

Summer Seasonal Bonus #1 – Magical Notions
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Fire Exercise - *Drawing Down the Sun*

Because we're in alchemical Fire everything is quick. No pondering, debating, dawdling, obsessing or procrastinating is allowed. This exercise will definitely wake you up, but requires discipline to perform correctly – and safely. Once Fire wakes you, it's your job to do something with that awakening. For that you will need to employ other alchemical Elements. But for now, let's start the Fire.

Initiate this exercise at dawn; the literal break of day. Be outside, in a solarium or in front of a large window. Be quiet, without distractions. Alone is best. Get settled and gaze at the sun's rays emerging into the world. Shut your eyes.

Hold the image in your mind's eye (*visualization* is the premiere Fire Exercise). Draw the image to you. Imagine it inside your skull, become a cradle for the rising sun. With each breath imagine the rays, your rays, illuminating every organ, every bone, coursing with your blood to reach every cell. Fill them with light, with energy, with the positive spirit of awakening anew.

When you feel that first tingle of connection, the sensation is like an inspiration, open your eyes. Immediately do the first action that comes to mind. This whole exercise should take anywhere from 5 to 30 seconds. It's alchemical Fire; it's lightning fast. Don't worry if the action is trivial. The point is to acquaint you with your own Fire, and give you the means to call upon it when needed. It will allow for a recognition of where your solar energy resides, and how it is linked to the world about you.

You can also practice this exercise sunbathing – though it will conclude your session. Even the start of sunset is a fine time to do this. Just remember that you must conclude it by engaging in something physical. You must act to imprint the *awareness* you've just achieved.

Do this exercise as often as you like. The adventurous may try it at night, by moonlight. The energy will be subtler, more akin to a caress than a tingle. Doing both will give you a more balanced sense of alchemical Fire, the magical Will and the vitality of alchemical Water.

You can spend a lifetime perfecting both versions and tweaking them to your needs. You will come to understand why in Alchemy the 3 pure Elements: Fire, Water and Air, contain small percentages of their other 2 sibling Elements. They are called *triunes*, but let's not get too deep for now. Earth is a special case; it not a triune; it's four-fold.

Bonus #2 will give you an introduction to Earth, through Fire.