

**Beyond The Body**

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**Spiritual Alchemy - The art of inner transformation**

Alchemy is simply the art of transformation ~ changing one form into another. Spiritual alchemy is therefore internal transformation, successful alchemy has three elements: 1- a substance to be transformed, 2 a container to hold the alchemical reaction and 3 the energy awaiting transformation.

With internal alchemy ‘containers’ are more abstract as are the goals. The purpose of internal alchemy is to ‘change’ consciousness to accelerate ones personal evolution to finer systems. With contemplating internal alchemy the ‘container’ for alchemical reaction is ***awareness*** itself. Developing our awareness through meditational practices is in fact the raising of our consciousness to higher finer states of perception.

 there is a basic concept in all forms of internal alchemy which state quite simply as *energy follows awareness*.

The task of The Alchemist is to become aware of and sensitive to the subtle realms beyond our everyday senses of perception. Let’s utilise the foundational ground of the Egyptian Alchemy tradition that consider the Khat body and the Ka body as our physical and our nonphysical – light body.

*Khat body = our dense physical body, matter, form self*

*Ka Body = in Egyptian Alchemy Tradition of Transformation it is our subtle energy body which is a duplicate of our physical body*

We can describe the Khat as the dense physical body quite well in terms of Newtonian physics, it is the body we call ‘us’ the meat and bones, sinews and muscles, blood and other fluids, gases etc. We fairly surely know that it obeys many clear and obvious Newtonian laws of gravity. We can predict with a good deal of certainty where it will be physically, if you know the direction it is heading and the speed at which it is moving. We can also fairly usefully predict that if we stumble we can fall and definitely if we leap of a building (without any form of flying instrument – parachute etc) we are going to plummet to the ground – because of the physics of this world.

This predictability is not so with the Ka. You see the Ka body is outside the realms of Newtonian physics and is best described using the laws of quantum physics. How can we determine what is inside or outside the laws of Newtonian physics? Size!

**Classical Newtonian mechanics deals with things that are larger** - generally large enough to see, and quantum mechanics deals with things that are tiny - a nanometre or less, which is the size of atoms.

and:

2. **Classical Mechanics deals with things that move somewhat slowly**, while quantum mechanics deals with things that move at something like the speed of light.

**Quantum mechanics starts to dominate over classical, Newtonian, mechanics, when the mass of a particle gets down to small scales, such as the range of 10-9 meters.**

We know that **light acts both like a wave and a particle**. This is true for massive particles, too. However, these waves are not quite like sine and cosine waves, but more like **probability distributions**, looking like a bell curve. A wave for a massive particle would be the probability of finding that particle in a certain region. For very very massive particles, this probability distribution becomes so small, that we say the particle is most definitely in one place, and not distributed over some region. **When the mass of a particle gets to smaller ranges, we start to see probability distributions**. These depend on the potential and kinetic energy of the particle. as a low energy particle will want to be in areas of lower energy.

Objects larger than one thousandth of an inch obey the laws of Newtonian mechanics this is because they have enough mass in density or weight to have a gravitational field. Objects less than a thousandth of an inch follow different set of laws because their density or mass is too small to create a gravitational field of any consequence.

The Ka ~ Lightbody exists within this realm the quantum world since it is primarily light energy and has very little mass. It is in POTENTIALITY ~ both wave and possibility as particle dependant on the Observer! Wow here is the ‘Gap’ of co-creation I believe and have had direct experiential events through my life that are now beginning to be not only proposed theoretically in science but are slowly, slowly becoming our new paradigm of understanding and Being who we truly are!

You and I live between worlds! Both the Newtonian and the quantum universes simultaneously how profoundly liberating is this Knowing? For me it has been a monumental validation of how I have – and I’m sure you have experienced our world since I was a very small child and was denied the acceptance of my reality because others didn’t have the same sensory awareness apparatus as I. Nothing more, nothing less!

Our organs are physical representations of the morphogenetic fields ~ ***see Rupert Sheldrakes works on this*** ~ that the Field of Pure Potentiality – where waves consciousness holds as blueprints of biological functions to represent the latter in the physical.

Energy medicine practices hold that we have not only our material bodies - Khat but also vital bodies – Ka connected with “life force” whose energies are variously called for instance Qi, {OM} prana (Sanskrit), and vital energy etc.

We can best begin to develop understanding through holding the quantum phenomenon of potentiality through the language of Light.

Light exists as the Unborn expression of ALL. Light is the potentiality of ALL that has, does or will exist in form. This Unbornness is the field of ALL, One, God, Divine ~ and we are the apparatus in form aligning with the UnBorn to birth it in this world. BUT this ALL exists as potential only, it is our Light, Ka/Khat relationship that determines wave transformation to particle! etc Potentiality requires something or someone to ‘decide’ its determined path of existence. WE, you, I and every human on this planet is the observer whether conscious of this co~creating relationship or not that is determining the array of particles in all the forms through the spectrum of molecules. The more the observer focuses **{remember WITH or WITHOUT awareness}** on something the more energy it develops and falls into existence as a particle – the more particles that build through this awareness placement then more mass it will hold – the more mass is holds the more dense and it becomes form.

Here is something I was pondering as a child and actually asked my adults for the answers to my thinking.

For instance all humans begin from a single cell ~ egg merging with another ~sperm to divide and become embryo that then divides, making exact replicas of itself that contain identical DNA.  ***But*** cells must become differentiated on their way to making organs because cells in different organs perform very different functions.  The cells of different organs are activated differently to make special sets of proteins in order to accomplish their distinct functions.  But how could this happen if all interactions are local?  Cell differentiation works as if the cell ‘knows’ what in the body it must be, to which organ it belongs and its role in the functioning of that particular bit of the body.  When I was a child asking this question no one could answer me. Now I am lucky enough to have discovered pioneers who are pondering and answering this for me.

Are the miracles that we see in the quantum world actually showing us our greatest possibilities rather than our scientific limits? Could the spontaneous healing of disease, and instant connection with everyone and everything, and even time travel, be our true heritage in the universe?

These stages below I hope give you food for thought in the context of your seeking for meaning, purpose and Being in this your wonderful and unique never to be repeated life.

**The 7 stages of spiritual alchemy**

 **1 Calcination**

The process of calcination is the beginning stage in alchemy.  To calcine something is to burn it until it’s reduced to ashes.
This is the false identity or poisoning ego that fights desperately for its survival. Is crucial to remove it from our inner selves. That way we will step up into a new level of spirituality.
To be free from the impurities of an inflated pride, let a new self be purified, to achieve the maturity of the soul.

 **2 Dissolution**

This kind of operation demands a cycle of meditation, which is crucial for a successful dilution of the parts into a fluid condition.
“The consequence of true meditation is an accurate perception that all things within us and in creation are fundamentally of the same primal substance.”
The operation occurs in the interior to opening-up our energy channels, recharging every single cell.

**3 Separation**

This stage is defined by the division of thoughts and emotions acquired by the dissolution. The separation of the elements allows us to observe them more clearly. Their true nature and shape are finally exposed to us. Such manifestation dissipates the fog of ignorance and obstinacy. The door of self-improvement lets the light of dawn in.

This process aware us about our authentic feelings. The violence of reality might find us off guard, but this could be the only true way to move forward. The light may hurt our eyes at first, but will soon reveal our paths.

**4 Conjunction**

The separated elements demand a new combination to find the balance. The male and female principles are significant for every human being and its physical and spiritual lucidity.
The conjunction provides a bed for the royal marriage between the Sun (the male) and the Moon (the female) which is the improvement and evolution of the spiritual self in its search for perfection.

**5 Fermentation**

The stage of Fermentation is also a metaphor for pregnancy and fecundation.  Like an inspiration from above that reanimates and enlightens the soul.
This is a two-part process. Firstly the “Putrefaction” takes the father and the mother. Matter is allowed to breakdown and decompose. They die so the child can be born, their bodies will be the fertiliser for the seed. As we experience this phase our consciousness confronts the darker side.
In the second part the conjunction child  is born. The forces of the spirit Above are merged with the matter below.

**6 Distillation**

Distillation is the process of boiling the elixirs to increase purity.

“In Distillation many bitter, sharp, and acrid things become very sweet, like honey, sugar, or manna ; and, on the other hand, many sweet things, such as honey, sugar, or manna(…)” Paracelsus
The final purge before the enlightenment happens in this stage. There are no impurities left, the environment for a spiritual apotheosis is attained.

**7 Coagulation**

The perfect substance is found. In the most physical way, we observe a fluid state change into a thickened mass. This process is a metaphor for the elevated self.
The maturity is finally achieved and the body, spirit and soul find the perfect balance between themselves. We will become truly free from the mind and our consciousness is able to connect spirit and soul in perfect harmony. We watch the rebirth of a beautiful new being.

With Loving Blessings

Karen