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Tools to Shift,
Transform
and Ascend

A Course in Mastering Alchemy

EXCERPT

Lesson 3

What is alchemy?

In an early conversation with Archangel Metatron, he described alchemy as “changing the frequency of thought, altering the harmonics of matter and applying the element of Love to create a desired result.” It’s a way of living your life with awareness and intention, returning to a conscious relationship with Creator. Alchemy is transforming the density of your physicality into the Living Light Body.

Changing the frequency of thought

Thoughts are electrical and emotions are magnetic. This is a very important concept. When a thought is coupled with an emotion, the combined energies become electromagnetically charged. The energies become amplified and set in motion.

Let me explain this in a simple way. You may have seen those big junkyard cranes that lift up buses, trucks and cars and move them around. Effectively this type of crane is composed of a block of steel, which has magnetic properties, hanging on the end of a chain. When you take a length of conductive wire, wrap it once around the block of steel and then plug it into an electrical outlet the steel becomes electromagnetic to the power of one. In other words, it becomes a magnet, albeit a weak one. But when you wrap that wire around the block of steel ten times, or a hundred times, or a thousand times, the force

LESSON 3

of the magnet increases exponentially. It becomes a very strong magnet that holds a tremendous amount of power.

Exactly the same thing happens within us with our thoughts and emotions. Many of us have been taught that we have four bodies, a spiritual body, a mental body, an emotional body and a physical body – known as the four-body system. When you are in a state of ease, feeling happy and unstressed, just enjoying the world around you, you are in your spiritual body.

Now let's say that you're walking down the street, enjoying the spring flowers, and someone comes up to you and says, "You have a very funny nose." The mechanics of what unfolds next could be something like this: you drop from your happy spiritual body into your mental body, relinquishing your seniority and self-ownership. You think to yourself: *I don't like this. That's not a nice thing to say. What do I do with this? Why did they say that? What does it mean? Is this something I should worry about?* You begin mentally to analyze why someone would say this to you, running it over and over again in your mind.

Instantaneously, without any conscious thought or awareness, you then drop into your emotional body. These thoughts generate an emotion that doesn't feel very good – *I don't like this. It doesn't feel good. I feel hurt. Maybe I'm not going to be liked. I'm not good enough. I'm not appreciated. I'm never going to succeed. Oh my, this is a big problem.* And right there the emotion of "off balance" now has an electrical thought wrapped around it: *I am not okay. I'm ugly. What are they going to think of me? I'm never going to amount to anything.* And the more you wrap the thought around the emotion, the more powerful your emotional response

becomes, just like that electromagnet. The more you ponder, the more you give up your seniority, and the more uncomfortable you get. You become embarrassed. You don't know what to do with this feeling. You can't talk about it to your friends. Out of desperation, to get this feeling and the thoughts that accompany it out of your field, you put it in a place of unconsciousness by burying it in a box called denial.

But thoughts don't just go poof! and disappear. They all get stored somewhere. Those unacknowledged thoughts and feelings (*I have a funny nose. I*

WHAT IS ALCHEMY?

don't like myself. I'm not accepted. I'm not attractive. I feel so ugly. I'm never going to succeed.) are still alive and vibrating in your unconscious. It is as though you are carrying a huge billboard on your back that reads, "Kick me." The Law of Attraction responds by giving you more of the same.

The Law of Attraction

How you hold your attention (consciously or unconsciously) is very, very important because it draws to you exactly what you focus upon. For example, the longer you hold on to the unconscious belief *I'm not okay, I'm not okay, I'm not okay*, the more it continues to grow and affect your daily life. It continues to be fed by the Law of Attraction, and it continues to be experienced. You so strongly don't want this painful thing to happen again that you hold it out in your future and paste a big red flag on it that says DANGER! Remember, the Law of Attraction does not distinguish between what you want and what you don't want. It simply gives to you what you hold your attention upon.

It cannot be stressed enough, if your reaction (emotion) to a thought is strong, the magnetic charge behind it increases. If your reaction is negative, it may result in an angry outburst that you later regret, or you may withdraw, allowing that destructive energy to build inside of you, causing dis-ease. If your reaction is positive (amused, pleased, neutral, for example), your mental, emotional and physical bodies will be at ease and you will have a sense of wellbeing.

Changing how you feel changes everything. If you choose to think higher thoughts and feel lighter emotions you will raise your vibration significantly, and you won't find yourself gravitating back into the old repetitive behaviours and thoughts of the third dimension. Often when you interrupt a long-standing pattern (breaking the circuit of the electromagnet) the energy flows backward and forward along your timeline, changing the energy all the way back to the first time the painful thing occurred. The energy is reset to the present time, allowing you the room to move freely again.

LESSON 3

So, you see, you can change the frequency of your thought to create a different result. When you change the frequency of your thought by applying the tools the Teachers of Light offer us, you can transform fear and reaction into love and ease.

Altering the harmonics of matter

Altering the harmonics of matter is not complicated, but to do this successfully it is essential to understand and master changing the frequency of thought. Learning to observe without reacting and allowing your feelings to be more fluid and at a higher vibration is necessary to the process.

Let's start simply. Thoughts have density. Once dense enough, thoughts materialize. If you're continuously holding negative thoughts, soon they will become dense and drop into matter. Often these "densified" thoughts show up in the world of form as physical illness or emotional/mental imbalance. Other times they appear as uncomfortable events or situations. Therefore, changing those thought forms is the first step in altering the harmonics of matter.

Changing the harmonics of matter requires changing the frequency or tone of thought. To begin with, transforming your version of an ugly thought can be challenging. It has taken many years to build and anchor this negative thought in your life, so be patient and allowing with yourself.

How to accelerate your awareness

Notice how you speak, and the words you choose to use in conversation with others. By choosing words that feel better in your speech, and in your mouth, you will begin to become more aligned with wellbeing, as well as less restricted in your choices. Consciously choose more interesting words – words that feel good as you speak them. It will be the speaking of these words that will move you into the fourth dimension with ease and balance. Choosing these words

WHAT IS ALCHEMY?

will also allow you to change the direction of conversations more artfully before they start veering toward fear, worry and problems. This is a very enjoyable skill to develop.

Applying the element of Love

Love is an interesting and very, very misunderstood word in the third dimension. Love, in real terms, does not and cannot exist in the third-dimensional state of reaction and resistance. Love is open-ended, fluid, expansive, radiant and powerful, whereas the third dimension is rigid, restrictive, conditional and reactive. Love, as a feeling, and a powerful creative tool, only begins to be present and available to you in the fourth dimension.

Love has no end. Love is beauty. Love is your inner smile. Love is the power that moves the wind and pushes the ocean waves. Love is what holds the planets in their orbits. But, most importantly, Love is the creative expression within each of us that creates. Love has no sword. Love does not apply force and it does not restrict or limit possibility.

As you become masterful at changing the frequency of thought from the heavy absolutes of the third dimension to the alternate possibilities and new choices of the fourth, you will begin to find a joy within your heart. This joy carries with it new possibilities of more enjoyable outcomes for all. You will begin to become conscious of this ever-expanding element of Love. When you start to recognize and experience the higher forms of Love in the fourth and higher dimensions, you will be able to apply these forms of Love to your creations.

So, what are the higher forms of Love and how can you begin to experience them? Like many things in the higher dimensions, there are few third-dimensional words that adequately describe them. Beauty is perhaps the easiest example to help you start to experience and anchor this Love.

LESSON 3

Beauty is a fourth-dimensional experience. It is experienced using the third-dimensional senses of the physical body (for example, a sunset looks beautiful, music sounds beautiful, and so on), but it moves within and through the spiritual body. Beauty is an inner sense or feeling rather than an observation.

Higher forms of Love can only be accessed when you already exist in the higher levels of consciousness. Higher Beauty is the recognition and appreciation of the grandness of All That Is. It may occur while you appreciate a lovely waterfall, but it is not about what you see with your eyes. It is expansive and not physical. For example, have you ever had a moment when you felt expanded and part of everything – a moment of such unification that you were unaware of your physicality? Those moments, which can occur during a great meditation or while listening to music or being in nature, are moments that you can remember, re-create and anchor in order to begin to experience and apply the elements of Higher Love.

Creating a desired result

As you play with and practise the three aspects of alchemy that Metatron offers, you will create your desired result. You will become aware of the way of life that is now available to you. You will begin to trust and open your heart again. You will become conscious of that inner smile that resides within

WHAT IS ALCHEMY?

you. A huge awareness will return to you, and you will begin to rediscover your connection with All That Is. You will experience compassion, co-creation and cooperation. You will begin to find alignment and your inner smile will start to take over your life. You will rewire yourself and reawaken. You will reclaim that bigger, grander part of who you are.

This is where the true magic of this course lies – in the re-creation of yourself, in the building of your Living Light Body.

Lesson 4

Why now?

There is a change under way in humanity and the Teachers of Light and All That Is are very excited about it. The Teachers of Light have told me that many Great Beings (with and without physical bodies) are watching humanity and are surprised (and wowed) by the direction we are taking to uplift not only ourselves and our planet but also all planets and all form. However, most of humanity is not aware of this change or its contribution toward it. This course has been given to us to clarify and establish a timeless set of tools that will fully anchor our potential and create a firm connection with All That Is in order that this evolution steps up and continues in a smooth manner.

This Shift of Consciousness is so far-reaching that our limited imagination cannot begin to grasp the magnitude of the changes we are now experiencing. As part of this transition, almost everything we've taken for granted is falling away or reconfiguring. The rigid frameworks that once dictated the way nations, cultures and individuals experienced themselves in our third-dimensional societies are unravelling. This Shift is not only altering our consciousness, it's also changing the world around us. It is affecting every aspect of life on the planet: our political, social and economic structures, the environment, the weather, every institution, wars, how we view our relationships, our work, every thought we think and every feeling we feel. It is altering time, our memory, our DNA, the wiring of our physical and emotional bodies, our beliefs, our perceptions of good and bad and right and wrong, and, most especially, our awareness of what's possible. Every day it seems

WHY NOW?

as though there is more injustice, fear, chaos and conflict in the world. For many, such observations are disturbing and upsetting. It isn't easy to watch as families around the globe are being killed or the coral of the oceans is dying. This Shift will occur whether we pay attention to it or not. Humanity and the planet are changing whether we resist it or assist it. So, the question is: how will you choose to move through this Shift?

Although you may not recognize it, the Shift is providing new understandings of how we can once again live in harmony with each other, the Earth and All That Is. Together we are becoming a global community. The third-dimensional structure of duality – black and white, East and West, right and wrong, us and them, good and bad, and male and female – is changing. On the one hand, many dividing lines are becoming less distinct. On the other, we are watching extremism, division, separation and fear all around us. We are moving from the third-dimensional experience of separation and extremes to a way of life that allows for greater possibilities, connected communities and an expanding sense of ease and wellbeing. However, there is a period of transition between where we currently exist and this new Heaven on Earth. And this transition will sometimes be rough and uncomfortable. If you observe any segment of culture today, whether it be religion, politics, education or relationships, you may notice that separation and division are more prevalent. Racial tensions, human rights problems, wars, fear and bullying have dominated the news and the attention of many. Things seems to be getting worse, louder and less kind.

To reach that Heaven on Earth, everything that is of a lower vibration must be brought up to the surface, out into the light of day and released. This is why such a high degree of conflict exists in the world right now. As unpleasant and uncomfortable as it is, this increased unrest is a good sign that the imbalances are leaving, soon to be replaced and uplifted.

Worrying about the conflicts and wishing them away does not make them go away. These responses are the very source of what draws the fear and discomfort to you. The Law of Attraction applies here. You will become

LESSON 4

much more aware of how the Shift is affecting you and how to move smoothly through the changes by quietly observing, creating a point of balance and releasing the imbalanced issues within yourself first. This is the pathway through the seams of the transition to find ease and wellbeing. The Teachers of Light designed an interactive course to make this transition smoother: the purpose of this book.

Why is this Shift happening now?

This Shift is happening now because we have asked for it to occur. It's also happening now because we have accomplished what we came here to achieve. You see, the game of the third dimension has been fully played out, and played out very successfully. It's now time to bring everything to completion and return Home to the heart of Creator. Everyone is going Home to the higher dimensions, but not everyone is going Home on the same timeline or with the same ease and grace. Going Home is precisely what the Shift is all about.

The Shift is clearing away all that we (individually and humanity) are not. It's clearing away all that we hold our attention upon that has nothing to do with who we are. This Shift is assisting us in rewiring our spiritual connections and realigning ourselves so that we can finally remember all that we are. However, this is not going to happen without some attention on our part. To complete the third-dimensional experiment we signed up for, we now have the opportunity to put our "selves" back together again. Learning to put yourself back together, rebuilding your Living Light Body, is your journey Home. This task is possible, but attention is required.

Is this something to be happy about? Yes!

Could you be excited? Yes!

Is it simple? Yes!

Is it going to be easy? Not exactly . . . but it does not have to be difficult either.

WHY NOW?

How this transition might be affecting you

As exciting and as wonderful as this transition is, it's also creating difficulties for many people. These difficulties are occurring as the pace of the Shift quickens and we continue to hold tightly to our third-dimensional beliefs and habits. Judging others and ourselves, resentment, competition, prejudice and fear are only a few examples. There are many. These habits and beliefs are choices that belong to the dense, noisy third dimension and they must be released. As long as we continue to hold these limitations, and argue over "rights" and "wrongs", as long as we believe in lack and see the world through a filter of "us and them", we will experience the uncomfortable effects of the Shift within our physical and emotional bodies. What's going on here is that as we argue for our limitations and hold on to old beliefs that no longer support us, we are creating a resistance or blockage within our four-body system that is causing us discomfort.

As I mentioned earlier, the third-dimensional reality as we know it is shifting. Your awareness is expanding and it is becoming far more aligned and balanced as you move into a higher consciousness. But you can't take your baggage with you. Humanity is waking up, and as it does the old structures that have supported duality, maintained separation and controlled the masses with fear are beginning to crumble.

Just as this Shift is occurring globally, it is also occurring internally within each individual regardless of his or her beliefs, religion, commitment to spiritual growth or lack of awareness. Signs that you are being affected by the external conflicts include internal imbalances, worry, anxiety, physical illness and stress. You may notice yourself being more impatient and easily irritated. You may find yourself withdrawing from others. You may notice you're questioning thoughts and feelings that you have always experienced but never paid much attention to before now. You may notice that the lifestyle you've enjoyed for many years is no longer satisfying.

What if there was a way to allow the cultural agreements to crumble without us feeling lost? What if people really could come together for each

LESSON 4

other instead of fighting wars? What if you could make a difference and smooth out the inevitable transition so everyone could step into the fifth dimension?

What if . . . ?

Whose thoughts are these anyway?

Our thoughts create our beliefs, our beliefs create our habits and our habits create our lives. In other words, our thoughts, no matter how unconscious, create our reality. However, many of the thoughts that we think and the beliefs that we hold are not even our own; they were given to us by our mothers, fathers, teachers, ministers and the third-dimensional reality outside of us. It's not that our parents, or anyone else, set out deliberately to mislead us. In most cases it was because they loved us and wanted the best for us. Their guidance was very specific: *Do this, don't do that. This is good and right, that's bad and wrong. Talk to these people and not to those people . . .* You get the picture. These caring adults were simply passing on to us what their parents and their parents' parents (along with most of the rest of society) had taught them to accept as the "truth".

Growing up many of us may intuitively have felt that what others accepted as the "truth" did not feel "right" or congruent to us, but consensus opinion is a powerful thing. It's not easy to stand against the crowd or argue with the grown-ups or our loved ones. Hence many of us learned to "fit in" – to repress our intuitive senses and dumb down our feelings. In the process we became numb. This is why so many people today are unhappy but have no idea why. It's because they have lost touch with their own inner guidance system, that internal spark that wants to scream, "Yes, this is who I am!"

As we each begin to awaken, seek our own truth and walk our own unique path, we begin to realize that there is much more to who we are than the outside world would lead us to believe. As we look within ourselves, we begin to realize that we are multidimensional spiritual beings who are able to align

WHY NOW?

with a Higher Truth. As this transformation occurs, a new recognition is revealed: *It is our personal truth that creates happiness and adds simplicity to our path.*

Few have experienced this Higher Truth. But now this truth is an expanding presence sought by many. Because of you and many others, a new consciousness is unfolding! The third-dimensional world that was once defined by the old truths, old structures and old beliefs of those around us is no longer working. That third-dimensional game is being dissolved. You have an important role to play in this transition and you have a great deal to contribute. The Teachers of Light want to make this transition easier for you.

We hope you enjoyed this excerpt from A Course in Mastering Alchemy. Please note that this is an “interactive” book, meaning there is a free classroom with additional videos, meditations and other content plus a FaceBook group and free webinars with Jim and Roxane, which can be found at www.masteringalchemy.com.