



Growth of a Goddess

Alchemy Consulting LLC

"With Balance Comes Success"

Spiritual Alchemy 7 Month Program

Each month we will work our way through each stage to fully align ourselves with the Universe.

1. The stage of Calcination represents the stage in our lives where we begin breaking down our egos, self-doubt, stubbornness, self-sabotaging behavior, pride, and arrogance, and put it aside so we can find out what is underneath.

2. The stage of Dissolution is sometimes brought about accidentally by illnesses and misfortunes in our lives that cause us to really pay attention to what we're doing, shocking us out of our avoidance patterns (such as workaholism, drugs and TV watching). In this stage, our inability to take responsibility for our many faults, our avoidance of traumatizing memories, and other inner tensions rise to the surface, causing us to become aware of how our behavior might be affecting others. This is the beginning of spiritual maturity and the spiritual awakening process.

3. Separation is the stage where we make our thoughts and emotions more defined by isolating them from other thoughts and emotions.

4. Conjunction provides the inner space — the simmering — that is required for us to truly and honestly accept all the parts of our authentic self. When we experience this stage of spiritual alchemy,

all of our unconscious thoughts and feelings bubble up to the surface and into the light of conscious awareness.

5. Fermentation is the beginning of our process of rebirth. This stage can be compared to the death of a grape, which then becomes the birth of wine. While the first four stages involved working with aspects of our old personality, in the stage of Fermentation we begin to experience moments of our more “refined” self. Fermentation occurs in two parts: Putrefaction and Spiritization.

6. Distillation is finding ways to live from a daily place of inner peace — even in the most mundane circumstances. We experience a strong and profound inner transformation.

7. Coagulation is the moment when we’ve “broken open the head,” or in other words, we have become free from the mind and have allowed our consciousness or Soul to connect with the Materia Prima: the Spirit.

The goal is to Free your spiritual self from soul loss due to trauma, self-destruction, society conditioning, and fears. You are the embodiment of power. You can achieve oneness with your Higher Self and the Universe. Allow us to walk this journey with you through Weekly Guided-Meditations, Self-Love Affirmations, Mindfulness Training, Inner Child Journaling, and Ancestral Healing.