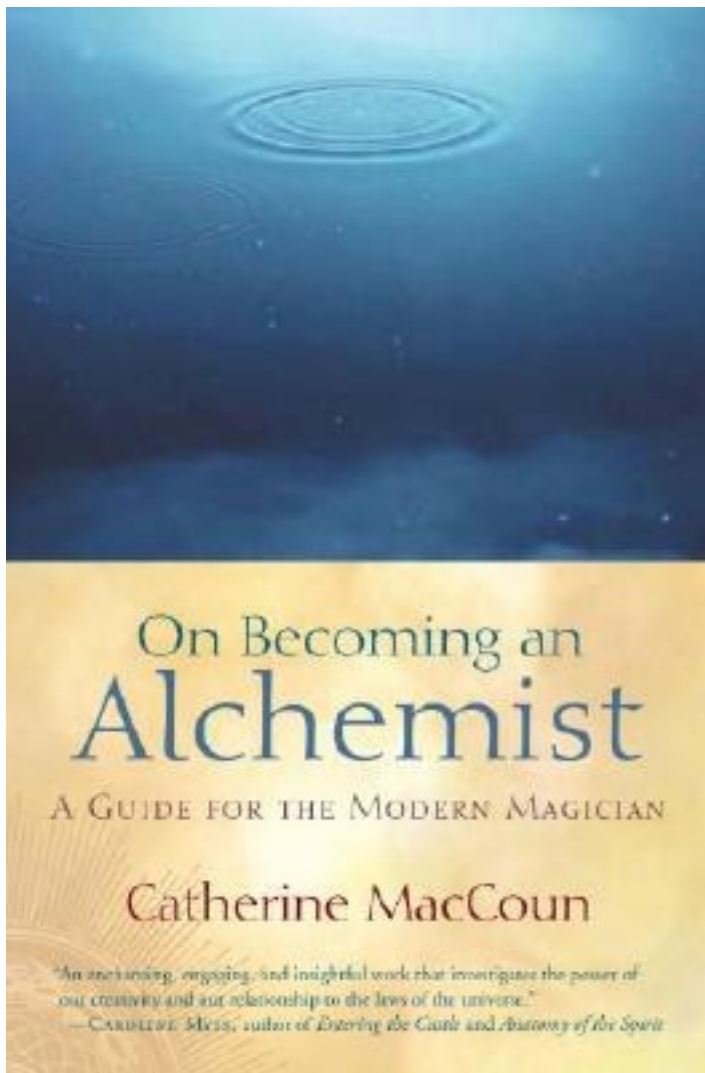


On Becoming an Alchemist



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Many regard alchemy as a metaphor for inner transformation. But this is only half the story. According to Catherine MacCoun, alchemy is no mere metaphor. It's real magic. Transforming the inner world is, for the alchemist, a way to transform the outer world. Through studying the principles of alchemy, we can achieve extraordinary effects from ordinary actions by understanding how the world really works. We can perceive the hidden connections between the spiritual and the material worlds. Knowledge of these connections enables us to influence external phenomena through the powers of heart and mind alone. Yet alchemy is not, like some forms of magic, the exercise of mind over matter. It is the art of taking what already exists—whatever presents itself—and transmuting the harmful into the helpful, the useless into the valuable. On Becoming an Alchemist initiates us into these secrets, showing us how to think, perceive, and operate as an alchemist. It offers practical advice and exercises that will help the modern magician to:

- Understand and apply basic principles of alchemy
- Transmute setbacks, failures, and losses into sources of magical power
- Navigate one's inner world with poise, confidence, and common sense
- Intuitively show up in the right place at the right time to benefit from magical coincidences
- Discover the potentials latent in any situation by awakening subtle perception

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目录:

[On Becoming an Alchemist_下载链接1](#)

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