

# The Metal Archetype

## "The Alchemist"



Metal Phase ~ Module 2

a workbook from Yamin Chehin

# The Alchemist

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“The Alchemist makes perfect order—her power sets the boundaries of breath and pulsation.”

Harriet Beinfield

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Alchemists are masters of form and function, distilling essence from the raw and unrefined. They attempt to purify and perfect, historically to transmute base metals into gold, or allegorically, to purify the basic elements of our consciousness into the gold of pure spirit through the process of inner transformation. Alchemists recognize that the purity of the process dictates the purity of the result. Like baking, making gold requires precision. It is not a carefree experiment but follows recipes, order, structure, measurements, and procedure. Alchemists honor the details of the ritual and the science of the process.

## **The Alchemist** Gifts

- reveres beauty, ceremony, and refinement
- likes definition, structure, and discipline
- appreciates solitude and simplicity
- respects virtue, discretion, and authority
- has the capacity to transform grief into right-action-from-the-Heart
- seeks to live according to reason and principle

## **The Alchemist** challenges

- indifferent, formal, distant, and inhibited
- autocratic, strict, and overcritical
- stiff joints and muscles, dry skin and hair, shallow breathing, sensitive to climate, poor circulation
- self-righteous and prone to disillusionment

## ***A friendly reminder...***

Our power as Alchemists comes from our ability to shape and define. Let's balance our rationality, self-control, and meticulousness with passion, spontaneity, and social involvement.

# "The Journey"

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*"The Alchemist – a mistress of transformation: she is not afraid to burn things down to the bare bones to expose what lies beneath. She (...) is a catalyst for the irreversible changes she conjures into being..."*

Sharon Blackie – Hagitude

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Last time we focused on **You** as you stood at the [Threshold of your Journey](#), which I hope you have already named. As we enter the second phase of the Metal season, you have set off and your first encounter is with **The Alchemist**.

**The Alchemist** represents the one who embarks on a transformative path, embracing the pursuit of *What Is Essential*. She discerns which aspects of herself are ready to be released, letting go of the unnecessary and holding on only to what truly matters. Throughout this process, she learns to befriend Vulnerability and to embrace Grief as an opportunity for deep connection and right-action-from-the-Heart.

Along her journey, she not only discovers the beauty of simplicity but also learns to embrace the power of non-attachment. Grateful for all that she has, she dares to question the genuine value of material possessions and the external validation that society often glorifies. From the solitude of her inner cave, she seeks to find her self-worth in the intangible qualities of her embodied Soul.



## Prompts for reflection



- How do you visualize the Alchemist? How would you rework the Metal Archetype to better match your vision of your inner Alchemist? Use words, images, song, a collage, a video recording or any other form of expression to represent your vision.
- What areas of your life could benefit from the Alchemist's presence and how would the Alchemist contribute in those areas?
- What question(s) would you like to ask to the Alchemist? Hint: If you write it on a piece of paper and put it under your pillow, the Alchemist may communicate with you in Dream Time...

If you feel called, please share with us in the [Community Forum](#)

