

Lesson 61: Personal Transmutation - the Alchemy of Change

In spite of all the global gloom and doom that surrounds us these days; there are people all around the world who are seeking a more meaning purpose for their physical existence on this planet. These global Questor's have become seekers of truth and are looking for a purpose that is more satisfying and rewarding on a deeper level than striving for monetary or material accomplishments, fame and notoriety. In some cases those who have climbed the ladder of success are using their established success and reputation as the means with which to draw attention to matters of global importance. Others are seeking ways to change their personal circumstances, to settle karmic debts and to become more consciously aware of themselves and those around them. Those who succeed in this endeavor typically become beacons of light, dedicated to doing their share for the sake of conscious evolution. Regardless of personal motivations, there is an underlying global movement on the rise. People are expressing an innate need to feel that they are not separated individuals living isolated lives, but that they are truly a part of something greater than themselves, that they belong to a universal connection - a collective consciousness. As more and more physicists come to understand this universal consciousness, that we are indeed all a part of a collective whole, scientifically described as "entanglement," they are bringing physics and science back to its ancient spiritual origins. Mahatma Gandhi, Indian political and spiritual leader (1869 - 1948), said: *"You must be the change you wish to see in the world."* It is for this reason that personal transmutation is indeed the alchemy of both personal and global change. To be effective in changing the world, you must first effect a change within yourself, mentally, emotionally and spiritually. This is the alchemical formula for effective personal change and is the fundamental basis for the discussions in this lesson.

Western science is slowly catching up with the wisdom and esoteric knowledge of the ancient Eastern mystics in which the process of alchemical change, applied to the human experience, was taught by the masters, and was passed down through the ages, often in the form of encrypted symbols and metaphors. Scientists and researchers all over the world are establishing the relationship between consciousness and nature; that consciousness is not limited to the human experience but rather that consciousness is a fundamental process of nature, no different than light and electricity. Research in the fields of quantum physics, alternative medicine, various energy healing modalities, biophysics and many other specialized areas pertaining to the study of consciousness has resulted in an overall awareness that these changes occur in the regions of our heart-based thoughts and feelings, focused emotions and passions, enabling beliefs, and undistorted sensory perceptions as opposed to the rationale of acquired head knowledge. These heart and mind regions are said to be linked to powerful electromagnetic conductors and receptors that receive and transmit electrical signals on vibratory frequencies of measurable biological, physiological, spiritual and cosmic coherence. There is a vibratory relationship that exists between the coherence of the

heart and mind with the coherence of atmospheric frequencies such as in the ionosphere. The ionosphere is the layer of the earth's atmosphere that contains a high concentration of ions and free electrons and is able to reflect radio waves.

You are probably wondering what all this scientific mumbo-jumbo means to you on a personal basis. The fact is that it is becoming increasingly more difficult to side-step responsibility and accountability for personal or group manifestation of undesired circumstances and events, especially those that negatively influences or affects other people, places or things. Researchers all over the world are successfully establishing, through empirical scientific standards of testing, that every individual on the face of the earth is indeed accountable for his or her own actions and reactions; for their own mental and emotional supporting structures which include their thought patterns, their own beliefs, and the undistorted experience of their sensory perceptions. Unleashed strong emotions, whether aimed at others close at hand or vented at the world, are becoming more and more globally unacceptable, as are the undesirable effects from unguarded words. Formerly established paradigms are slowly crumbling in favor of shifts in conscious awareness from individuals who collectively are no longer willing to accept the outdated mechanics of the status quo but who are demanding an end to the false illusions of isolation in which cause and effect is deemed to only affect the individual, rather than the whole of humanity, when in truth the whole of humanity is affected by the negative energy from the thoughts and words of each and every individual. The availability of information in regard to the global changes that are occurring today, where conscious awareness is concerned, and the necessity of personal transformation, are staggering to say the least. There are infinite numbers of websites, YouTube videos, books and every other means of media supported by people and outside entities, all doing their share to promote conscious awareness among the human race. An alchemical transmutation is definitely in order for the survival of the human race and that process begins with everyone on an individual basis.

The ancient mystics describe mental transmutation as the art of changing and transforming mental states, forms, and conditions, into others states, forms and conditions. The art of such transmutation is not limited to changes made on the mental plane but must also apply to changes made on the emotional and spiritual planes of your being. These changes are generally subtle at first, as seldom does anyone completely change their characteristic behaviors overnight. Over time, the changes that occur within you affect the conditions of your past, present and future life experiences. This “mental chemistry” transmutes from “pole to pole; vibration to vibration” in accordance with your understanding and your ability to integrate the necessary changes into the fabric of your day to day lives.

Although the alchemical process of transmutation applies to all levels of your being, it begins first on the mental plane. The process of mental transmutation aligns with the

ancient Principle of Mentalism which is based on the Hermetic axiom that “The All is Mind” therefore the Universe is Mental; the underlying reality of the universe is Mind and the Universe itself is Mental (The Kybalion, c1925). What this principle translates to, is that mental transmutation allows you, as the initiate of your own physical life, to control the conditions of your personal reality within the material world. As you learn how to control the conditions of your personal reality, you also affect the conditions in your external environment whereby other people, places and things are directly affected, consciously or unconsciously; the effects are transmitted on various vibrational frequencies where they in turn affect the realities of others outside of your immediate environment. Not knowing how to manage your own emotions or how to guard your words, which are energetically binding, can affect a host of unsuspecting people, places and things from the affects of the negative energy of your unleashed emotions and unguarded words, so often said with malicious intent, that are carried into the strata of the electromagnetic atmosphere. People are negatively affected as the result of the reality you create when they are not mentally and emotionally equipped to protect themselves from your influences, and of course the opposite is equally true. Everyone is affected in some way from the mental influences of desire and will, these being strong and powerful forces that can change the conditions of life either on a small scale or on a very large scale. Needless to say, it is time for people to begin to look at themselves from within as opposed to wanting or needing to blame someone or something else for their misfortunes.

This is a prevailing human condition, unfortunate to say the least, which still exists in our society as the result of a lack of awareness. There are still too many people who do not possess the level of knowledge that prohibits negative effects brought to bear upon themselves and upon others. The key to rising out from under the thumb of personal oppression and chaos is to become aware of the characteristics of the mental states of your mind that are harmful not only to you as an individual but are also harmful to the race as a whole. You might be inclined to believe that your personal issues are not in any way harming or affecting anyone other than yourself, with the possible exception of someone directly involved, but that is simply not the case. No one person, place or thing stands outside of itself as a separate entity; nothing is detached from the collective consciousness of which we are all entangled, but rather everything is connected and interconnected by virtue of the same universal substance of which everything is composed of and which communicates with one another on vibrational frequencies.

The point is that the action of personal transmutation is not something to be taken lightly but that it is a matter to be taken quite seriously because it does affect the quality of your life as well as the lives of others. It is not hype as some people are inclined to believe, that being nothing more than a form of denial or avoidance, nor is it a pop-culture fad. The untrained mind is a dangerous thing as are emotions that are unbalanced more often than not; thought patterns that are not only habitual but that are

limiting and ineffective; ingrained beliefs that are outdated and disabling, and sensory perceptions that are addicted to unproductive and unhealthy stimuli. Few people stop to consider the powerful energy their words carry and the fact that words are like a binding contract in the sense that you are held accountable for their exact meaning, which produces an unsuspecting like-kind return that appears in your reality as a subtle or undetected manifestation, cloaked in an undesirable circumstance or event.

The matter of the trained mind is no longer left to the realms of the mystic monks, shamans, sages, masters and teachers but now is becoming woven into the thread of society at large. More and more people are stepping outside of their psychological and spiritual state of oblivion. Through various means of acquiring the “right knowledge” they are expanding their conscious awareness as they enter into the light of truth. But there is a pre-requisite to effectively training your mind. You must first put in place an attitude of commitment, a willingness to see it through because the action of training the mind to rise above its normal subjective thought processes is a challenge for most people attempting to make sense of their lives in an objective world. Many people live in a state of constant stress and turmoil that, in of itself, does not provide for a more conducive environment in which to begin learning how to train the mind. So then, things like effort and concentration must be cultivated on a daily basis which also requires daily doses of confidence, mindfulness and understanding instilled into the everyday cognitive processes. This is easier said than done, but nonetheless, it can be accomplished even against the perceived or self-inflicted odds.

Alternative realities can be generated through creative energetic, and often very emotional processes by means of the untrained sensory perceptions, which have a built in propensity to perceive the illusion of non-existent realities. Although these fabricated illusions of reality, supported by your own beliefs, have the appearance of being real because essentially you actually do feel the presence of them, therefore, you suffer the undesirable consequences of their manifestation in your life experiences. There is often a strong tendency to fuse the emotions with the fabricated realities in which an identity is established. Breaking away from this distorted identity is often a very difficult process because the identity connected to the emotion of the perceived reality is programmed into the cellular structure of your biological and physiological chemistry. But it does not end there. The identity formed through the emotions finds its way into the auric layers outside of the human body – the spiritual body, blocking certain chakras within and outside of the body. Thus, the detachment from this emotional identity must occur on all levels of your being before a new identity can be established, one that does not have a debilitating emotional attachment.

Personal transmutation requires an eventual disconnect from all non-supportive mental and emotional structures. Over time these structures become obstacles that keep you blind-sighted to their existence in your reality as they generally remain outside of your

conscious awareness. These structures consist of your past memories and the emotions attached to those memories as well as the beliefs you hold as truths that are associated with those memories. These non-supportive structures include the beliefs you formulate in regard to your current conditions that will indeed affect your future experiences. The memories from future events that have not yet manifested in your physical reality, by default of your beliefs have no choice but to become probabilities that are very likely to occur in your reality because they are related to your current beliefs. Your expectations are another element of the non-supportive mental structure. The things you experience in your reality are often the result of your own expectations. If you expect to fail at something you are attempting to achieve, you can count on failing because you will, by virtue of your own expectancy, and of course the opposite is equally true. Here again, the language you speak in terms of the words you say or mean to say along with your thoughts are also elements in the non-supportive structure you design for yourself, often without even realizing you are doing so. You are in a sense formulating your own mathematical “what if” equation. The what if part of the equation represents the parameters you are setting up in advance that will ultimately direct the flow of your future possibilities which are then narrowed down to more specific probabilities that will eventually occur in your reality. These narrowed down probabilities are likened to mental fences that you erect, consciously or unconsciously. Once these fences are erected, they remain in place until you choose to take them down, or at least widen the field of possibilities. The more you fence yourself in, the more you are adding to your non-supportive structures and the more you are limiting your own experiences.

Perceptions assist you for the purpose of describing matter, which is the only reality. Everything else is an illusion of your senses. What you see, smell, hear, taste and touch is merely the way you perceive something which is often so different from the way others perceive the same things, other than what is generally accepted or agreed upon by the masses. Therefore, the ability to fabricate a reality from your perceptions is all too easy to conjure up in the confines of your mind, however, the consequences of that reality, when it is undesirable, is not quite so easy to overcome because it typically opens the door wide to a host of other undesirable consequences – cause and effect. This is why so many people find themselves caught up in the seemingly ongoing throes of chaos and personal dramas.

The matter of the emotions is not without its role to play in the formation of the non-supportive structures. Your emotions are essential, as they are the gauge that measures just how strongly you will or will not feel about your experiences, how you feel about yourself and the conditions of your life, as well as your current or past environment. Consequently, the degree or the strength of your feelings will also direct the flow of your current and future experiences. It is necessary to permit yourself to actually feel your emotions regardless of outdated paradigms that taught you not to feel your emotions.

Without the sensation of feeling your emotions, you have no means by which to detect what pleases you and what does not please you or what threatens your safety. Emotions are a crucial part of your overall human experience and they are a very necessary fundamental for the sake of your overall personal development. The key is to learn how to balance your emotions by allowing yourself to feel your feelings without attacking anyone in the process. It is one thing to share your feelings in the presence of others or to express your strong emotions in a safe haven, perhaps among friends, but it is another thing to vent your unleashed feelings at anyone, especially where your intent is to hurt someone or to be vindictive, without first having afforded yourself an opportunity to work through your emotions. It is being said that feelings are going to play a vital role in the ongoing journey of human evolutionary growth. In fact, feelings will be the very catalyst that will either promote personal and spiritual growth or will hinder it. Therefore, it is to your advantage to learn how to harness your emotions, that is, to feel your emotions without causing damage to yourself or anyone else.

In closing we hope that we have raised your thinking to another level in which you can affect the nature of your personal reality by the integration of the principles and fundamentals described in this lesson. That you will begin to take the steps necessary to detach yourself from your own self-formed non-supportive mental and emotional structures. As you move forward in this regard, you will be affecting your own process of transmutation which will become your very own alchemy of change. Please do not hesitate to share your thoughts or to ask questions as others may very well have the same questions.

Many Blessings,

Linda, Z and the Collective We

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