

## The Alchemy Behind Presence

We can learn a lot from the early harbingers of vegetative joy. Crocuses! Forsythia! Daffodils! They're the "first responders" to the coming of spring—the alchemical mixing of the sun-spark high above and the secret earth-stirrings far below. Earth and Fire. Here's a quick taste of alchemical balancing—a major secret to growing your Being and your Presence in an orderly, productive and lasting way.



*Crocuses!*

No, alchemy didn't disappear with the Age of Enlightenment. In fact, alchemists were instrumental in the formation of England's Royal Society in 1660—the first public, government-sanctioned scientific organization. Isaac Newton was one.

### Secrets Hidden in Plain Sight

Alchemy is in our everyday language. *His head's up in the clouds. Solid as a rock. Stuck in the mud. She's on fire! Drowning in emotion. A burning passion. Feet of clay. The waters of forgiveness. Baptism by fire. Getting ideas from thin air.*

We know what all of these phrases mean, but we never pause to investigate just how meaningful they are. Once you start **observing** the alchemical clues surrounding your everyday life, you can apply them to the growth of your presence—your Becoming.

***The key to any efforts you make at growing your presence and your happiness is how awake—how interested—you consciously choose to be every moment, every day of your life.*** If having extraordinary presence were simple and easy, everyone would have it. Presence takes effort...conscious effort.

### Magnesium! Nitrogen!

Scientists: forgive the following little aside on the chlorophyll molecule. The center of a chlorophyll molecule is a magnesium atom surrounded by four nitrogen. Extending beyond that are a whole bunch of hydrocarbon chains, but it's that magnesium atom that grabs photons (packets of light energy) from the sun, which then get "fired up" by the nitrogen molecules to start the whole process of plant growth.

That's the story from the top down. From the bottom up, a plant's roots tap into water and nutrients within the soil—nitrogen, potassium, phosphorus, etc—providing the molecular building blocks in usable forms. (*Note: while there's lots of nitrogen gas in the atmosphere, plants can't absorb it.*)

Fire + Earth + Water = growth / Becoming.

The other element, Air, is the magical byproduct of conscious growth. Air = inspiration / creativity.

### **Animal, Vegetable, Mineral: Reconnecting with Your “Vegetable” Self!**



*Forsythia!*

Here's a music exercise that can help your “roots” tap into the Earth, while the budding bloom of your increased consciousness awakens to the Fire (light) of the sun.

#### **[JS Bach, Toccata in C Major for Organ, BWV 564](#)**

Walter Kraft, organist (*Use this performance! Others won't work!*)

Sit or stand, but start with your eyes closed, hands at your sides. The music starts with quick little flourishes in the upper treble of the organ—as if the photons of light are tickling/teasing the vegetative self into waking up. Feel those flourishes entering you from the top of your head and traveling down your spine, spreading an electric anticipation in your head, then down into your torso. This goes on for about 45 seconds, at which point you'll hear low, somewhat lumbering reverberations take over—the response of the planet. The rise of alchemical Earth starts to connect with you, entering the soles of your feet, traveling up your legs and into your spine.

Then just before the 2-minute mark, there's a big, grand chord uniting the treble (Sun) and bass (Earth) of the music. At that point, open your eyes and throw your arms up and out to your sides in celebration. Hold your arms in that position as you feel the intermixing and balancing of Earth and Fire as these two primary ingredients circulate throughout your physical body and your Being.

You can stop after about 2½ minutes, or listen to the whole 5+ minutes. Hardly a crushing time commitment in the effort to increase your aliveness!

Is it all too esoteric for you? Try it anyway! What have you got to lose, except your love of lazy unconsciousness? We all have this, but increasing the proportion of consciousness in your life is a measure of your maturity, your presence and your happiness.