

Lesson 25: The Alchemy of Personal Transformation

We are often faced with many personal difficulties and challenges throughout the course of our lives but what we seldom realize is that it is from the rubble of those undesirable experiences that a higher level of conscious awareness rises up within us that can paradoxically transform the quality of our lives. The rising of conscious awareness under these conditions is paradoxical because it is hard to imagine that your undesirable experiences can actually become the foundations for personal and spiritual transformations. As humans we have a strong tendency to expect change to occur from the exterior vs change that occurs from within the interior which is where a true alchemy of personal transformation really begins. Our society, especially through our advertising media programs us to believe that the products we use, the cars we drive, the way we style our hair, the clothes we wear and even the beverages we drink will in some way bring about an exterior change that will enhance or transform our personal experiences including our relationships. While all these superficial 'fixes' appeals to our sensory perceptions, generally speaking we come away feeling dissatisfied yet we are constantly driven to seek a sense of satisfaction from the very same means over and over. A true transformation can only occur from within to which everything else is connected, i.e. our emotions; our mental, spiritual and physical well-being. As this transformation develops our perceptions change, sometimes dramatically, and how we experience life from then on changes as well.

Our souls know when it is the right time for us to embark on the journey of such transformations. The soul will lead us on the right path at exactly the right time, positioned exactly where we need to be because, as is always the case, nothing happens by chance but that such events occur in a synchronistic fashion. When you become a Questor of truth you will find yourself standing on a path that will lead you to personal and spiritual enlightenment. Your journey of self-discovery will be unique to your own personal experiences but even so there are always common threads that we share among ourselves. An example is that you have found your way to this website or other similar sites because you are seeking the truth about your own circumstances. If you are familiar with the Dragon of Drama website then you know that the purpose of this website is to help you raise your conscious awareness for the betterment of your own life experiences. I am able to accomplish this because I share the wisdom and knowledge I have acquired from my own personal journey of self-discovery in conjunction with my metaphysical education in which you may find yourself sharing at least one common thread or more. As you identify with my experiences you are also finding the courage to embark and to continue along the path of your own journey as you seek to find your own truths. So it is from the rubble or the debris of your own personal experiences that you become a beacon of light in which you fulfill your life purpose as paradoxical as that may sound.

We are very fortunate to be living in a time when we as ordinary people can transmute our undesirable circumstances in such a way that we can actually transcend the limited quality of life that we are generally accustomed to. We have immediate access to knowledge and information that was once only accessible to psychics, sages, shamans, masters and teachers. This means that we have the ability to rise above our difficulties and challenges which are a part of human life and not be negatively affected. The difference is in knowing what questions to ask when we seek to change our experiences. When we ask the right questions we will find the right answers, that is, the truths which will ultimately lead us to personal and spiritual freedom. As we begin asking the right questions we embark on an emotional and mental alchemical process of personal transformation which can end in a fairly significant spiritual transformation. The extent of this process will always correlate to the individual's needs as no two transformations will ever be exactly alike although there can be many common threads.

In this lesson I will describe the process; the steps involved in the alchemy of personal transformation. The word alchemy in this respect implies a personal and spiritual transmutation; it is the process of changing from your current state of emotional/mental/spiritual being into a transformed state of being. In medieval times alchemy described the chemical transmutation of base metals into gold. The alchemy of personal transformation begins with a desire to seek the truth as it applies to your own personal circumstances. The alchemy of personal transformation begins with a story – yours then followed by the search for the causes of your conditions which inevitably brings you to finding your Truths. As you lay out your own story and work your way through the causes of the conditions that became your story you begin to see the truth weave its way throughout your story. What you once believed to be true about your story begins to take on a significant change as you work your way through the maze of cause and effect regardless of whether they were self-inflicted or imposed upon you by external influences. As you look back on the titles of all the past lessons you will see that I have been leading you on an alchemical journey all along in order for you to experience the freedom that comes from unraveling the circumstances and events of your past and present life experiences.

As a Questor of Truth you are typically urged to write out your story in a chronological fashion which you can do in a journal or whatever means you prefer. There is no right or wrong way of chronicling your story. The benefit of putting your story in writing is that the events of your life in accordance with your remembrances of them becomes your initial point of reference that will also serve as a benchmark of your own personal growth which will become evident to you as you proceed along your journey of self-discovery. After you have written your story down it will be through a series of synchronistic events that the truth about the conditions of your life will begin to unfold in the manner which is best suited for your understanding. The key to finding your truths is that you must be willing to follow any intuitive leads. You will recognize

intuitive leads simply by following your gut instincts, a hunch or just knowing that you know and being in the right place at the right time. Whatever resources you will need to see your journey through will fall into your path at the precise time and only as you need them. Nothing in your journey will ever occur prematurely but will fall into a synchronistic time frame guided by the presence of unseen entities who are there to assist you every step of the way. I can assure you that they will not tell you the answers but that they will guide you to the answers. The footwork or the due diligence is yours to work out.

The unfolding of the circumstances and events in your life will occur at the pace you are comfortable with because you must be able to assimilate and integrate the new information into your psyche which will reveal itself along the way. This is where the alchemy process gets a little tricky. You might not like what you learn about yourself and even others whom you shared a karmic relationship with. This is especially difficult when it comes to accepting responsibility for your own behaviors and being held accountable for your contributions to your own causes which helped to shape your conditions. You will have to recognize and accept the fact that no matter who did what to you whether this was a perception on your part or was an actual fact you always had the ability to make choices and decisions that could counteract any external negative influences. However, do not mentally or emotionally beat yourself up as this information is revealed to you because you can't expect to have altered conditions you did not know you had the ability to alter at the time. The purpose of such revelations is to raise your conscious awareness to the fact that you are capable of making choices and decisions that will benefit you and even those who share a karmic relationship with you regardless of what difficulties or challenges you are faced with. These revelations serve as life-changing lessons; they show you where you went wrong in your thinking, what beliefs need to be altered or eliminated. They shed the light of truth on how you have perceived your circumstances all along and how your mental attitude has been affecting and shaping your experiences. When we learn from our past mistakes it becomes much easier to move forward and expect positive changes that **will** actually occur.

As you move through your journey of self-discovery you will begin to see what aspects of your past and present experiences were perceived incorrectly by you in accordance with your core beliefs and the manner in which you think and what aspects of them were your actual realities. Because reality can be an illusion you have the power to change your experiences by changing the way you perceive them once you see the light of truth. As you continue to sift through your experiences it is very beneficial that you keep a record of your findings because this is when you will begin to see how your story can unfold perhaps very differently than when you first began. This can also be a very powerful and overwhelming experience emotionally speaking. When you write out the revelations given to you, you are actually working them out, thus, you are also allowing the emotions you feel at the time to have a safe outlet. These revelations become your

benchmarks of personal growth as you begin to see for yourself the differences between your actual reality and your perceived reality which are often miles apart in terms of recognizing the truth in them. As you begin to put all the puzzle pieces of your life together you will see a picture of your life experiences that can differ significantly depending on the degree of your own distorted perceptions. But do not fret about how and why you perceived your experiences as you did because your manner of thinking at the time was relative to your perceptions and your beliefs. As this information is revealed to you use it as a means to alter your perceptions and your beliefs so that other darkened areas can be brought into the light of the truth. Once you have worked them out as they have been revealed to you do not dwell on them because if you do you will be opening the door to emotional dramas that serve no purpose to your overall growth.

The beauty of seeing where your perceptions were distorted and how your beliefs about yourself and your own circumstances have affected not just your thinking but your actual experiences paves the path for you to begin to understand your life conditions from a much higher plane of realization. As you elevate your manner of thinking, you begin to see truths where you could not see them before and you start to draw on the wisdom and the knowledge that comes to you from your Higher Mind. Now depending on how you assimilate and integrate new information dictates how quickly you will turn the events of your past and present experiences around that ultimately will affect your future experiences. Many people are of the mistaken belief that you cannot alter or change your past life experiences; that they are what they are and that you should move on. This is not true! By altering your perceptions, your beliefs and your attitude toward any past undesirable events in your life you can actually change the energy of those events and when you change the energy of the events you affect the energy of your present and future events. So if you really want to change your present and future life experiences begin by changing the negative energy of your past events, otherwise you might be inclined to carry negative energy into your present conditions which of course will affect your future conditions. At this point you have experienced the alchemy of personal transformation in that you are no longer the person you were when you first embarked on your journey and the story you tell now may be significantly different than the story you first told about the circumstances and events of your life. You should be much more relaxed and far less likely to emotionally act and react to negative emotional push from external influences.

In due time you will reach the end of this phase of your journey of self-discovery at which time you should have experienced a significant transformation in your conscious awareness that affects your spirituality. That is not to say that your journey reaches its final ending because life itself is a continuous journey and there will always be lessons to learn along the way. At this point your senses should be heightened to the extent that you are now able to see things you didn't see before and you are beginning to keep your emotions in check. You will find that you no longer veer too far to the right or to the left

but that you exist in a harmonious state of emotional and spiritual balance. For a period of time you will rest in the arms of harmony and balance as the conditions of your life adjust in accordance with your new manners of thinking. Your core beliefs will have been altered as the result of the change of energy you affected as the distortions of your perceptions were unveiled and brought into the light of truth. It is through the alchemy of personal transformation that you change or alter the conditions of your life in which you become the beneficiary of many wonderful and unexpected experiences. The manner in which you will be affected will be unique to your own journey; nonetheless, do not be surprised to find that things will suddenly start going right for you, that your overall experiences will begin to change little by little over time. These changes are usually subtle at first in that you will hardly notice them but soon it will become apparent to you that your entire being is changing for the good as are your personal experiences including your relationships. You may find yourself achieving goals you didn't think were possible. You might find yourself realizing dreams you had long given up on or you might realize aspects of your dreams. You are now in a position to realize new dreams and achieve goals that will exceed anything you might have imagined was possible previously. You may find yourself heeding a call to fulfill your life purpose in a way that you never saw coming. The purpose for your existence was always there – you just had to arrive. You will remain in this state of personal and spiritual bliss until it is time for you to step onto a higher plane of understanding the complexities of human life where new lessons wait to be learned. This is all part of the evolutionary process.

Now there is something that is of immense importance in regard to the alchemy of personal transformation which is to recognize the fact that life will always present challenges to you. It is right in the midst of those challenges that you have the opportunity to create a favorable or desirable outcome not just by the choices and decisions you make but by the attitude you choose to maintain. Your attitude will affect the outcome of those challenges because the choices and decisions you make and the way you think about your circumstance will directly relate to your attitude. When you alter your attitude you change the energy of the difficulty or challenge you may be faced with and when you affect the change of energy from negative to positive the difficulties or challenges change in accordance with the shift in the energy. So what might have initially seemed like a mountain to climb becomes nothing more than an ant hill when you alter your attitude toward the issue at hand which of course affects the exchange of negative to positive energy. When the issues of life are put in their proper perspective they become opportunities for growth rather than hurdles that intimidate you or drive the need for you to blame someone or something, even to find fault with yourself. In this respect you avoid the pitfalls of perceiving yourself as being victimized by your perceived negative circumstances.

I sincerely hope that this lesson has served to help you understand the alchemy of personal transformation. I have brought my readers to this point by building up a foundation of information throughout the last twenty-four lessons. In the course of these lessons I have raised your conscious awareness by taking you on a journey along a path of what might have been sources of new information for some of you. I have challenged your thinking, beliefs and perceptions by raising your conscious awareness of very important matters such as understanding the role your emotions play in your life experiences from a physiological perspective. Last week Bruce and I collaborated on a very important matter which was designed to teach you how to avoid negative emotional push. If you look back on the titles of the past lesson you will see the extent of the road we have traveled on thus far to help raise your conscious awareness in an effort to prepare you to embark on your own personal journey of self-discovery so that you can experience your own alchemy of personal transformation.

Lastly I again want to ask my readers to please come forward and share your thoughts, comments or questions or to ask my assistance. When you share your experiences with me I am able to draw on those experiences as material for future lessons. Generally speaking there is every possibility that others may have the same questions, concerns or issues so what benefits you can also benefit them. I would like you all to please bear in mind that no one is an isolated individual having some kind of a unique experience but that we are all connected to one another in the web of human existence so what affects one of us on the personal level truly does affect everyone else even at its most indirect level. My own personal experiences have affected you in that I have utilized my experiences to benefit yours. So when one person comes forward and shares their experiences with me many others benefit from what becomes the inspiration for future lessons.

Thank you,

Linda & Z

*"You are not higher than your lowest thought,
Or lower than the peak of your desire.
And all existence has no wonder wrought
To which ambition may not yet aspire.
Oh man! There is no planet, sun or star
Could hold you, if you but knew what you are."
Emerson*