

REFLECTION : ALCHEMY

Alchemy is a pretty packed word. You may hear it tossed around all over the place. But when you honor the feminine as a natural Alchemist, things get pretty interesting.

Permission granted to let everything come back into ease, love.

- What challenges you about the idea that you were always innocent?
- What does purity mean to you now, and where do you still associate it with perfection, goodness, or being untouched by life?
- How often do you go looking for another shadow to fix, heal, clear, or understand?
- What changes when you meet the shadow as something to witness and love rather than something to work on?
- What becomes possible when you stop condemning the version of you who lived through what she did and let her be innocent too?

