

TransmutationPoints – January 2012
Issue I – Elizabeth Frediani
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Welcome to the first issue of TransmutationPoints. Its birth moment is an auspicious one -- a year we hold with great creative, spiritual intent. 2012 is also the midpoint in a nine-year regenerative cycle.

This quarterly newsletter, which has gestated in my thoughts for months, explores the alchemical process that accompanies personal and global rebirth. Each quarter I will bring forward information and practices that address the challenges and facilitate the opportunities inherent in these experiences. I hope you find inspiration, resonance, and support in these writings -- and that they spawn meaningful work and conversation within your circle of family and community.

Blessings to all and the Earth in 2012.

In gratitude,

Elizabeth

Holding Sacred Space for Personal and Global Transmutation

We live in a time of flux, marked by the disintegration of seriously flawed economic, social, and political systems. The known is dying and our identification with it is falling away.

We live in a time of quickening, charged with tremendous life force and birth. Disintegration frees energy and activates our inner drive to adapt, create, and innovate. The future, while fluid, is ripe with potential.

Transmutation is a term used in alchemy to describe the process of purifying base metals into gold. In chemistry the same term refers to the conversion of one element or isotope into another.

During periods of deep release and rebirth, we also undergo transmutation. This inner - or spiritual - alchemy is initiated by the soul and propelled by any number of awakening circumstances. In the spiritual purification process, past or inauthentic aspects of self fall away -- and transmutation catalyzes the emergence of one's truest expression of being.

We now live in a world propelled toward its truest expression of being. Transmutation is a core part of our collective experience -- and will continue to be for some time.

For those of us who value life as a spiritual journey, this is a time of actualization. We are called upon now to fully live and share what we know -- what heals, transforms, and fosters conscious evolution. At first glance this can sound heroic -- "we are here to save the day." In actuality, it is the opposite. It is a humbling reminder -- we are here to serve the day.

In serving we need to hold our own rebirth as integral to collective transmutation. Each one of us is a living cell in the whole of humanity. When we tend the process of our own transformation and we birth the deepest, authentic expression of ourselves, we help establish greater coherence on Earth.

We also need to hold the whole of humanity -- the vibrant body of our collective patterns and beliefs -- in light, compassion, and wisdom about our current process. Our transmission of these caring intentions is essential. Holding these in our hearts and consciousness creates a container absent of fear and resistance. This container -- this vessel -- is a sustaining and illuminating influence. And like a womb, it will support burgeoning new life.

Through our conscious intent and transformational openings we weave the future into being. As we step forward into this New Year, let us hone our skills in the practice of inner alchemy and the heart practice of compassion. This is a time to invite each other -- and teach each other -- to release what is falling away, nourish with great care what is gestating, and strengthen what is birthed, so we can manifest our most luminous potential.

Giving Voice to the Rebirth Process ~ Compassionate questions to ask

In a global culture that focuses most of its efforts on externals -- and offers little to no sacred space for the inner death-rebirth process --

The world does not stop and ask: *is a part of you dying?* What have you released or lost that has emptied you of what you once were?

Nor does the world question: *are you giving birth today?* Has something emerged from deep within your heart -- your soul -- that is now opening you and activating new life?

The world does not ask: *are you in the pause*, the void, before your birth? Are you feeling groundless and absent of direction?

For decades I have asked these questions of clients and students who were undergoing profound life transitions and transformational crises. These are the sane, relevant, and compassionate questions to ask. They honor the evolutionary journey that is at times a potent spiritual, alchemical process.

Now as 2012 begins, I offer these questions to you in their most direct form: Who and what in you is dying or has died? Who and what in you is being born?

About dying: have you released a life-limiting habit, like overworking or being strong all of the time? Have you let go of a relationship or changed your life plan? Old attitudes, habits, survival strategies, and/or people, places, work, etc. that you release can reveal what parts of you are dying.

About birth: have you gone back to school, set new goals, launched a new business? Do you now trust yourself, have a clear connection with your life purpose, feel compassion, or speak up for yourself? New attitudes, deeply felt emotions, creative expressions, spiritual awakening, relationships, work, or other commitments are signs of your births.

Slow down now and give yourself the personal time to explore the death-rebirth questions for yourself. Feel into the layers of your life experience. Write out your answers. Speak them deep into your heart chakra and feel their resonance throughout your being.

Honor your passages and births. Honor the void of being in-between, as you wait for signs of your renewal. Remember too that even in the in-between place, you are held in the field of all living beings. Open your heart to this support.

These death-rebirth questions can be gifts too, to your spouse, friends, family, clients, and students to answer for themselves.

You can answer these questions now for the world. What in the world is dying/has died? What in the world is being born?

In times of flux and quickening, when disintegration occurs almost in the same breath as rebirth, the answers to these questions provide authentic, yet fluid compass points.

Your answers affirm your wholeness -- and tell the deep story of your unfolding, transformational path.