

# Alchemy of Holy Week - Exercises

Every Evening: Inwardly drawing a glyph, then taking it into sleep.

Every Morning: Drawing the glyph inwardly, then working in “the crucible” by asking questions about how the glyph relates to the Tree of Knowledge image.



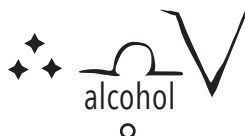
crucible  
Sunday



distillation  
Monday



precipitation  
Tuesday



alcohol  
oil  
Wednesday



oroboros  
Thursday



digestion  
Friday



purification  
Saturday



sublimation  
Sunday

Each of the glyphs can be related to part of the tree of knowledge drawing. You can take a glyph into sleep at night and in the morning, decide which part of this drawing it relates to. We're putting a seed in, and then in the morning, putting that into “the crucible” of the exercise.

## Working with the Glyph

Why do we use a glyph like this? Because if you think it in words, you get stuck, your imagination can't grasp it. The alchemists used a glyph meditatively to tune their personal feelings into universal, archetypal feelings of the world soul, feelings that the earth is having in relation to the sun and the moon, to the life body and the astral body.

You can meditate on each day of Holy Week by inwardly drawing and erasing the glyph of the process that is connected to that day. When you make a glyph and are drawing it inwardly, you are placing your consciousness into the field of geometry of those movements. The glyph is not the finished thing, but the process that you use to draw it, the movement of the glyph, is the healing. What you're meditating on in the glyph is the process of going from manifestation to its spiritual condition.

Taking a glyph into sleep: Before you go to sleep, draw the form of the glyph in your imagination. Keep working on it so that you have the experience that you and the glyph begin to shake hands. At a certain point, it becomes very easy for you to visualize making it. You can hold it and build it and move it. You can get to the point where it is doing it. That's the shaking hands.

If you really want to engage with this, inwardly draw the symbol and then erase it in the opposite order of how you drew it. When you do that, your consciousness participates in the movement of the symbol by lifting it away from its corpus. You're entering into its dynamic.

Then allow the image to dissolve into silence and emptiness in your imagination, then go to sleep.

## What is a Crucible?

A crucible is sometimes called a “trypod” because you try things there, you burn things. A crucible is a place where you lead substances into a crucifixion. Alchemically, the crucible is taking substances and burning them.

The first glyph on the left is the crucible, which looks like an envelope. The square is Earth which means “you are here”. The triangle pointing down is also earth. In the crucible, we burn things until they become complete earth. They are no longer living. They become what an alchemist would call a corpse.

As we will find out, the resurrection of the corpse is the central mystery of Holy Week. It is also the central mystery of alchemy because it is a language of the way in which a corpse has been formed from the old mysteries and must be put into a crucible and annihilated so that the new mysteries can arise out of it.

## Working in The Crucible

While working in “the crucible” you're only allowed to ask questions. You're not allowed to make a comment; opinion is the enemy. For a contemporary soul, that is like the burning in a crucible. Keeping the question open is “the crucible” that we have to learn to live with in order to have a creative life with the challenges of today. Blame, opinion, guilt and shame often result from dealing with these challenges. The new mysteries are about keeping the question open until you can be led, because if you come up with the answers beforehand, you are closed off. Just do the work in freedom and keep the question open.

That's the new clairvoyance. Don't say anything is true until you hear it from someone else. Then you know that you haven't manipulated things with your opinion.

Take 2 or 3 minutes to construct a glyph inwardly, then move to the tree of knowledge image.

Start by looking at the picture of the hand coming out of the cloud. It's touching a tree and the tree is split. One side of the tree is light. One side is dark and there is fruit on the tree. The cloud, the hand, and the split tree are the subject of our crucible exercise. (Each day, we'll go a little deeper in the the other elements of the image.)

For five minutes, look at it and if a question comes to you, ask the question. State the question as a complete sentence. Then wait a bit and live with it to see how it feels before asking the next question. You are now burning the corpus in the crucible of your own belief.

The goal of this exercise is to watch the movement in your own soul. By asking questions that don't get answered, we are creating a field of consciousness. If there is something in the question that you cannot answer, that is a kind of burning that an alchemist would use to reduce it down to its essence. And you're doing that by asking questions that don't get answered.

In the world, the crucible is the feeling in your soul that comes from another person's question. So that if you think someone's question is coming from left field, then you just learn how to play the outfield. That is very healthy, if you can tolerate it. The more time in the crucible, the more healing you will experience, and the more open your soul.

