

A Simple Description of Alchemy

By Ariel Spilsbury

Alchemy seems complex. It is actually simple. 1) There must be a crucible or container in which the alchemical reactions occur. 2) There must be the element (pattern, belief, thought etc.) which is being alchemically transformed. 3) And there is the energy needed to fuel the alchemical reaction. A circle with clear intention to BE the container is the alchemical crucible. The patterns or resistances to love and pure awareness are that which is being transformed and finally, the energy needed to fuel the alchemical reaction is self-generated and archetypally generated awareness for the purposes of soul evolution.

To better generate potent archetypal energy for the alchemical reactions, a basic understanding of the five main processes in alchemical transmutation follow: Calcination is the application of the heat of the Refiner's fire. Crystallization is the tendency of matter to take a fixed or definite form. Sublimation is the process of passing from a solid form to vapor by action of heat and then again condensing into a solid form. Fusion is the process of two alchemical elements atomically merging to produce a higher frequency output, the sum of the parts being exponentially greater than either part separately. Distillation is the reduction to essence, through the application of heat to the contents of the flask, wherein only that which cannot be dissolved remains.

At one point in the alchemical process all words, thoughts and concepts dissolve into Union. This entire archetypal work is preparation for that moment. The divine ramblings within the Alchemy of Ecstasy are not just mental abstractions to be comprehended, rather to garner the gold from the words, listen in emptiness, as if these words were a direct entryway into the mystery of alchemical transmutation, because they can be just that.

Begin your journey with alchemy by asking yourself, "What agent or catalyst alchemically distills consciousness?" Consciousness is the alchemical flask or vessel, though it appears to be that which fills it. The fire and frequency of Shakti is the heat used to distill the gold in that flask, though that heat would appear to come from external sources. Emptiness is the alchemical agent/catalyst distilling consciousness to quinta essentia from prima materia, though it would appear that doing, becoming, evolving are the agents of the distillation of that consciousness. The alchemical mystery is held in this: *The Alchemical transmutation actually occurs in the **spaces in between** the steps in the process of the alchemical transmutation of matter.* The entire journey has been summed up by the alchemists thusly: As above, so below. Or of more recent translation and simple observation of presently occurring natural alchemical processes: As upside down, so inside out.