

PHASE ONE STAR DREAMS

PHASE OVERVIEW

This phase of your alchemy journey will guide you to gaze into the galaxies to catch your dream as if pulling a star from the sky. This dream will then direct your journey, the pages of this book helping you chart the path. Right now, your dream still hangs in the night, perhaps lost in dark matter or the haze of cosmic dust. So embarking on the trek may feel impossible. How, after all, do you start a metaphysical trip to a dream?

QUESTIONS YOU WILL EXPLORE

- Where will your journey lead?
- What do you bring to this adventure?
- What guiding forces will help you along the way?

EXPERIENCES IN THIS PHASE

Star Dreams begins with X Marks the Spot, perhaps the most important Experience in the book, as doing it and doing it first will set the destination of your alchemy journey, also known as your X. Then Art as Offering will guide you to step back and consider the bigger purpose of your X. 3-2-1 will take you deeper into your innerverse to consider how your X is something you and only you can offer your world. Make Your Blessings Count will infuse your journey with the riches you bring with you. The Star Dreams phase culminates with Compass of Meaning, in which you will create a tool to orient you as you adventure.

Let's plot the coordinates of your dream.

On a treasure map, X marks the spot for hidden riches. In this Experience, you will set the destination for your alchemy journey, or your X. The questions below will transmute a vague sense into a tangible, exciting place to move toward. Challenge yourself to be daring and bold as you respond, keeping your answers phrased in the positive. That is, focus on what you want, not what you don't want. Your answers can be imperfect and partially-formed. If you get stuck, listen to your gut.

Now, imagine you have reached the end of your journey, and answer from there.

QUESTIONS

What parts of your life do you want to have questioned? What assumptions do you want to have examined? What old beliefs do you want to have interrogated?

CTHDVOHT

What do you want to have understood? What complexity do you want to have unraveled?

SURROUNDINGS

What does this inner or outer place look like? What makes this place delightful?

ACTIONS

What do you want to have achieved? What are the boldest steps you can imagine taking?

DISTILLING

Look back across your answers and star what is most important to you. Capture your starred ideas in a few bullet points.

Now distill it down to a sentence:

And finally a few words:

This is your X.

Grab your phone and record yourself saying your X. Or write it down somewhere you will see it. As you hear or read it several times, notice the power it holds. Feel how it sits in you.

Your X may evolve as you go through the journey in the following pages. That's 16 okay. Feel free to return to this Experience whenever you wish.

-
1
7
¥/

ART AS OFFERING

$\nabla \Delta$

In Bali, intricate bouquet offerings are made each morning and left out for the gods. Green petals face north for Vishnu, white petals east for Iswara, red to the south for Brahma, and yellow for Mahaveda in the west. Four flowers are placed on top for sincere love, with money or candy added to distract evil spirits. In addition to these arrangements, art and actions are also seen as offerings, so that everyday life is infused with creativity and grace.

Consider your X. How is it an offering? To whom or to what?

Draw, paint, or write your reflections below. Or sculpt, collage, or take photos outside these pages. Your art will serve as a reminder for you. After completing this journey, you can put your art out into the world, perhaps in a place meaningful to you.





3-2-1 ∇△☆



In the first two Experiences, you identified your X and your why. This Experience takes you within, tapping into who you are to help you travel.

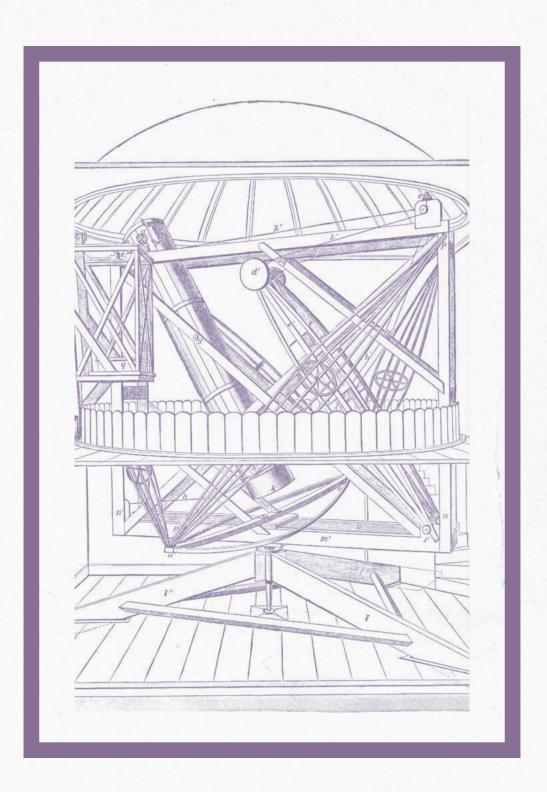
Imagine you are set to enter life anew, restarting your current life or moving into another one. If you could keep any <i>three traits</i> about yourself in this nex incarnation, which would you choose?
incarnation, which would you choose?
2
Consider your agonies and ecstasies. What are the <i>two main lessons</i> you believe you are called to learn in this lifetime?
On this <i>one alchemy journey</i> , how might these traits and lessons expand you X?
On this one alchemy journey, how might these traits and lessons expand your X?

MAKE YOUR BLESSINGS COUNT



In the hustle of daily life and the tragedy of darker moments, sometimes blessings go unnoticed. This Experience will guide you to see previously ignored gifts in a new light.

helped you prevail?
Are there other blessings, strengths, or resources in the same constellation as what helped you during that time?
Which of these blessings have been under-appreciated? How could that blessing help you in this journey?
Consider how not using this blessing could be a loss.



CAPSTONE



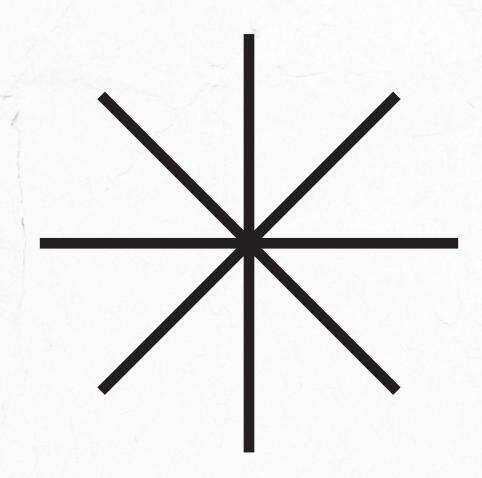
It is said that those who carry a Vegvísir are never lost. Also known as a Nordic Compass, Vegvísir means "wayfinder," from vegur meaning "path" and wazir meaning "guide." Each direction on the Vegvísir ends in a rune. With the crossroads at the center, these directions encompass the nine worlds of Nordic mythology.

On your alchemy journey, you will need your own Compass of Meaning to guide you. In the center is your X.

To begin, jot down 10 to 15 values, ideas, or desires that are important to you. Previous Star Dreams Experience answers may be helpful to get you started.	

From the list above, star 8 that will help keep you on the right path as you journey. These are your guideposts.

Finally, move these guideposts to your compass by writing the word or drawing a symbol for each below.



As you travel through your alchemy process, you may feel lost at times. When you do, return to your compass to reorient toward your X.

X marks the spot and you are on your way. But your X is not just a destination, it is an offering.

And you are not a casual tourist, you are a wayfarer – aware of your strengths and lessons, dreams and blessings. In your hand is a Compass of Meaning, so you will never get lost, even as you stumble and fumble and fall. Because the journey ahead will be perilous in moments, breathtaking in others. And you will always find your way, dreamer.

A soft light, diffused through thick trees, beckons you from your dreams. Starry-eyed, you set off into the Forest of Shadows.

The stars in your eyes turn to stardust and then sleep. A sweet sleep that you do not want to end. You keep your eyes closed for a moment, worried it was all just a dream. But you feel your X in your heart and your compass in your hand. So you open your eyes to find yourself in front of a deep, secretive thicket. You peer inside but see only darkness, the trees creating a collective night in their realm. A rush of sound escapes from inside, so lush it feels like silence.

You take a slow breath in. The air is somehow both ancient and clean, as wise as the pines and redwoods, hickories and oaks, and as new as the soft falling rain. In that inhale, you know that inside this forbidden forest, you will find hidden parts of you.

A slow, trembling creak pulls your eyes up to see the trees beckon, their branches reaching toward you. Mist spills out from an opening, inviting you into this realm of mystery and darkness. Dare you enter the Forest of Shadows?