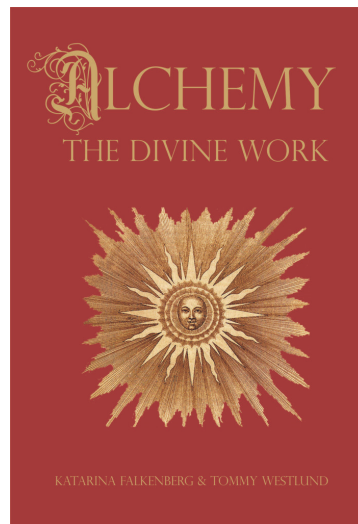


A study guide for
Alchemy – The Divine Work



The way we teach alchemy is to always combine *ora & labora*, study and practice. Thus, while it is possible to read our book from beginning to end, it is in reality written for a cyclic study and practice.

To clarify this, on the following pages are our suggestions for how to work the first philosophical year of four parts, going from the black nigredo to the red rubedo. (The second philosophical year deals with the three alchemical weddings and the operations, while the third year focuses on the alchemical stones or bodies.) Philosophical studies will enhance the practical work, and the practical work will deepen the philosophical understanding. Each part and alchemical phase should be infused in one's life so that both waking and sleeping patterns emerge and can be transformed in body, soul and spirit.

In any and all esoteric work, a regular study and practice cannot be overemphasised! While alchemy is a spiritual path in itself, it can also be seen as a meta system that easily integrates with any other esoteric system. Therefore, you can combine your preexisting daily esoteric work with alchemical study and practice.

When you combine theoretical study with practical work, many of the hidden keys of the alchemical path will be unveiled and new doors or portals will be shown. These keys and portals can often be viewed in the illustrations that accompany the text and the practices, but they need to be unlocked by the alchemist through *ora & labora*.

We hope this short study guide will inspire and deepen your alchemical work through

Faith

Hope

Love



Katarina Falkenberg

Tommy Westlund

Part 1



Introduction:

- Read and contemplate the Introduction chapter pp 14-26

Basics (read and contemplate):

- Chapter 1 (An overview of the history of alchemy)
- Chapter 23 (Alchemical tools)
- Chapter 24 (The alchemical room)
- Chapter 25 (Fundamental imagination) – work and perform the listed exercises etc
- Chapter 22 (Alchemical prayers)
- Chapter 5 (Creation philosophy)

Prima Materia:

- Chapter 6 (Prima materia) – read and contemplate
- Chapter 27 (Prima materia practice) – work and perform the listed exercises etc.
 - The alchemical fountain
 - The Black Madonna

Nigredo:

- Chapter 20 (Transformation from lead to gold, first part covering nigredo)
- Chapter 8 (3 alchemical principles)
- Chapter 28 (nigredo practice) – work and perform all listed exercises
 - Awakening the four elements
 - Gichtel's basic exercise) – perform daily
 - To awaken and experience the seven planets
- Chapter 26 (The fighting beasts, page 348-) – study & contemplate

Write your own hymn/prayer to the Black Madonna and make your own creative depiction of Prima Materia and Nigredo (as art, illustrations, poetry, music, ritual, etc.).



Part 2



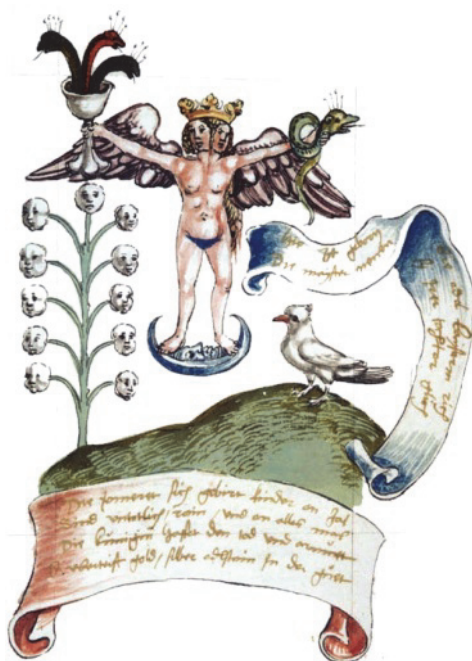
Albedo philosophy and ora:

- Chapter 20 (Transformation from lead to gold, second part covering albedo)
- Chapter 7 (The two forces)
- Chapter 8 (The three alchemical principles)
- Chapter 9 (The bodies of alchemical consciousness)
- Chapter 10 (The four elements)
- Chapter 11 (The alchemical fires)
- Chapter 12 (The quintessence)
- Chapter 13 (The menstruum of the philosophers)

Albedo practice and labora:

- Chapter 29 (Albedo practice) – study, work and perform all listed exercises
 - The Book of Revelation
 - The Mercurial consciousness
 - The angelic tower and the Holy Guardian Angel
 - Gichtel's in-depth operation
 - Memory meditation
 - Alchemical masters
- Chapter 26 (The deer & unicorn, page 350-), study and contemplate

Write your own hymn/prayer to your alchemical master and make your own creative depiction of Albedo (as art, illustrations, poetry, music, ritual, etc.).



Part 3



Citrinitas philosophy and ora:

- Chapter 20 (Transformation from lead to gold, third part covering citrinitas)
- Chapter 14 (The alchemical redemption)
- Chapter 18 (Progenitors & antagonists)
- Chapter 12 (The quintessence, with new understanding)
- Chapter 13 (The menstruum, with new understanding)

Citrinitas practice and labora:

- Chapter 30 (Citrinitas practice) – study, work and perform all listed exercises
 - The gnostic quaternity
 - Gnostic contemplation
 - The Egyptian quaternity
 - The quaternity of the psyche and the soul
 - The quaternity and the caduceus rod
 - Gichtel's second operation
- Chapter 26 (The green work & green lion page 344-, the red lion page 356-) – contemplate, work and perform all listed exercises

Make your own quaternity model as well as a creative depiction of Citrinitas (as art, illustrations, poetry, music, ritual, etc.).



Part 4



Rubedo philosophy and ora:

- Chapter 20 (Transformation from lead to gold, fourth part covering rubedo)
- Chapter 15 (Egyptian alchemy)
- Chapter 21 (The four phases and the Tree of Life)
- Appendix 1 (Visions of Zosimos)
- Appendix 2 (Mary the Prophetess)
- Appendix 7 (Pordage's letter)

Rubedo practice and labora:

- Chapter 31 (Rubedo practice) – study, work and perform all listed exercises
 - The theosophical human
 - The alchemical-kabbalistic quaternary
 - The solar operation of the phoenix bird
 - The seven operations of the Great Work
- Chapter 26 (Ouroboros part, page 353-) – contemplate, work and perform all listed exercises
- Chapter 15 (Imagination through the four phases, page 336-)
- Chapter 15 (Tabula Smaragdina & the emerald journey, page 339-)

Translate an alchemical manuscript or paint alchemical illustrations. Write your version of the Emerald Tablet as well as a creative depiction of Rubedo (as art, illustrations, poetry, music, ritual, etc.).



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