potentials. The act of meditation places the physical body in a position to receive greater light. Simply by stilling the movement of the body, change begins to occur within the cells. The deep breathing and silent mind attained through meditation aid the body to relax, release, and recharge. Another important part of Alchemical Yoga practice is chanting, which brings a powerful vibratory influence into the physical form, the aura, and the surrounding environment.



Chapter Seven



THE ALCHEMY OF BODY, MIND AND SOUL

"This, thy body, O child of earth and sky, is truly the heavenly Vision of the Goodness of the Eternal. This, thy body is the Palace of the King; This, thy body is the manifested world of God and man; This, thy body is the seamless robe of ADONAI...and the Lord and His Temple are ONE." The Book of Tokens¹

A diet of raw and living foods, fasting on organic juices, and working with alchemical meditations fuel the inner fire that ignites the cellular impulse for transformative healing and growth. The meditations of Alchemical Yoga establish beneficial thought-forms that serve as patterns upon which a new and improved body may be built. Though the rewards to be gained by these practices are many, the energetic forms they anchor in and around the physical form must be integrated into an open and receptive body, which is attained through the exercises of yoga.

Regular exercise, proper breathing, and the sacred consciousness induced by the focused movements of yoga are valuable keys that support the harmonious synthesis of the nutrition and energy of fresh, living food and the powerful visual techniques of Alchemy. Yoga, which incorporates physical movements and stretches, breathing practices, mantra meditation, and a gently focused mind, offers special advantages over other types of exercise. The physical benefits that come from regular yoga practice are numerous and include increased flexibility, increased lubrication in the joints and connective tissues, improved muscle tone, decreased toxicity, and greater vitality. Yoga also impacts the mental and emotional natures, alleviating stress and soothing the soul.

As one works steadily in yoga practice, the body becomes purified, energized, and open. Hidden blockages are subtly released, transmuting deeply held resistances into states of peace and relaxation. During yoga, the attention is focused upon the breath, which is used consciously during movements and concentrated upon at rest. Another focal point is the mantra that is rhythmically repeated throughout each session. These techniques coordinate the body, mind, and soul as breath, mantra, and movement converge into deeply focused meditations.

The center point of the most powerful yoga traditions is the gentle uninterrupted contemplation of the Brow Chakra. In Alchemy, this center of force is termed the Moon center and is associated to the pineal gland, which lies deep within the brain. In addition to the many powers that are attributed to this chakra, it is considered to be the command center for all of the cells of the body. When this center is properly charged, the rest of the body begins to spontaneously move toward greater balance and health.

In Alchemical Yoga the Moon center is energized through the symbol of a star. A star produces its own light deep within and balances this inner fusion with outward radiance. Focusing on the imagery of starlight in the Moon center stimulates a similar process of light production within the pineal gland. This intense vibration is then emitted into the body, setting the course for cellular healing and regeneration. The star also reminds one that as one generates more light within the body, s/he may transmit healing vibrations for the benefit of others.

These practices integrate the visualizations and internal energy movements of alchemical meditation with the physical exercises and postures of Hatha and Kundalini Yoga. It also includes traditional breathing practices that form a part of many yoga philosophies and certain schools of Kabbalah. This yoga taps into cosmic energies that emanates from both Western and Eastern streams of consciousness, instilling deep feelings of harmony and oneness while speeding rejuvenation.

The practices are easily learned and mastered; however, you should consult with a health care professional before beginning any new exercise program. The exercises, breathing techniques and meditations described below should ideally be practiced daily, or at least two to three times a week. These practices support the body's natural cleansing process, and provide an opportunity to integrate the energy that is aroused through alchemical meditation into the cells of the body.

Choose an area for your yoga practice that is quiet, dust-free, and well-ventilated, and that allows sufficient space for you to stretch out fully on the floor. You will need a yoga mat, folded blanket, or pad. Wear comfortable, loose clothing, and no shoes or socks. Your stomach should be empty. Wait three hours after a full meal and ninety minutes after a light snack before beginning yoga. If you are practicing in the morning, be sure to drink some pure water on arising to help the body re-hydrate before yoga.

A warm shower before yoga practice will help the body open up and get the most from the yoga session. If you have long hair, roll it into a bun or knot and tie it on top of your head with a soft band. Do not burn incense nor play music during yoga practice. Let your session be a time of quiet inward focus that allows you to access and draw nourishment from the wellspring of all energy, all life that lies deep within.

Begin all of the practices seated on a mat in *Lotus Pose*, *Half-Lotus*, or with your legs comfortably crossed in front of you. Straighten your spine and pull your neck in line, bringing the top of your head over your tailbone. Quiet your mind by focusing on your breath in its natural rhythm as it flows in and out of the body. On the inhale, mentally say the word, *Sat* On the exhale, mentally say the word, *Nam*. This *Sat Nam* chant may serve as a meditative breathing practice by itself, and it is also repeated mentally with each breath throughout the entire yoga session.

Work with all of the yoga poses and exercises according to your own needs in each moment. Do not force any movements. While you should feel a definite stretch, there should be no pain. If a posture is painful, bring yourself back to a point in the stretch or movement where the pain is relieved. Respect the limits of your body, and respond to its feelings. Listening to and following your own inner awareness is an important part of yoga practice. This guidance also applies to the breathing practices. Undertake breath work at your own pace, and stop when needed. You can always resume a breathing practice after a short break. Slow and steady progress is the goal in Alchemical Yoga.

BREATHING PRACTICES

Cleansing Breath

The Cleansing Breath greatly aids detoxification and helps clear the lungs and respiratory system. It is done three times before each yoga session, and may also be performed a few times each morning and evening.

1. Inhale deeply through the nostrils, feeling the breath descend and fill the body all the way to bottom of the spine.
2. Hold the breath in for a slow count of six.
3. Pucker your lips and forcefully exhale a little air through your mouth. This will create a whooshing sound.
4. Stop for a moment, and then force out a little more air.
5. Repeat the short sharp exhalations until all of the breath is exhaled completely.

Deep Breathing

Deep Breathing relaxes and energizes the entire body. It is done at the end of each yoga practice, and is very effective in helping to center one's energy at any time.

1. Inhale through the nostrils, bringing the breath into the upper chest and lungs.
2. As you continue to inhale, slowly move the breath downward, feeling the diaphragm expand.
3. At the fullest extent of the inhalation, the abdomen and lower back fill with the breath, and pressure is felt all the way down to the base of the spine.
4. Exhale through the nostrils slowly in reverse order, feeling the abdomen pull inward toward the spine.
5. Fully contract the diaphragm as the breath is completely exhaled.

Breath of Fire

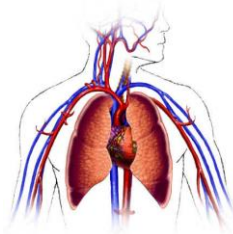
The *Breath of Fire* is one of the most renowned breathing practices in the yoga traditions of India. It cleanses and detoxifies the body and supports a healthy metabolism. In Kundalini Yoga, *Breath of Fire* is used during certain stretches and movements to improve one's flexibility and increase the effectiveness of pose. This breathing technique purifies the blood and tones the nervous system. When *Breath of Fire* is combined with yogic exercises, it concentrates and increases the electromagnetic charge within the body, ultimately leading to inner stillness, blissful awareness, and *I AM* consciousness.

1. To perform *Breath of Fire*, exhale fully, and then begin to draw the breath in and out through the nostrils, maintaining a short quick exchange of air through the nose. When you place your hands on your diaphragm, you should feel it moving quickly in and out.
2. Continue to breathe in and out rapidly and rhythmically. You can adjust the breath, making it light or forceful, slower or more rapid. Do the *Breath of Fire* for one to three minutes to start, and increase to ten minutes over time. You may feel a bit light-headed when you first begin. Remember to work at your own pace.

Long Deep Breathing

Long deep breathing aids in lengthening one's extensions into yoga postures, and also restores emotional balance by releasing deeply held tensions and memories from the body. It has been referred to as *organic psychotherapy*² due to its ability to tap into and clear deep-seated blockages in the cellular structure of the body. You may feel anxiety or other emotions when engaged in long deep breathing. Recognize this as a cleansing of old emotional debris, and breathe through it smoothly.

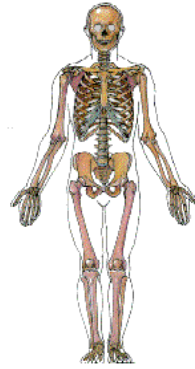
1. Inhale slowly and deeply all the way to the base of the spine. Mentally chant *I*.
2. Exhale slowly all the way out. Mentally chant *Am*.
3. Continue long, deep, and slow steady breathing while silently chanting *Iiii-Aaaamm*.



***“An intelligent control of our breathing power
will lengthen our days upon earth...” Yogi Ramacharaka³***

Bone Breathing

Bone breathing is an ancient Chinese healing practice introduced to the West by the Taoist master Mantak Chia in 1983^{iv}. It is a breathing meditation in and of itself, and is not used in conjunction with any yoga practices. If is offered as a bonus practice that will increase your healing energy, and revitalize the body from the inside out. Try this practice at least once a week.



1. Sit comfortably and rest your arms on your lap. The palms of the hands are open and the fingers relaxed. Inhale gently through the nostrils into the lower abdomen. Exhale deeply all the way back out. Repeat this deep breath several times while relaxing. Return to normal breathing
2. Focus your attention on the index finger of the left hand. As you naturally inhale, let your awareness along with the breath focus on a flow of energy moving from the tip to the base of the finger.
3. As you exhale normally through the nose let the energy stay in the finger and return your attention to the tip of the finger. Repeat the procedure with the next breath.
4. As a sensation of heaviness or warmth develops in the left index finger compare it with the right index finger where you have not done any bone breathing yet. This will help you develop the ability to feel more deeply and identify the sensation that bone breathing brings.
5. As the left index finger becomes warmer or heavier expand the bone breathing into the rest of the fingers of the left hand, either one by one or all at the same time. As the left hand becomes warmer and heavier compare it with the right hand where no practice has been done yet.
6. Next incorporate the right hand into the practice by focusing on regular breathing and feeling the warmth and heaviness of the left hand moving into the right hand, or start working on the right hand finger by finger again.
7. Once both hands are feeling heavy continue the same practice, moving the energy of the breath up the arms until the sensation reaches the shoulders.
8. For bone breathing through the feet it is best to remove the shoes and any tight clothing and guide your awareness up the toes, either singly or together up to the ankle.
9. For breathing up the spine begin at the tip of the sacrum and run your awareness up the spine higher and higher until you reach the base of the neck and the same feeling of warmth and heaviness is developed.
10. As the practice progresses and the body becomes relaxed; the noticeable breath through the nose may become more and more subtle. Do not try to force it back into greater awareness; rather let it stay subtle and calm. Continue to guide your attention into all of the bones.
11. Eventually it is possible to have the whole skeleton doing bone breathing, including the teeth. As practice develops try to breathe through the whole body at once, imagining that the bones are like a sponge absorbing the energy. You may refer to an anatomical chart of the skeleton to guide the energy with more precision.

ALCHEMICAL YOGA EXERCISES



Half-Lotus Pose

- ★ Sit in *Half-Lotus Pose*, cross-legged on the floor with your spine, neck, and head in line. Perform three Cleansing Breaths.
- ★ Close your eyes and visualize a small, bright star within the Moon center at the level of the third eye, deep within the center of the head. While focusing on the star, mentally chant *Sat* silently with each inhale and *Nam* on each exhale of the breath. Meditate in this way for several minutes until you can clearly see the star, and you feel centered and still in the *Sat Nam* breath.
- ★ Stand up. Inhale while stretching the spine upward and raising your arms over your head. Extend the stretch as you inhale deeply.
- ★ Exhale, bringing the arms down and folding forward at the waist. Let your hands drop toward the floor and hang for a few minutes. Fully release the neck and head, and allow the weight of your upper body to bring you deeper into the *Forward Bend*.

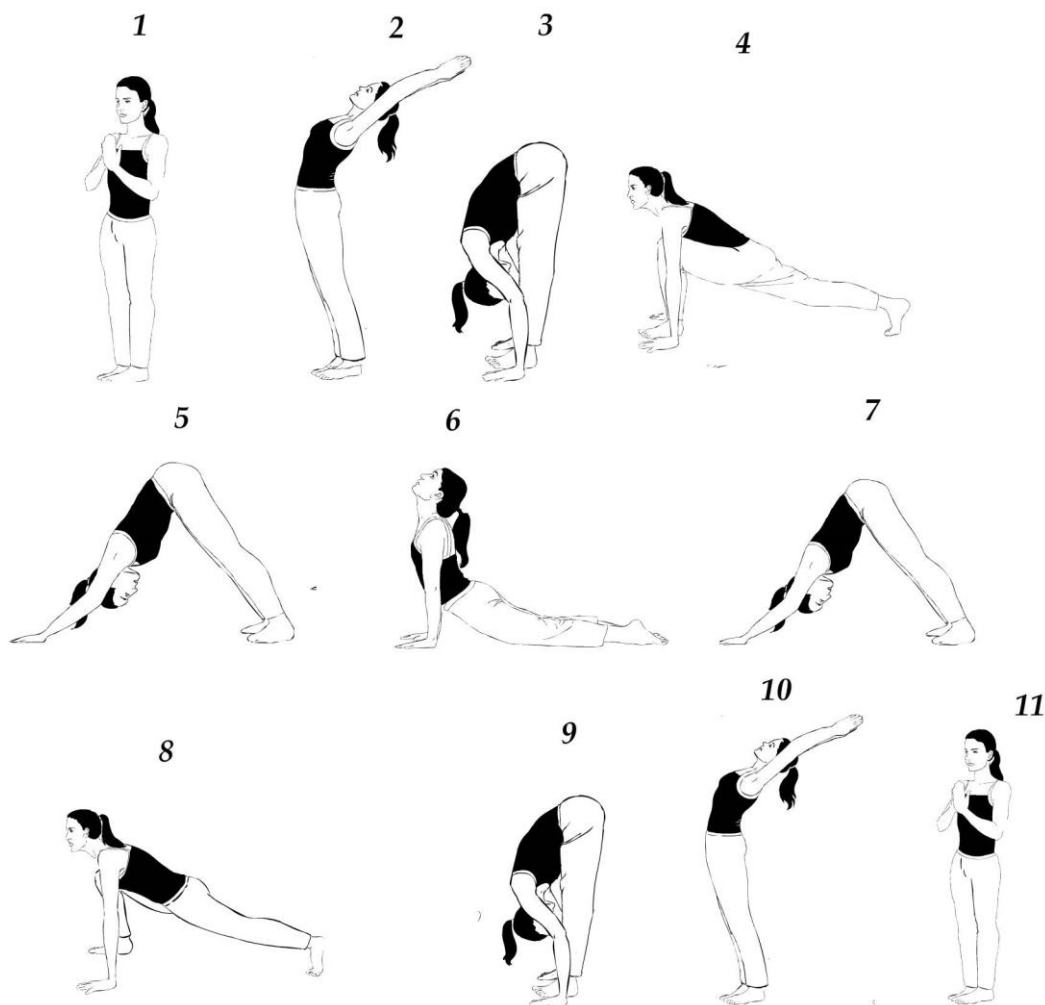


Overhead Stretch



Forward Bend

- ★ Inhale and come back up into the *Overhead Stretch* again.
- ★ Exhale back down into a *Forward Bend*, releasing the arms, head, and neck toward the floor.
- ★ Repeat the upward stretch and forward hang once more.
- ★ Perform three complete *Sun Salutes* following the illustration and instructions below:



1. Stand up straight with your hands in front of your chest in *Prayer Pose*.
2. Inhale while raising your arms overhead, keeping your hands together. Arch the back while extending the neck.
3. Exhale while bending forward until your hands reach as near to the floor as possible.
4. Inhale and bend your left knee and place your left foot flat on the floor between your hands. Exhale. Inhale and extend your right leg back, supporting your weight on the ball of your foot. Lift the torso upward, lengthening the spine. Lift the head and face forward. Hold this pose for a few minutes while focusing on the star and breathing *Sat Nam*.
5. On an exhale, move into *Downward Dog*. Place your feet and hands flat on the floor, and press your hips upward, keeping your head in line with your spine. Push the heels into the floor. Breathe deeply as you hold the pose for a few minutes.
6. On an inhale move to the floor and lie on your belly with your forehead on the floor and your hands beneath your shoulders. Exhale completely. Inhale and press up into *Cobra*, lifting your upper body up from the floor, and arching your back and neck. Keep your shoulders down.
7. Exhale and push back up into *Downward Dog*. Hold and breathe.

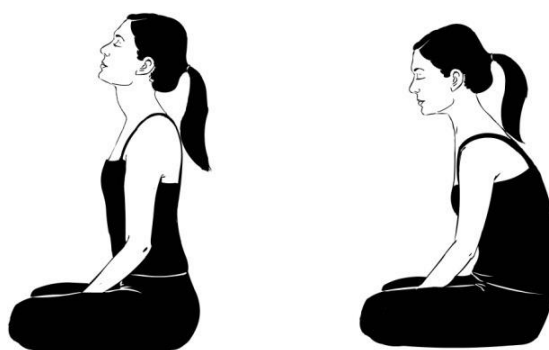
8. On an inhale bend your right knee and bring your right foot forward between your hands. Exhale. Inhale and extend your left leg back, supporting your weight on the ball of your foot. Lift the torso upward, lengthening the spine. Lift the head and face forward. Hold this pose for a few minutes while focusing on the star and breathing *Sat Nam*.
 9. Inhale and stand up. Exhale and drop into a *Forward Bend*.
 10. Inhale and stretch back up, raising the arms overhead, and coming into a backward arch.
 11. Exhale and return to standing *Prayer Pose*.
 12. Repeat the *Sun Salute* twice more.
- ★ From standing *Prayer Pose*, inhale, and raise your arms up overhead. Exhale, lengthening the torso upward from the waist, and bending sideways to the left. Continue to reach up and over while breathing deep and slow.
 - ★ Inhale, and return to the upright standing position. Exhale and release your arms letting them fall alongside the body.
 - ★ Inhale and bring your arms back up. Exhale and stretch your upper body to the right moving back into *Blowing Palm*. Hold and breathe for a few minutes.
 - ★ On an inhale, come back up. Exhale and release the arms.



Blowing Palm

- ★ Sit down on the mat in *Lotus Pose*. Focus your awareness on the Mercury center at the top of your head. Visualize it as a sphere of brilliant white light. Inhale and bring a ray of this light down your spine into the Saturn center. Visualize the Saturn center at the base of the spine opening into a sphere of equally bright white light. Exhale and imagine a ray of light moving up the spine back into the Mercury center. Inhale and bring the light down the spine. Exhale and bring the light up the spine. Continue to breathe the light up and down between the spheres for a few minutes.

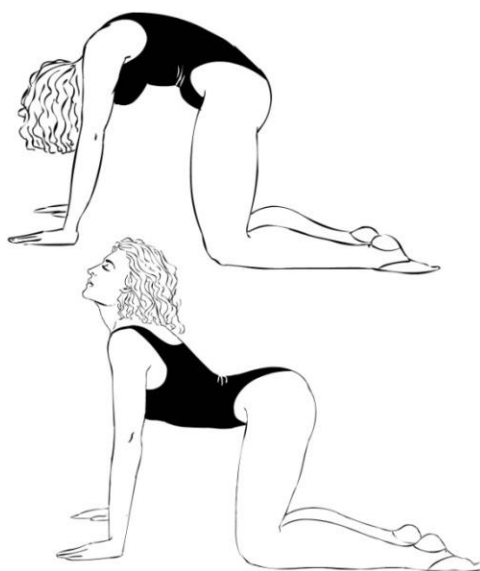
- ★ Cease the visualization and meditate quietly, focusing your awareness on the star within the Moon center. Silently chant *Sat Nam* with each breath.
- ★ Come into a cross legged position, and hold your ankles with your hands. Close your eyes. Inhale and flex the spine, arching forward. Breathe *Sat*.
- ★ Exhale and flex the spine backward, bringing it into an arch. Chant *Nam*.
- ★ Continue to move the spine forward and backward, breathing and meditating on *Sat Nam* for several minutes. Close your eyes as you move, meditate, and focus on the star.



Spinal Flex

- ★ Cease the movement. Return to *Lotus Pose*, meditate on the star, and breathe *Sat Nam* for a few minutes.
- ★ Let your arms drop down alongside your body. Close your eyes and continue to focus on the star as you inhale and stretch your neck upward. Exhale and let your chin fall toward your chest.
- ★ Inhale and roll your head and neck counter-clockwise up over your left shoulder. Think about stretching up and out through the top of the head to keep the neck elongated throughout the roll.
- ★ When your head reaches the top of your spine, exhale and continue to roll the neck downward across the right shoulder. When your chin comes to your chest, inhale and roll the head back up.
- ★ Continue to move the neck in big *slow* circles while focusing on the star, breathing steadily, and silently chanting *Sat Nam*.
- ★ After several minutes, cease the movement as the chin comes back to your chest.
- ★ Reverse direction and continue slowly rolling the neck clockwise for a few minutes. Cease the movement as the chin comes to the chest. Inhale and raise your head.
- ★ Return to *Lotus Pose* and meditate quietly on the star for a few minutes while silently repeating *Sat Nam* with each breath.

- ★ Come onto your hands and knees, keeping your face down and your head and neck in line with your spine.
- ★ Remain in this pose and begin *Breath of Fire*. Close your eyes and focus your awareness on the star while you continue *Breath of Fire* for several minutes.
- ★ Cease *Breath of Fire*. Remain on your hands and knees with your eyes closed, contemplating the star and breathing *Sat Nam* for a few moments.
- ★ Open your eyes. Inhale as you press your belly downward, and arch your head and neck backward.
- ★ Exhale, arching your back upward, and bringing your chin into your chest.
- ★ Continue the rhythmic breath and movement of Cat-Cow stretching for several minutes, mentally chanting *Sat Nam* with each breath.



Cat-Cow Stretching

- ★ Cease the movement, and bring your head and neck back in line with the spine and face downward. Remain on your hands and knees, close your eyes, and meditate on the star for a few minutes. Breathe *Sat Nam*.
- ★ Sit back on your heels and place your forehead on the floor with your arms stretched out beyond your head and resting on the floor. Relax and close your eyes. Focus on the star and silently chant *Sat Nam* with each breath. Rest in *Child's Pose* for a few minutes.



Child's Pose

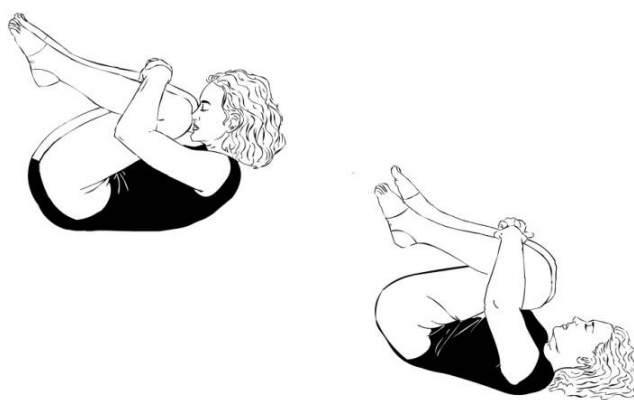
- ★ Slowly come up from *Child's Pose*, sit back on your heels again, and bring the spine up from the hips to the neck, one vertebra at a time. Rest your hands on your lap, and meditate for a few moments.
- ★ Lie on your back, let your feet rotate outward, release your arms alongside your body, and completely relax. Meditate on the star while silently chanting *Sat Nam* with the breath.
- ★ Bring your knees up to your chest. Grab your left knee with your right hand. Straighten the right leg onto the floor, and extend your left arm out from the shoulder. Bring your left knee across your chest, stretching the lower back and twisting the spine. Turn your head and neck, and stretch into the extended arm. Hold the stretch and breathe deeply.



- ★ Come back to center, stretch out, and relax for a moment. Bring your knees to the chest again, and repeat the stretch with the other leg. Return to center, stretch back out onto the floor and relax.
- ★ Bend both knees, keeping your feet flat on the floor. Raise your left leg straight up from the hip. Flex the foot. Hold the toes of your left foot with your left hand, or place a strap across the foot, and hold the ends with your hand. Straighten your right leg and arm onto the floor.
- ★ Begin *Long Deep Breathing*. Close your eyes and meditate on the star, breathing *Sat Nam* as you continue to press the leg and foot upward. Hold for several minutes, then release your leg onto the floor, and relax for a moment. Repeat the exercise with the right leg. Stretch back out onto the floor and relax. Meditate for a few minutes before continuing.



- ★ Bring your knees into your chest and wrap your arms around your legs. Roll on your spine several times.



Spinal Roll

- ★ Return to *Lotus Pose*, and meditate on the star while silently chanting *Sat Nam* with each breath for a few moments.
- ★ Place the soles of your feet together and hold your feet with your hands. Inhale deeply and stretch your spine upward. Exhale and bring your upper body forward and downward over your feet and

arms. Stretch as far as you can into the pose. Perform *Breath of Fire* for several minutes while holding *Cobbler's Pose*.



Cobbler's Pose

- ★ Cease *Breath of Fire*. Inhale deeply and stretch as far as you can into the pose. Exhale and stretch as far as you can into the pose. Sit up into *Lotus Pose*. Relax and meditate on the star, breathing *Sat Nam*.
- ★ Take three deep breaths. Finish the session with meditation on *Lighting the Seven Lamps*.

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¹ *Epilogos, The Meditation on Malkuth*, The Book of Tokens by Paul Foster Case, New and Revised Edition, Builders of the Adytum, Ltd., Los Angeles, 1989.

² *Kundalini Yoga* DVD by Ravi Singh and Ana Brett, www.raviana.com.

³ *Science of Breath* by Yogi Ramacharaka, Yogi Publication Society, 1905.

^{iv} To learn more about Chinese Alchemy visit the website of Tao Master Mantak Chia at www.universal-tao.com.