



the alchemy of **SCRIPTING**

AND THE ART OF TICKLING THE COSMOS

THE ASSIGNMENT

Describe what it's like to experience—right now—a moment in the most exquisite life you can imagine. Your description may be anywhere from a few paragraphs up to a page or two. Use the concepts below to guide your journey.

1 BEYOND THE NARRATIVE. It's easy to default to a heady narrative when describing the life of your dreams. What are you doing? Where are you doing it? What does it look like? Alchemical scripting is something quite different—we seek to capture the essential qualities of *one small moment in a life at the edge of our imagination*. The heart of it. What do you feel like? What's it like to be in your body? What's shifting in you—and in motion at every level? What energies are moving from you to the world and from the world to you? How are you experiencing beauty? What's breaking through? What are you knowing?

2 EMBODIMENT. There's a difference between describing what something might be like in the future and *being a bit of it right now*. To the extent you begin embodying the qualities of a moment in your most preferred life, you begin radiating them. You have already become an aspect of the self you are stretching toward at the edge of your imagination.

3 ATTRACTORS. Those newly embodied qualities you are radiating tickle a corresponding response in the cosmos—things that are *in-kind* rush toward you. You are becoming irresistible. The life at the edge of your imagination is racing across time and space to more fully merge with you. You are in the center of your desire, and the world is approaching to help newly structure your life story.

4 ACTIVATION. The embodiment of these new aspects awaken corresponding gifts and abilities that have been at rest in you until now. You are accelerating the activation of your cosmic inheritance. And you will be able to do some things with great ease you've never been able to do before.

5 THE STRETCH. Venturing into the borderlands of the experience we are capable of having—*but have not yet had*—can be scary. It's much easier to simply describe what something may look like. To tell a story. To project an alternative future based on an extension of who we are now. It's much harder to become something new. To occupy the space between *who we are now* and *who we could become*. But this courageous journey to our outer edge moves it *even further out*—and we can now imagine a bit more of what was unimaginable a short time before.

EXAMPLE SCRIPT

I'm looking at a group I've been with many times before. But this time the room is different. The group is different. And I'm different. I remember feeling light and powerful like this as a child—as if the world was just waiting for any sense of what I most wanted. Just so it could instantly work with me to simply make it happen.

But it's more than that. I have such clarity about where each person in the group is and how to create a collective alignment and potency we've struggled to reach before. And each time I speak, it's as if every person in the room is implicitly speaking the same thing. We are all coming into a new knowing together—all at the same time.

What's so intriguing is the incredible sense of familiarity I have with this moment—even though I've never “done it” before. I have no doubt this is a quantum leap with permanence. This is no fading epiphany. And I have a totally different appreciation of what it means to be an alchemist—of what it means to do magic.

I've stopped speaking and the people around me start to self-organize around what needs to happen next to bring form to our vision. One person is laughing as she shares an easy and elegant solution to a seemingly unsolvable problem we've been struggling with for several months. Which just unleashes even more energy around the circle as the group gains even more clarity—and synthesizes even more quickly. I'm now buzzing with the realization that what has not been able to happen for so many months with excruciating effort and undistractable will—is about to happen. I was the missing ingredient all along.