



The Alchemist's Path: 50 Spiritual Exercises for Magickal Transformation

Cherry Gilchrist

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In this inspirational and accessible guide, readers discover how to find the extraordinary in the ordinary. Simple yet powerful, the workbook's exercises show how to understand and apply the transformational powers of alchemy to one's spiritual journey.

The practice of alchemy has taken many forms through the ages, inspiring music, medicine, art, psychology, and spirituality. This book explores magickal alchemical processes, symbols, and principles while demonstrating how alchemy can be a part of everyday life. Specially designed exercises including meditations, visualizations, creative cooking, and dance therapy, show people how to turn daily experiences — as well as one's self — into gold.

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