

# THE PHASES AND OPERATIONS OF SOUL ALCHEMY

## A. NIGREDO: THE BLACK PHASE

A dangerous and explosive time for your soul, which is reacting to being fractured by losing parts of itself, and having those missing/hidden parts being a hidden source of poison and a drain of psychic life energy .

### 1. Calcination: The Burning

The burning up of the old material, especially the lost parts of our soul that live in darkness: “the Shadow” material.

(see “Soul Retrieval” at [www.WhiteLighthouseHealing.com](http://www.WhiteLighthouseHealing.com))

Often called “Dark Night of the Soul”, it is a process of mortification

(a kind of death of the darkness and Shadow material). A feeling that something is not right.

Going through depression, and feelings of humiliation, guilt, worthlessness, and general anguish.

May even include suicidal thoughts.

### 2. Dissolution: Dissolving

The dissolving of the ash remnants left from the burning.

We must let go of old patterns of attitudes, old beliefs, dependencies, attachments, judgements, etc.

We must take responsibility for our own spiritual development.

## B. ALBEDO: THE WHITE PHASE

This deals with the dissolved ash components left from the Black Phase.

With the death of the darkness and the Shadow material, the person is released from depression now that they no longer share their psychic life energy with darkness and Shadow, and the poison they generated.

The soul is no longer missing parts, but the person must successfully recombine and integrate the purified pieces into a whole.

### 1. Separation: Sorting The Parts

The focus is now on the washing and deeply purifying of the psychic contents and essences of the lost soul parts that were burned and dissolved in the previous stage.

It is important to separately deal with each of the missing soul parts, and individually integrate the healed issues of each part back into your overall soul.

### 2. Conjunction: Rejoining The Parts

Now that the missing parts of your soul are returned, you must re-learn who you are.

The newly united soul is like a blank page in a new notebook, considered to be purified but sterile and waiting for new spiritual life.

Care is needed in going forward in a positive way.

If you simply try to move forward as the older version of yourself would have, you will probably fail.

You must remain aware of the issues that were healed,

and not let yourself react in the ways of old thought patterns and speech.

## **C. RUBEDO: THE RED PHASE**

The deep purification of your soul and psychic life energies that took place in the White Phase released powerful energies that are now used to bring a new and more refined spiritual life to your soul.

### **1. Fermentation: Bringing New Life**

Bringing new life to the newly reunited but sterile soul.

Undergoing spiritual growth, which will bring with it growing pains.

Fermentation begins with being able to love yourself and be open to spiritual inspiration.

Meditation is a major tool for achieving new spiritual life and energy.

The alchemist William Dennis Hauck said:

“In simplest terms, fermentation is a living, loving inspiration from something totally beyond and outside us in the spiritual realm.”

### **2. Distillation: The Concentrating**

Distillation subjects our soul to forces that purify and condense the energies that are retrieved from Fermentation.

It is a gradual process of intensifying of our spiritual essence to eventually become a new creation.

### **3. Coagulation: The Final Form**

At this highest and final stage, the distilled essence of your soul solidifies into a new creation.

This is the goal, to reach a new spiritual version, or new incarnation of your soul.

Free of impurities and full of Light.

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**If you are interested in learning more about soul alchemy, and alchemy in general, here are some suggested resources:**

The works of C.G. Jung, who is considered to be the father of modern alchemy.

Carl Gustav Jung was a Swiss psychiatrist and psychotherapist who founded analytical psychology.

He was also an alchemist, who practiced soul alchemy with his patients.

The terms and language that Jung applied to analytical psychology are taken from alchemy.

The works of Dennis William Hauck, a well known modern day alchemist.

A good book to get a beginner's overview of alchemy topics would be Mr. Hauck's

“The Complete Idiot's Guide To Alchemy.”