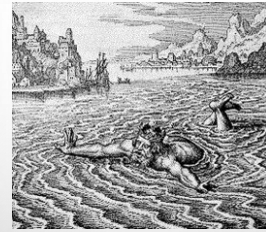
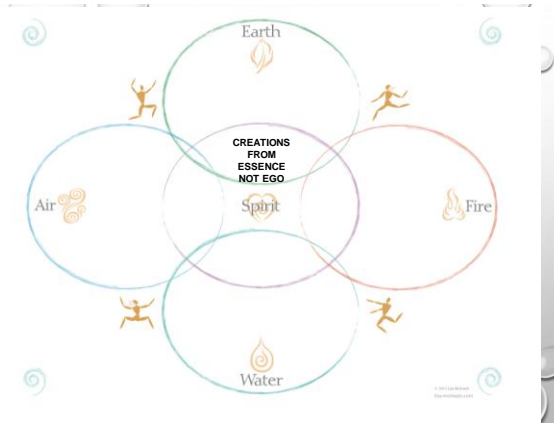


MOST OF WHAT'S NEXT ABOUT DISSOLUTION IS FROM THIS BOOK.



THE SECOND STEP OF DISSOLUTION, WORKS ON THE HEART AND ID TO RELEASE BURIED EMOTIONS THAT CONCEAL OR DISTORT OUR TRUE NATURE.



DIFFERENCE BETWEEN...

EGO

- "FIT IN" DRIVEN
- DISMISSES
- DEMANDS
- SAYS IT CAN NEVER HAPPEN

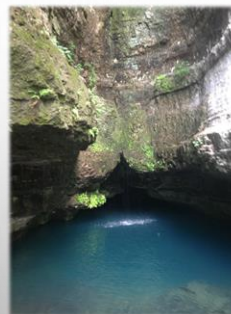
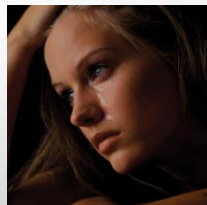
ESSENCE

- What is to be manifested from soul essence?
- Fullest Expression
- Soul willing to go step-by-step manifesting
- Develops mastery

Works on the heart and id to release buried emotions that conceal or distort our true nature.

BASICALLY THIS MEANS SHOWING OUR PAIN AND REVEALING OUR WOUNDS, WHICH IS WHERE THE GOLD OF OUR BEING IS OFTEN TRAPPED BUT STILL INTACT.

IT IS FOR THE MOST PART, AN UNCONSCIOUS PROCESS IN WHICH OUR CONSCIOUS MIND ALLOWS THE SURFACING OF PREVIOUSLY BURIED MATERIAL.



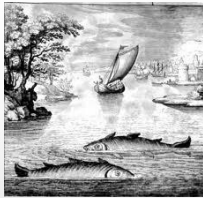
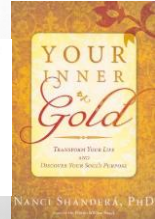
DISSOLUTION IS WORKING WITH THE WATER ELEMENT BY OPENING OUR PERSONAL FLOODGATES AND GENERATING NEW ENERGY FROM THE WATERSHED BACK.

IT RESULTS IN A WONDERFULLY FLOWING PRESENCE THAT IS FREE OF INHIBITIONS, PREJUDGMENTS, AND RESTRICTIVE MENTAL STRUCTURES. THAT WHICH IS WITHIN US IS NOW CLOSE TO THE SURFACE AND FREELY EXPRESSED.

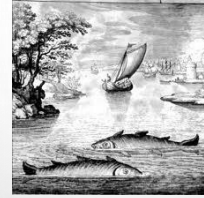


THE INTERNAL "WATER WHICH DOES NOT WET THE HANDS" TAKES THE FORM OF DREAMS, VOICES, VISIONS, AND STRANGE FEELINGS WHICH REVEAL A LESS ORDERED AND LESS RATIONAL WORLD EXISTING SIMULTANEOUSLY WITH OUR EVERYDAY LIFE.

Dissolution is not the physical water of our Earth or in our taps, but rather "a universal archetype, a nurturing, refreshing, flowing, feeling presence the ancient alchemists associated with the feminine, the waxing/waning, ever-changing, mystical powers of the moon that control the tides inside and outside our bodies."¹



THE IDEA IS TO CLEAN UP THE MURKY DEPTHS WITHIN, SO THAT WE CAN WORK WITH ONLY THE TWO GREAT FISH THAT REMAIN WHEN ALL ELSE IS DEAD AND GONE. THESE TWO FISH, SOUL AND SPIRIT, ARE SHOWN IN ALCHEMICAL DRAWINGS SWIMMING IN OPPOSITE DIRECTIONS IN THE SEA OF THE UNCONSCIOUS, PULLING AGAINST EACH OTHER AS SPIRIT LONGS TO RETURN TO ITS HOME IN THE SKY, AND SOUL HUGS THE BOTTOM, HAVING FALLEN IN LOVE WITH THE DELIGHTS OF MATTER.



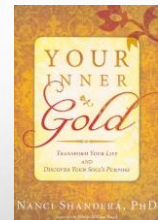
THE ULTIMATE GOAL IS TO PLUCK THESE TWO FISH FROM THE UNCONSCIOUS AND BRING THEM TO THE SURFACE TOGETHER AS ONE, AND THE CLUTTERED WORLD OF THE PERSONAL EGO IS THE FIRST TO BE SACRIFICED IN ORDER TO DO THIS.

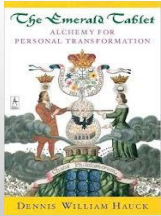


FOR SOMEONE WITH A WELL-DEVELOPED EGO, DISSOLUTION CAN BE A FRIGHTENING EXPERIENCE. THE PURPOSE IS TO REVEAL WHAT WE TRY MOST TO CONCEAL: OUR SOULS. TO EXPOSE THE SOUL REQUIRES LETTING GO OF CONTROL, BREAKING HABITS, ALLOWING FEELINGS TO FLOW, AND NOT HIDING FROM EMOTIONS.

THOSE BURIED EMOTIONS INCLUDE OUR DEEPEST PAINS AND OUR GREATEST FEARS.

While you are deepening your process of Dissolution, you may feel fearful of the unknown. As the ego's rigid control is temporarily released (I emphasize temporarily because many such experiences are required before the creation of a new pattern of emotion becomes permanent), we may experience the underlying actions of the ego that were originally meant to protect our fragile aspects when we were young. We may come face to face with fear of feeling too much or too little, fear of revealing who we truly are, or fear of being who we truly are. The ego leads us to believe that if we reveal our authentic self, we will be somehow harmed, rejected, denied, criticized, or even annihilated.





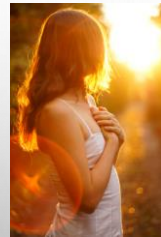
THE WHOLE POINT OF ALCHEMY IS TO ACHIEVE SPIRITUAL PROGRESS WITHOUT LOSING SIGHT OF THE WORLD.



THE OPERATIONS OF DISSOLUTION AND CALCINATION SOMETIMES GO HAND-IN-HAND AND OCCUR SIMULTANEOUSLY. THAT SUCH OPPOSING ELEMENTS OF WATER AND FIRE SHOULD WORK TOGETHER IS ACTUALLY A MAJOR THEME IN ALCHEMY. BOTH ARE OPERATIONS OF CLEANSING AND PURIFICATION, AND WE MUST UNDERGO BAPTISMS OF BOTH WATER AND FIRE BEFORE WE CAN BE REBORN INTO SPIRIT.

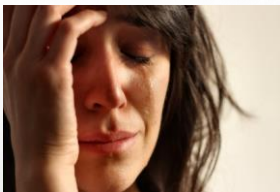


PEOPLE WHO HAVE NOT UNDERGONE DISSOLUTION ARE JUDGMENTAL, GREEDY, AND EXCESSIVE, AND THEIR RELATIONSHIPS CAN ONLY BE DESCRIBED AS SELFISH, BUT BECAUSE OF THEIR UNGROUNDED OPTIMISM, THEY TEND TO SHINE IN SOCIAL SITUATIONS. IN SUCH PERSONS, THE PROCESS OF DISSOLUTION RESULTS IN A WITHDRAWAL OF PSYCHOLOGICAL PROJECTIONS AND JUDGEMENTS AND A BREAKDOWN OF OTHER ASSUMPTIONS AND HABITS.



THE PRODUCT OF A SUCCESSFUL DISSOLUTION IS A WONDERFULLY FLOWING PRESENCE, FREE OF INHIBITIONS, PREJUDGMENTS, AND RIGID MENTAL STRUCTURES. THE PERSON IS NO LONGER AFRAID TO EXPRESS WHAT IS WITHIN.

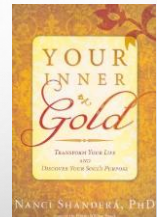
THE PURIFICATION ON THE LEVEL OF EGO AND THE DEEPER REPRESSED LEVEL OF THE SUBCONSCIOUS HAS ALLOWED THE FORCES OF GREATER PRESENCE WITHIN US TO SHINE THROUGH THE PERSONALITY WITHOUT BEING CONCEALED OR DISTORTED BY IT.



YOU MUST MAKE YOURSELF CRY FOR DISSOLUTION TO OCCUR, SO DO NOT BE AFRAID TO FEEL THE PAIN AGAIN. MEDIEVAL ALCHEMISTS BELIEVED THE SALT IN TEARS WAS THE ACTUAL REMNANT OF CRYSTALLIZED THOUGHTS BROKEN DOWN BY CRYING. THIS TECHNIQUE HAS PROVEN SUCCESSFUL OVER AND OVER AGAIN IN TREATING EATING DISORDERS, SEX PROBLEMS, DRUG ABUSE, DEPRESSION, INSOMNIA, OUT-OF-CONTROL TEMPER, AND MANY OTHER COMPLAINTS, AND IT IS ONE OF THE SIMPLEST AND FASTEST-WORKING METHODS IN ALL OF PSYCHOLOGY.

Each and every difficulty is meant for our evolution and not proof of our unworthiness. Somewhere we may have gotten the idea that life was supposed to be easy, and when we find that is not always true, we collapse inward and believe we've done it wrong. This perception creates an attitude of defeat, which adds to the construction of a strong belief in failure as a person.

A negative phrase used by so many is "I'll believe it when I see it." What if we turned it around and said instead, "I'll see it when I believe it." When we are willing to accept our challenges for the potentials they hold for us, we can transform destructive behaviors and experience.



Any old hardened feelings about your business?

Any old feelings that need to be dissolved around your business?



Any old hardened feelings about money?

Any old feelings that need to be dissolved around your money?



Any old hardened feelings about your creations?

Any old feelings that need to be dissolved around your creations?



Any old hardened feelings about your personal fulfillment?



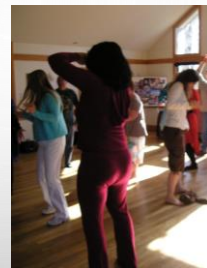
Any old feelings that need to be dissolved around your personal fulfillment?

Any old hardened feelings about your liberty?

Any old feelings that need to be dissolved around your liberty?



Conscious
Dissolution
Dance...



GRATITUDE
GROUND
& CLOSE

