



Inner Circle Wisdom Class

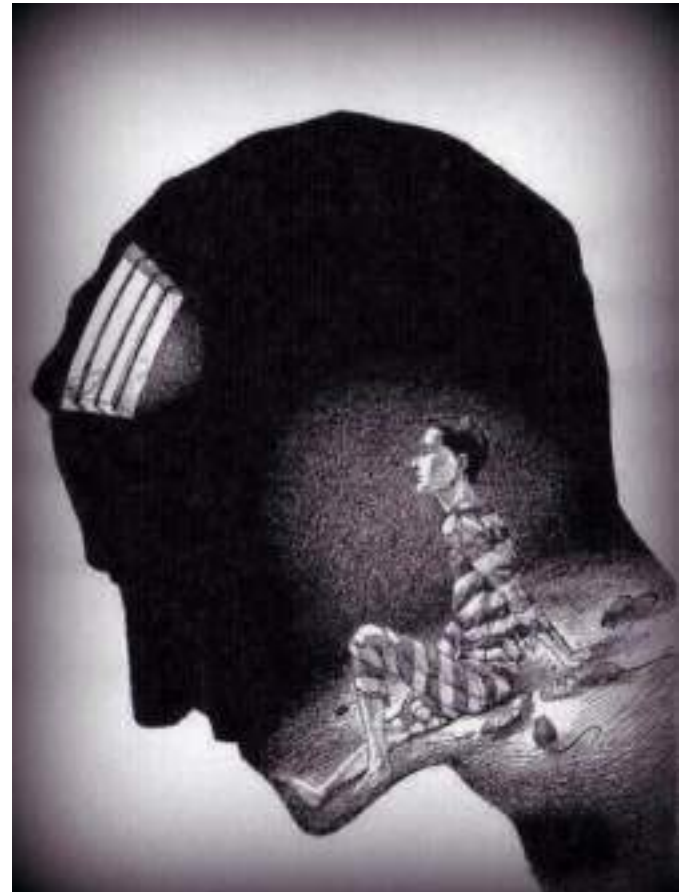
With Kelly Schwegel

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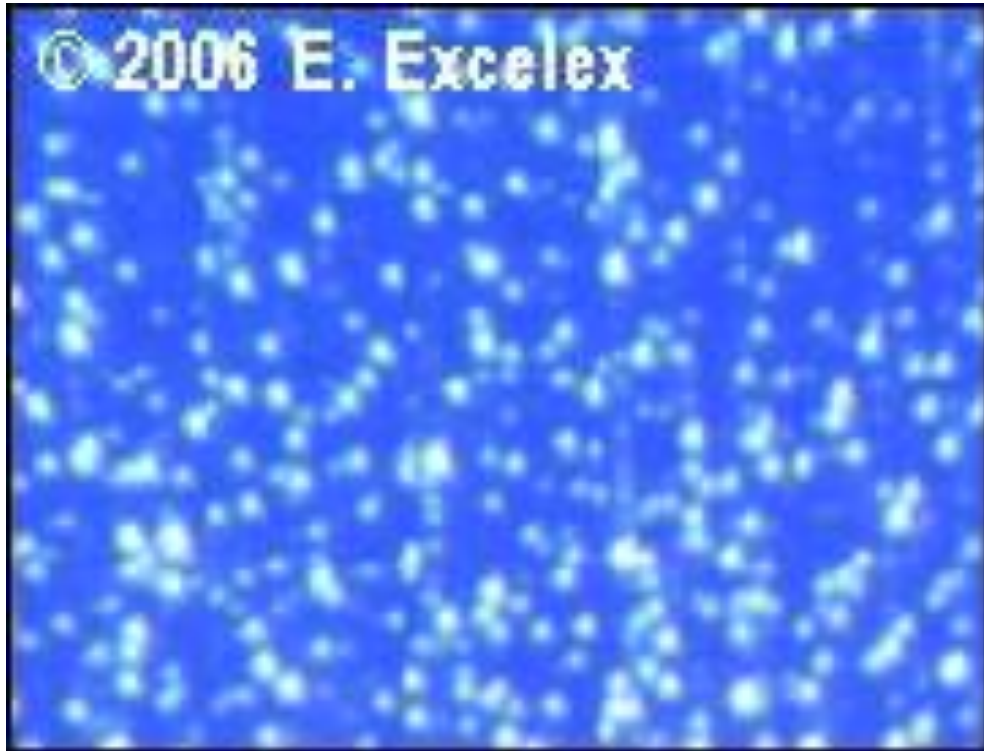
“Healing the Physical
Body”

We can change our physical bodies through inner alchemy

Our thoughts and
feelings **ARE** our
diseases, ailments, pain,
conditions and diagnosis

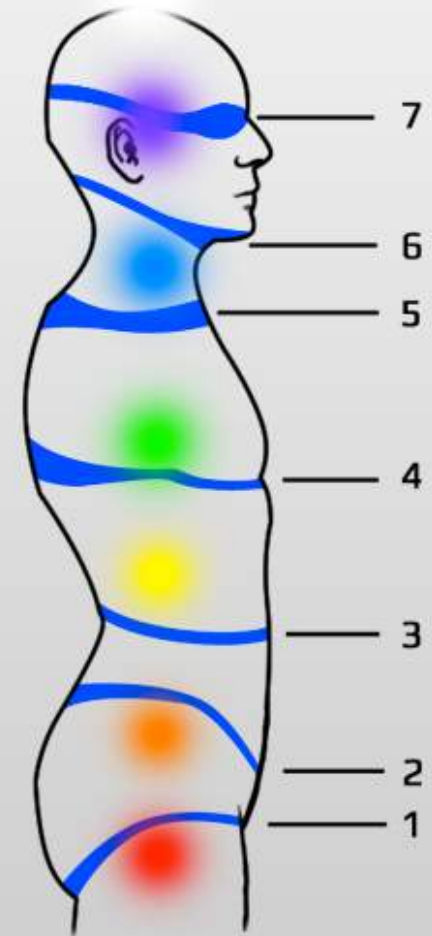
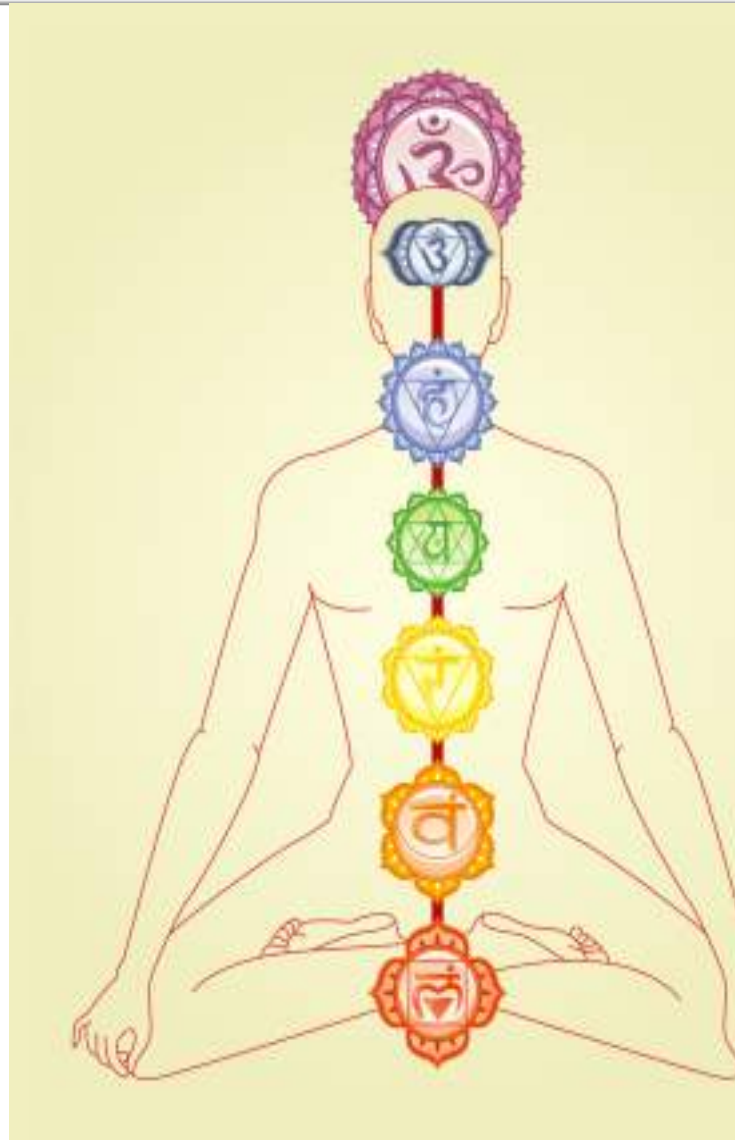


You are made of your own
conscious thought



Chakras

- Energy centers
- Belts of fascial tissue
 - Energy highway



Chakras

- Concentrated conscious thought
 - Each center has specific focus



Root Chakra Physical Dysfunctions:

- Frequent illness
- Disorders of the bowel
- Bones
- Problems with legs, feet, toes
- Base of spine(chronic lower back pain, sciatica)
- Immune-related disorders
- Skin problems
- Lack of energy



Sacral Chakra Physical Dysfunctions:

- Sexual dysfunctions
- ob/gyn. Problems
- Dysfunctions of reproductive organs
- Spleen
- Urinary system
- loss of appetite for food, sex, life
- Chronic lower back pain
- Sciatica



Solar Plexus Chakra Physical Dysfunctions:

- Arthritis
- Digestive disorders
- Ulcers
- Colon and intestinal problems
- Anorexia or bulimia
- Pancreatitis
- Diabetes
- Gallstone
- Allergies
- Problems with the stomach and liver



Heart Chakra Physical Dysfunctions:

- Heart
- Lungs
- Thymus—Immune system Deficiency
- Breast
- Arms
- Asthma
- Allergy
- Circulation problems
- Tension between shoulder blades



Throat Chakra Physical Dysfunctions:

- Raspy throat
- Chronic sore throat
- Mouth ulcers
- Gum difficulties
- Scoliosis
- Laryngitis
- Swollen glands
- Thyroid problems
- Headaches
- Neck and shoulders
- Ear Infections



Third Eye

Chakra Physical Dysfunctions:

- Headaches
- Eye and ear disease
- Nose and sinus problems
- Facial nerve problems
- Nightmares
- Brain tumor
- Stroke
- Neurological disturbances
- Seizures
- Full spinal difficulty
- Learning disabilities
- AD/HD



Crown

Physical Dysfunctions:

- Energetic disorders
- Mystical depression
- Coma
- Migraines
- Brain tumors
- Amnesia
- Chronic exhaustion not linked to physical disorder
- Sensitivity to light
- Sound and other environmental factors



Inner Alchemy

- Alchemy = Work of nature that perfects the “first Matter (that which all creation manifests) whether it is expressed as metals, the cosmos or our souls
- Ego perpetuates a false notion of your body
 - External beauty
 - Pain body
 - Emotional entrapment
 - Chatter of the mind “mitote”
- Body is nothing but a long-standing chemical reaction
 - Aging
 - Illness and healing
 - Changing emotional vibrations
 - Flowchy
- Body is the vehicle of the alchemical transformation

Stages of Inner Alchemy

- 1. Calcination**-to convert with heat or burning
- 2. Dissolution**-to undo or break down
- 3. Separation**-breaking apart or letting go
- 4. Conjunction**-union
- 5. Fermentation**-change
- 6. Distillation**-purification
- 7. Coagulation**-to change into a thicker (stronger) mass

Calcination-Material

- Reduced to bone by burning
- Heating of a substance in intense flame until all that is left is a pile of white ashes
- To transform it must be reduced to its most fundamental ingredients
- Falsity removed
- Separation of the dark matter



Calcination-Self

- You are ready for the destruction of the ego
- Hit rock bottom—assaulted over and again with trials and tribulations
- Concentrated consciousness—disease of mind
“Mitote”
- Burn through illusion, self deception, defense mechanisms, dogmas, dramas
- Ready to reveal your false conclusions
- You have built your human conditioning



Dissolution-Material

- To undo or break down
- Dissolving the ashes from Calcination in water or acid
- Return to pure form



Dissolution-Self

- Dissolution of the ego
- Realize this world is not “it”
- Withdrawal from prejudice, projections and judgments
- Heal broken self
 - Heal the younger yous
 - Forgive, let go
- Return to innocence
- Rebirth



Separation-Material

- Breaking apart or letting go
- Isolation of the desired components from the previous two steps
- Filtering, cutting, settling or agitation with air
- Non-genuine or unworthy material is discarded
- Bring in element of air



Separation-Self

- Isolated material from ego becomes new “golden you”
- Lift yourself out of your ego self and step into the most basic traits and desires of the true you
- Invigorate the new healed you
- Impregnate the personality with something new
 - Find divine self
 - Find your passions
- Find out you are not separate from source
- Find the authentic you
 - Like who you are as an authentic being



Conjunction-Material

- Unify, union
- The most genuine and essential parts of the matter are left in the vessel of transformation
- Recombination of those saved elements into a new substance
- Union of fire water and air to produce earth
- Produce a new thing



Conjunction-Self

- Empowerment of true self
- Move into your inner strength
- Union of masculine and feminine “flowchy”
- Maintaining your presence when things get hard
 - Develop presence of mind
 - Value your feelings and intuitions
- Unify the three brains
 - Head, heart, gut



Fermentation-Material

- Change
- Putrification-matter allowed to rot and decompose
- New life force changes the nature of the material



Fermentation-Self

- Introduction of new life into the personal presence that developed during conjunction
- You are tested with what you learned and let go of
- Let go of traces of ego that are left over
 - Necessary to sacrifice it to bring about its resurrection on a new level of being
- Your childhood Earthbound Personality (product of human conditioning is exposed at a deep psychological level
 - Dark night of the soul
- Black mood, no interest in life, must stubbornly persist to exist in life
- You become your light body
- Warm light circulating in the body
- Directed healing energy to various parts of the body-reiki
- Fermentation is quality we envy in great artists, prophets and spiritual leaders, once fermented a person becomes alive and hopeful



Distillation-Material

- Purification
- Boiling and condensation of a solution to increase its purity
- Release the essence or spirit



Distillation-Self

- Psychic forces develop
 - Ensure no impurities from inflated ego are incorporated into the transformation
- Peace and wellbeing of the personality
- Free self from outer and inner entanglements
- Breath awareness and meditation become more profound
 - Circulation of light abdomen to hart to pineal down spine to naval again “Chanel of control”
 - Crystallize the pineal



Coagulation-Material

- Change into thicker mass
- Precipitation of fermented distillation
- Transformation to gold or essential oil



Coagulation

- New confidence
- Heal all wounds and diseases
- Body is made spiritual
- Spirit is made physical
- Can exist in both realms
- Out of body experience
- Golden body of light
- Evolution of mind
- Can perfect others



Basic Breakdown: Calcination (burning heat)

Physical Body

- Disease and illness are created
 - false conclusions about life and self
 - human conditioning



Emotional/Mental Body

- Human conditioning is created
- Mitote'-disease of mind
- Needs
- Reactionary behavior
- Triggers



Basic Breakdown: Dissolution (Undo or break down, “water or acid”)

Physical Body

- Dissolve the ego keeping your powerless
- Believe you can heal yourself
- Humble the ego



Emotional/Mental Body

- Identify your human conditioning
- Heal your younger yous



Basic Breakdown: Separation (Breaking apart and Letting go, “air”)

Physical Body

- Connect with the biophotons of your broken physical self
- Ask current molecular blueprint that is keeping you ill or broken to leave your body



Emotional/Mental Body

- Break down into your most basic authentic traits
- Identify your most basic desires
- Lift self away from the ego
 - Heart focused breathing
 - Pineal opening



Basic Breakdown: Conjunction (Union, “water, fire & water to earth”)

Physical Body

- Identify a time when you were healthy in that part of your body
- Ask higher self to copy the molecular blueprint of that healthy self
- Place that healthy blueprint on your body and ask body to reset to this every day

Emotional/Mental Body

- Adjust to the new healthy belief about self
- Balance the masculine & feminine “flowchy”
- Neurons have new pathways



Basic Breakdown: Fermentation (Change, “black rot to gold wax”)

Physical Body

- Infuse body part(s) with love
- Infuse body part(s) with Reiki
- Myofascial release
- Accupuncture
- Herbs
- Tinctures
- Essential oils

Emotional/Mental Body

- Neutrality
- Testing
- Becoming your light body



Basic Breakdown: Distillation (Purification “boiling”)

Physical Body

- Three days of healing
- Increasing the concentration of healing through love, belief and energy



Emotional/Mental Body

- Practice living with psychic, wise self
- Practice living with tamed ego



Basic Breakdown: Coagulation (Change, “precipitation”)

Physical Body

- Embody that you are healed
- You are the healer (co-healer)
- Claim birthright as powerful healer you are
- Heal others

Emotional/Mental Body

- Living life with tamed ego
 - Still human
- Exist in both realms
- You are the wise teacher



As above, so below

*The seven steps of alchemy are just like the seven notes of the musical
(seven chakras & seven colors of the rainbow)*

*The notes below correspond to the notes above and
the notes above correspond to the notes below*

*The universe is one flowing, beautiful composition in
the mind of God*