



# Alchemical Tools

for physical, emotional, mental & spiritual health

**Breathe** fresh new energy into your being + exhale what needs to go.

Follow your breath and how your body wants to breathe to digest emotion and harness your power.

**Ground + gather your threads of focus.** Feel the weight of your body drawing you towards your stabilizing, grounded roots. Notice or imagine how it feels to be entirely supported by the ground.

**Earth & Sky bridging.** With breath, invite Earth energy up from your roots & receive Sky energy from above into your heart to connect you to your centerline. You are cradled in the magnificent, great wild truth between Earth & Sky while you live between the endless past and future. Perspective helps! Keep breathing.

**Body Scan.** Use your senses, one at time (look, listen, feel, smell, taste), to support your arrival in your present place and time. Focus your mind on feeling and noticing sensations in your body and breathe into them with compassionate attention, if that feels available.

**Shake It all out.** Gently shake your body from your feet to your jaw to your mind! Shaking supports the lymphatic system in cleaning the body, softens rigidity and creates space for stagnant emotion to move & release.

Releasing through wild sound is helpful here.

**Sound Purge + sound it out.** Gather what is rising within you. Release it out of your throat + mouth with a wild sound, wail, song, cry, yell, moan or sigh. Sound out in response to your internal experience. Free your wild voice gently, fiercely or however your instinct moves you.

**Bathe in Nature Medicine** + reset your being with the elements. Use your senses to receive and bask in the healing power of the natural world. Immerse your body in wild water or a shower. Listen to nature's sounds to hear the language of life's creativity.

**Tune in with Plant Allies.** People have been in ceremony with & ingesting wild plants for thousands of years. Drinking tea, eating, using medicine or meditating with wild plants (that you know are safe) can be revolutionary. Forming relationships with plants can support your natural intelligence and help to rewild your awareness and harmonize imbalances on all levels. Please consider harvesting respectfully and ethically in accordance with the local Indigenous tribe & territory. There are many amazing teachers. Play & pray safely with plants. It's wonderful to simply just sit with them. Animal friends are super helpful too.

**Creat + Express in response to your experience.** Pour yourself into art, play music, paint, write, **dance**, hike, practice yoga, work out, or anything to support your wild therapeutic expression.

**Reach In + Out For Support.** Connect with a loved one or health professional if you need some added assistance. Reach in & nurture yourself by getting lots of rest to integrate your experiences.

These are all just suggestions, please explore with grounded presence.