



element six: **ENERGIZING**

PRACTICING THE 13 ELEMENTS OF ALCHEMY

1 KNOW WHERE YOU'RE AT. Alchemy requires extremely high energies. It's not simply a matter of going through the right motions. For this reason, we may be able to do things some days and not others. And what we can accomplish in a few minutes in a high energetic state may require hours or days in a low one—if it can be done at all. It's tempting to plod along in a depleted condition when we should pause and regenerate. With greater awareness, we monitor our energy level and act accordingly.

2 BRING ENERGY TIED TO THE PAST INTO THE NOW. Any regret or resentment, *no matter how seemingly just*, binds energy. Vitality that would otherwise be available for creative action is locked away. We reclaim this energy by forgiving—not just conceptually but with our whole being, releasing every trace of anger, bitterness, indignation, or lingering irritation. We know we've succeeded when we feel neutral or even appreciative.

3 ACQUIRE SKILLS TO RAPIDLY BUILD ENERGY. We can build and store vitality beyond the normal replenishment that happens through sleep. To do this, we consciously develop and open the body's energy channels. We may also raise our vibration more generally by connecting into sources of joy, inspiration, and euphoria each day. And by spending time grounding into the earth and particular places of power. Energy practices are among the most important alchemical disciplines.

4 DON'T OVER-IDENTIFY. When we over-identify, we give a position, possession, success, or achievement more importance than it deserves. Sooner or later this thing will be threatened, and we'll infuse vast quantities of energy worrying, fearing, or hanging on. *Over-identification* inevitably leads to *over-reaction* and energy wastage.

5 AVOID TOXIC SITUATIONS AND UNCONSCIOUS DEPLETION. We may choose to provide an energy infusion—to lend some of our energy in order that a person or situation may shift. But that's different than leaking vitality unconsciously. Some people and spaces suck the life out of us. They're toxic. We can minimize the impact by avoiding emotional hooks, maintaining neutrality, and shielding. But some spaces we simply want to avoid. They place such a high demand load that much of our energy is consumed by adaptation and protection.

6 OBSERVE HOW THE WORLD RESPONDS. How we experience the world says more about us than about the world. And it's the perfect way of knowing more about the spectrum of energies we radiate. If our own energy is peaceful, cooperative, and appreciative, we're likely to experience a world with these same qualities. If we carry anger and antagonism, even below the surface of our awareness, we'll evoke this response in everything around us. Each time we change, the world changes.

7 BUILD MULTI-LEVEL VITALITY. Vitality flows from our physical body to the more subtle dimensions of our being—and vice versa. If our body is compromised, we lose emotional stability, mental clarity, and spiritual connection. And if we are compromised at the highest levels of purpose and connection to everything around us, we may experience depression or even physical fatigue. Some alchemical operations place a strain on our nervous system, and we are unable to do them when weakened. We want to be vital enough at all levels to concentrate and hold potent energies.

8 BE AS INTENTIONAL ABOUT ENERGY AS ACTION. Because energy is less visible, we tend to think it matters less—that what really counts is what we do. So we tolerate the person with high skill who energetically subverts. Or we value experience and credentials but would never think of putting someone on a team purely because of their presence. Alchemically, energy is as important as action—both generate effects. When we design for energetic alignment, life becomes easier. We experience fewer unforeseen difficulties and more of the best kinds of surprises.