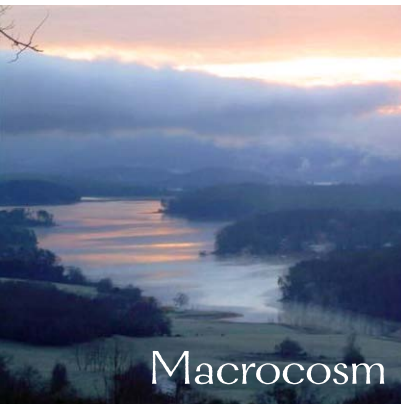


# One True Self

## LOVING YOURSELF AND OTHERS



### Macrocosm

Photos © Adam H. Milt,  
for more info email:  
adamhmilt@alltel.net

### 1. Earth



### 2. Water



### 3. Air



### 4. Fire



## Balancing The Elements

According to alchemical teachings, it is not possible to change other people, circumstances, or the world, but by changing the Self, significant change may be brought into the world, even the universe.\*

The macrocosm is represented by the Universe and all of its infinite parts. Man or woman, as an individual, represents the microcosm, a tiny reflection of the whole. When the microcosm moves into greater harmony, the Universe must reflect it. This axiom, "as above, so below", is found in the Hermetic Emerald Tablet.

The study begins by first balancing your energy, and then by learning to direct the energy into the world through two acts: increasing one's ability to love and a devoted practice of imagining one's desires. Both states are achieved through the presence of the True Self. (Exercises for this practice can be found on this website.)

Alchemy teaches that we are composed of the 4 elements of fire, air, water, and earth. Fire represents the soul; air represents the mind; water represents the emotions; and earth represents the body. Through practice of this exercise, we learn to balance and replenish the elements of our being.

## The Seven Breaths (You may practice this exercise as many as 3 times per sitting.)

Read through this exercise carefully before practicing. Practice visualizing the colors at least once before putting all of the parts of the meditation together. Be sure you understand which parts of the body to focus on in each section. BE SURE to dissolve the color and feeling after completing each series of breaths.

1. HEALTH – the **Earth** element, a loamy brown, gives sustenance to the body. Focus on the area from the pubic bone to the feet. Feel a loamy brown color filling every pore in lower body. Breathe energy UP from the ground into the lower body. Repeat for a total of 7 breaths.
2. CALM – the **Water** element, a beautiful blue-green, lends serenity to the emotions. Focus on the area approximately 1 to 2 inches below the navel to just below the rib cage. Imagine the blue-green light filling the abdomen with cool, calm emotion. Repeat for a total of 7 breaths.
3. CONTENTMENT – the **Air** element, a cool blue like the sky, provides tranquility for one's mind and thoughts. Focus on the area from the bottom of the rib cage to just below the collarbone. Imagine cool blue light filling this area (the lungs) with contentment. Repeat for a total of 7 breaths.
4. SUCCESS – the **Fire** element, a fiery red, brings about success in all endeavors. Focus on the area from the base of the throat to the top of the head. Feel the warm, red energy fill the head with warmth and success. Repeat for a total of 7 breaths.

Alchemy teaches us that we are composed of earth, water, air and fire. We create daily by use of desire (fire); forming mental pictures (air), feeling how our creation works (the combination of mental picture and desire), and then putting it into a physical form. We use our energy in a similar manner throughout each day. Practicing the seven breaths exercise is a reversal of the normal expenditure of energy, and is often used to replenish energy.