

ALCHEMISE INNER DIALOGUE

“Empowerment is realising you are the one who needs to say the things you’ve waited your entire life to hear.” — Matt Kahn



AWARENESS  INSPIRATION

More soothing and encouraging tones want to weave through your inner world, allowing you to bask in brighter hues. Communication is a foundational shaping element in the ecosystem of all relations. You are asked to tend to this aspect of your inner terrain. Like a lotus from the mud, when you learn to approach and speak to the agitated, confused and dejected parts of yourself with an attitude of compassion, you hold space for challenging emotions to be witnessed and understood, facilitating a release of sticky emotional residue. Like this, you support a natural unfurling of what is stuck into its higher expression.

Veils of scarcity and criticism have long ago been woven into your psychological architecture. It is part of your souls evolutionary path to progressively unstitch these threads so more of your abundant and loving essence can shine through. Focus on freeing yourself from the confining mental frames of “not enough” or “too much” in whatever guises they may be appearing. These internalized lenses of judgment perpetuate cycles of fear, self-doubt and limitation. Loosen the restrictive grip of perfectionism by allowing yourself to be enlivened and humbled by life’s eternal invitation to inquire, learn and grow. Warmly embrace your natural human fallibility, see it as it is - seated perfectly within the wider nest of your inevitable evolution.

Sit centred beside murky or turbulent thought streams. Ease the troubled waters of your emotional body by speaking with comfort and care to the part of you that is agitated. Let any jagged edges of self-judgement be softened by regularly touching your awareness to your heart - the source from which soothing and refining currents flow forth. When something triggers you to grab on tightly to fault, fear or failure, pause and choose to inquire and attend to what is alive with care. Patiently allow the purifying stream of loving presence to dissolve the walls that separate you from self-acceptance and love.

Dysregulated internal voices have their own gravitational pull. Merging with their perspectives amplifies dissonant cycles of fear and avoidance or condemnation and control. These downward spirals generate energetic pollution that binds emotional energy in stagnant pools of shame, which obscure underlying unmet needs or unresolved pain. Create a counter vortex by noticing when these patterns arise, shifting into a state of self-acceptance, allowing discomfort to be met with curiosity and kindness so the latent needs can be revealed. The elevating qualities of empathy, forgiveness and gentle encouragement are soothing balms that allow tension to soften. Let patience and compassion calm the nervous system, stimulate your higher mind and ease the charge of survival-based, limiting beliefs.

It's part of the human journey to have difficult days, to experience anger, sadness, doubt, confusion, low motivation and fear. It's how you choose to relate to yourself in these moments that enables you to learn and transform, developing resilience and buoyancy rather than staying stuck in the mud.

Pause for a moment and let your awareness drift inwardly as you bring to mind something that is causing you mental or emotional strain. Create some space to explore what self-perceptions arise as you reflect on this situation. Ask "what am I making this situation mean about myself?" Pay attention to any "I am/ I am not" conclusions that are limiting or self-defeating. The extent to which we characterise ourselves as inferior, inadequate or fundamentally flawed is the degree to which we feed internal conflict, shame and distrust. This card has appeared to you because these patterns are playing out in some way that wants to be brought into the light of awareness and wrapped in the warmth of compassion. When we carry undigested pain from the past we must seek out the unmet need that perpetuates this state of limbo and work to recode a state of need fulfilment for ourselves now. Feel where this agitated part is in your body and "what do you need?", trust whatever answer emerges even if it doesn't immediately make sense.

Now, invite your breath into fullness and imagine yourself gently shadowed by a more compassionate being - a champion of your highest evolution. This character is persistently encouraging and supportive, reflecting your innate worth, giving you space to be as you are, and offering you understanding and empowering guidance when you miss the mark. This guide shines a light on your path of potential even through the fog of disappointment. Take a moment to feel the presence of your higher self now, when you feel a sincere connection allow yourself to receive an intuitive message.

The alchemists were transmitting a metaphorical teaching when they spoke of turning lead into gold. It is the inner lead, the inner density that they sought to transform into a higher state of purity. To reframe the meaning of our experiences is to recode dense conditioning to uplifted, conscious creation. The stories we tell ourselves construct our perception from which our actions flow forth, shaping our reality. By consistently pouring empathy, acceptance and encouragement over the weighty rocks of self-judgement, rejection and shame we allow the harsh to dissipate, revealing what is soothing and naturally polished. This is the ongoing process of crafting inner stories that are encoded with harmonising frequencies.



ACTIONABLE INTEGRATION

WAYS TO PLAY...

EMBED ENDEARING NICKNAMES

Notice how the quality of your relationship with yourself is enhanced, strengthened and softened when you refer to yourself internally with affection, lightness or good spirited joviality. Practice noticing and repatterning criticality or harshness that undermines your self-image. Integrate affirming and playful nicknames into your inner dialogue like “sweetheart, legend, beautiful, bro, mate, my love, honey bunny, silly billy.”

EXAGGERATE CRITICISM

Exaggerating criticism to outrageous proportions gives the inner critic centre stage for expression and release. Delve into the heart of resistance and allow it to express itself, oscillating between theatrical speaking/gesticulating and time for stillness. Finding humour in your struggles enables a softening and sense of humility. It creates an openness that allows energy to flow, freeing you from feeling stuck and expanding your capacity. Get creative and playful with your exaggerated character. Humour and warm spirited teasing are effective tools of transmutation to use when stuck in judgements of yourself or others. In the right context they can dissipate the energy of power struggles.



PREMEDITATED PRAISE

Create an antidote to whatever themes of negative self talk you tend to rerun by making a loving voice recording. Spend time getting into your heart space before you make the recording of personal affirmations and reassurance of worth from you to you. Bring the full force of your strength, love and care into your words. You can speak to particular esteeming memories or qualities. Your own recognition and acknowledgement are extremely powerful for reprogramming the subconscious mind. Listen to this recording in the evenings before bed or anytime you find yourself suffering and struggling, letting it act an anchor to your value and worth.

TRANSMUTE SHAME TO SUPPORT

Replace harsh comparison, rejection, guilt and shame with comforting words of acceptance, normalising, empathy, validation and encouragement. When you get stuck in a downward spiral, imagine this situation happened to your best friend. What would you say to them? You can also imagine speaking to yourself as a young child or from your higher self. Choose whatever frame feels the most resonant and easy to access. Speak this aloud a few times until you feel it landing in your body. Speaking aloud slows down your thinking, making it more concrete, embodied and digestible. By doing this you start to make the unconscious and habitual conscious, giving you room to reframe your perspective with considered care.

REGENERATIVE REFRAME

Mentally reframing is an alchemical practice which can progressively transform burdens into stepping stones. Use reframing when you get *stuck* in recurring rumination and worry, not to deny and suppress emotions. Allow at least 5 minutes to acknowledge, feel and allow tension within your being as it arises without invalidating and trying to change it. *Then* shift your perspective, so that challenges and limitations can become gateways to growth. The contrast that lack creates though pain can point us in the direction of our true needs and desires, creating clarity and honing our inner compass. What qualities and behaviours is this unpleasant situation asking you to cultivate to become more empowered?