



element two: **RESONATING**

PRACTICING THE 13 ELEMENTS OF ALCHEMY

1 THE EXCHANGE. You naturally exchange information and energy with any person with whom you have resonance. And with greater resonance comes greater capacity for relationship. Your ability to match another person sets the threshold for your depth of interactions. If you can match them, you can understand them.

2 INDUCTION. Any emotion you generate creates an in-kind response in everything around you—to some extent, you induce the world you experience. When we are non-judgmental, appreciative, and open-hearted, we connect with others quickly and cleanly. People re-experience appreciative moments in their history by experiencing us. But when we are judgmental and fearful, we induce an in-kind response connecting people to the most difficult moments in their history.

3 INTENTION. Strong, coherent intentions have a resonance. They induce a response in the world from everything that shares a similar quality—much like striking one tuning fork induces a response in another. It is this vibrational relationship that creates synchronicity. People, resources, and events seemingly appear from nowhere to respond to, and connect with, our intentions. It is this flood of connections that allows highly intentional people and highly intentional organizations to create in big ways.

4 ATTRACTION. We resonate with things that are like us or opposite of us—but not with things that are unrelated to us. Some resonances exist because a quality in another evokes a similar quality in you. Being around this quality activates and reinforces it. Other resonances occur because opposites create balance and symmetry. The quality in the other fills the absence of it in you. If you are missing qualities, you may be strongly attracted to anything that provides it from the outside. Absence of qualities enhances vulnerability and dependence.

5 CLUSTERED EVENTS. Any resonance you carry continues to shape your life circumstance—it is an attractive grid around which events cluster. But a resonance is not a fate that is inescapable; it is a pattern that can be disrupted. A resonance will ultimately clear through exhaustion—dissipating because it is fully expended. But it is possible to clear resonances earlier by adopting alternative patterns, accepting and forgiving, refusing to reinforce by obsessing, or disrupting habitual thoughtforms.

6 COLLECTIVE RESONANCE. The power of a group cannot be realized without resonance. Until this happens, there is simply a collection of people. Coherence requires shared intent and a unity of thought and feeling. When mind and being merge, then collective intelligence appears and a columnar wave of energy builds. A coherent group can generate enough power to impact an entire organization—or beyond.

7 INTUITION. When you first meet a person and have an immediate sense of them, it's because a quality in them induces a response in you—something about their life has resonance with your life. Anything in the environment can induce a response in you. This is why we sometimes know the seemingly unknowable. Our intuitive information may take the form of a thought that comes out of nowhere, an image, a feeling, or even a physical sensation. Becoming more aware of how we are connected to everything around us taps a wellspring of new insight.

8 DISSIMILARITY. Ultimately, no two things are entirely dissimilar. Because all things arise from the same ground of being and share essential properties. Differences appear most profound at the level of form—political parties, denominations, countries, organizations. But within them are more essential elements that can be unified with things that seem highly dissimilar. Any shared property creates the possibility to bridge differences. Additionally, even things that are dissimilar if brought into close association become more like each other—the *proximity effect*.

9 DISSONANCE. We often seek resonant environments because they amplify and reinforce—they make us more like who we already are. But sometimes what we most need is what we are not. Dissonance provides opportunities for correction and expansion. Its function is to teach. A heretic is an example of someone who plays a dissonant role. Without dissonance a fatal error ultimately results. Stress, provocation, challenge, opposition, and dissimilarity are the grist of evolution.

10 CALLING. Some resonances are so strong they appear early in childhood. These resonances are innate, not learned, and may run in families. They can be strengthened with attention and experience. An early sense of life calling is a good example of innate resonance. Some children resonate strongly with vocations and careers about which they know very little—but to which they feel strangely drawn.