

## **Inner Alchemy**

Is metaphysics decoded, bringing together ancient wisdom and modern understanding, designed to awaken inner memory or gnosis of Self and how to apply this to daily living.

Our focus is upon spiritual incarnation, this involves integration of hidden aspects of our Self in to physicality, resulting in inner awakening.

We combine two major eastern mystical traditions; Indian Vedic and Chinese Tao. We will go in depth theoretically, but most importantly teach how to experience these energies awakening in your body.

The end result is a solid grounding in inner understanding giving rise to a more integrated and fulfilled outer life.

## **Shiva & Shakti**

The entire universe is permeated by the masculine and feminine forces, consciousness, desire or Shiva and energy/matter, manifestation or Shakti.

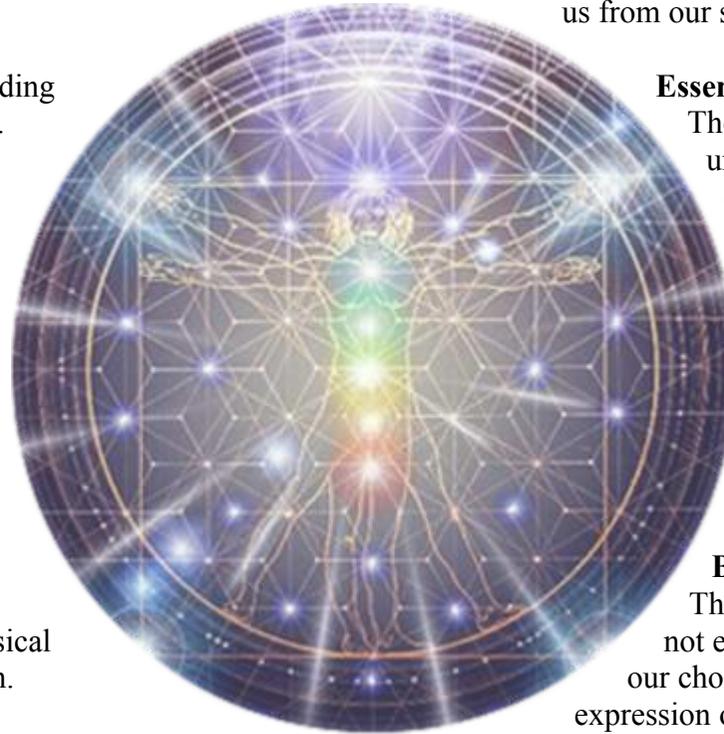
The macrocosm is reflected in to the microcosm, what is true for a galaxy or universe is true for our body, mind and emotions.

In the human body slumbers systems of spiritual awakening, chakras, meridians and nadis. In order to integrate more of our spiritual dimension into the physical body our neurobiology needs to undergo a purification.

## **Purification**

All genuine purification processes bring our shadow elements to the surface, mentally, physically and emotionally. We all know our emotional dark side, which sometimes feels so bad that we can not bear to admit that it even exists.

The central nervous system is the gateway from the outer to inner realities, so it is this system that needs to be purified if we are to succeed in incarnating more of our potential and begin to taste our divine nature.



## **Talks & Presentations**

### **Spiritual Incarnation**

Highlights the journey from consciousness to matter and the way home. Who and what am I? This talk is the basis of all metaphysical understanding and forms the foundation of all subsequent talks, revelatory.

### **Samskaras - Pain's Hidden Jewel**

Explores samskaras, emotional memory or pain stored in the astral, what is the astral, the light body, kundalini, Qi? What is the core veil that separates us from our spiritual essence. This an esoteric anatomy overview.

### **Essence Of Enlightenment**

The central nervous system holds the key to our spiritual unfoldment, it is where we hold our hurts, our limiting ego and conditioning. What are the most effective methods of purification, ancient and modern?

### **Time & Consciousness - Challenge Of Our Time**

Ancient cultures were obsessed with time and perceived it to be cyclical in nature. These cycles repeat endlessly causing a rise and fall in humanities consciousness. This is a fascinating talk highlighting where we are now and where we are heading.

### **Bhakti - The Heart's Desire**

This is the engine behind our spiritual practices, if this is not established within we lose motivation and interest for our chosen ideal. Ultimately it is desire taken to its highest expression of devotion that fuels our spiritual life.

### **Death - Portal And Onward Journey**

Travel beyond death's portal, through the astral and mental to the causal plane, this is death's metaphysical transformation and the soul's onward journey through the dimensions and return to incarnation.

### **Yogic Alchemy**

Yoga is much more than physical postures, it is the highest expression of an enlightened nervous system. Ancient practices were born out of direct perception, what are the fastest, safest practices for the time we live in?

## Ancient wisdom in a modern world

Our nervous system has barely changed in over 200,000 years, what was true then is true now, if not more so.

However when we go far enough back in time we enter the ages which preceded the fall, where man was able to directly perceive his inner nature and describe this territory, codifying it for would be future travellers.

We are now re-entering this time once again when we will re-member and awaken to our real nature. The tools and processes by which we navigate this inner territory have already been tried and tested over countless millennia by countless practitioners, yet have remained hidden from public view, known only to a few.

These processes have without doubt produced the most enlightened beings, both in quality and quantity, from ancient times to the present day. This is their story, their gift to us all.



At eighteen Paul abandoned a career as a biochemist to enter in to monastic life. He lived and studied the ancient Vedanta as a Hindu monk in India and the UK for nearly ten years. During this time he experienced much insight, learning and experience.

At twenty nine Paul settled in to family life and had Olivia, his daughter who was born profoundly mentally handicapped. She was and still is his greatest teacher, exemplifying unconditional love.

For over twenty years Paul has practiced as an Inner Dialogue therapist and continues to do so today. He recognised in this work the connection between the outer life and inner life we all live and seeks to help others in this regard.

Paul also created Inner Alchemy, a synthesis of ancient and modern teachings based upon direct experience. He now lives and travels between England, Norway, Portugal and India.

### Inner Alchemy - typical program:

19.00 to 20.30 - Talk - Various metaphysical subjects

20.30 to 21.00 - Yoga, Mantras, Spinal Breathing Pranayama, Deep Meditation

First we breathe, gently activating kundalini with an ancient form of spinal pranayam, then we enter into deep silence and meditation, this is our practice. The pranayam purifies and calms the nervous system, preparing it for the entrance of stillness or presence - Shakti meets Shiva.

Talk and practices £10. Talk only £8. Practices only £5

No prerequisites are required. Some concessions available. No one refused on financial grounds.

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# Inner Alchemy

**The journey of the soul  
from form to content.**



*I said; what about my heart. God said; tell me what you hold inside it. I said; pain and sorrow. He said; stay with it - the wound is the place where the Light enters you.*

*Rumi*

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