



GUIDE TO
DAILY
ALCHEMICAL
PRACTICES

**DAILY
ALCHEMICAL
PRACTICES GUIDE**



Thank you for downloading this guide, which seeks to bring updates, insights, inspiration and encouragements to your current practices.

These are just a few of the things that keep me plugged into The Field on a daily basis...

Knowing that they are fundamental to the continued integration of the work that I am doing at large, they have become non-negotiables for me - and even when I feel (sometimes hefty!) resistance to practicing one or all of these, I have come to the point of knowing that by pushing through and showing up for my commitment to Self (before anything else), ultimately I feel better on the other side...

Not only that, but I feel more grounded,

More anchored in my Truth, in my unique flavour of Wisdom

And more able to 'do' what needs to be done (externally or internally) from this place of true centre - *your True North...*

In line with this - *and through cultivating this communion with the Divine Feminine flow within first* - the focus is on developing the sense of BEing; *with DOing coming as the Divine extension of that.*

The Masculine (mind) serving the Feminine (Heart and Soul) in this way never leads to overwhelm, or burnout - and actually helps us to unwind the generational trauma that we women often carry, that tells us to 'do this', 'do that', 'show up like this or that' and so on...

It enables us to first plug in - deeply within - and allow everything else to pour up from Soul as gifts, as truth, as songs of the Divine

Upwellings and overflow of who we are on the most fundamental level.

DAILY ALCHEMICAL PRACTICES GUIDE



About Me

Hi! I'm Harriet and I mentor Medicine People, Spiritual Coaches and Practitioners in how to liberate more of their own life force energy bound up in ancestral trauma, entanglements and patterns that play out in their lives...

I do this so that they can act renewed and resourced, from a place of presence and clarity - creating a life that reflects the true radiance of their Soul's song.

I am fascinated by The Field (aka the Unified or Morphogenetic Field) and ALL of my work involves some facet of experiential journeys within this medium. I call these PATHWAYS TO SELF-MASTERY.

Based on the fundamentals of Family Systemic Constellations, Shamanic Practice and Gene Keys, my containers support the organic and aligned development of the embodied Human spiritual experience.

Designed for conscious entrepreneurs who have already mined a large amount of their own inner gold and have their own frameworks and toolbox, but who are interested in working intimately and creatively to explore their edges still further; the unblocking of massive energetic potential rippling out into all spheres of their life and their family fractals.

NB: These aren't just mental shifts; they are effected all the way down to the cells - some of the work I offer can take up to 7 years to fully integrate!



+506 6083 2992

systemicenergetics@gmail.com

harrietgoudard.com

DAILY ALCHEMICAL PRACTICES GUIDE



Abstract

When I was just starting out as a healer, a couple of years into my practice, my gifts had come back online with full force and I was like a sponge for information...

My psychic gifts were out of control, I was up in everybody's space and mainly what I was learning was to serve outwardly...

But what stopped me from going real deep back then - something I wish I had known sooner, was that I hadn't yet reached the real depths of my own inner wounding (and so I couldn't hold anyone any more deeply than I had held myself)...

The knowledge and skills were learned and practiced but not integrated by the Heart (and therefore the body), mirroring the way that we are taught in school and the generally accepted, linear way of learning; *mind first*.

With the mind in power, reactionary patterns that serve the Self, *but not necessarily the whole* tend to be reinforced, because, information doesn't ground through the mind...

When, conversely, knowledge, integrated in and grounded through the Heart becomes deeper, a way of life; *an MO*. It steps us into **The Field** of true and real Unity underneath the Human Story...

The general overriding (Heart-based) principles that support, nourish and foster life then become non-negotiables for living. They become the colour pallet we choose to align our actions and responses to...

This is how any mystery school teaching works, by providing the keys to unlock the deeper doorways within - but we still have to step through these gateways of initiation ourselves.

Through this, we have the chance to really grow, bud and excavate the deeper layers of our psyche, to lighten the holds around our heart and to release the binds of the mind

DAILY
ALCHEMICAL
PRACTICES GUIDE



The Alchemical Practices

You may resonate with all or perhaps just one of these - and I invite you to follow that impetus...

That Truth...

That ping from Soul and go with whatever is here for you RIGHT NOW...

There are no shoulds, shouldn'ts and this isn't a practice of goal setting, or gold stars, so you take what is here for you -

And release the rest into the breeze with a blessing...

And so it is.

DAILY ALCHEMICAL PRACTICES GUIDE



PRACTICE ONE: AUTOMATIC WRITING

For the practice of writing to become truly automatic - the upwelling language from Source, or from Soul, we - the Human - have to step out of the way!

Sit with your journal, or a distraction-free desktop screen and through tuning into your inner space in whichever way feels good to you (meditation, breathwork, etc), allow yourself to feel what's there today...

- What's true for my Soul today?
- What's my Heart's longing today?
- What wants to be heard, or has an emotional charge behind it today, that needs moving through, speaking, CLAIMING?
- Where is the upwelling - the tactile sensation of my Soul - and how do I put that into words?

Often, particularly when we are already versed in Somatics, embodied practices, eg Family Constellations, have our clairsentience turned on, or are just pretty good at talking to plants, animals and using our psychic faculties, we can ALL feel something when we tune in! The real juice, work, fun part is then translating what we FEEL into words, or something that we can transmit (art, song, writing, etc) - AS THE MOVEMENT OF SOUL - ie, the form it wishes to take on the outside, front end.

DAILY ALCHEMICAL PRACTICES GUIDE

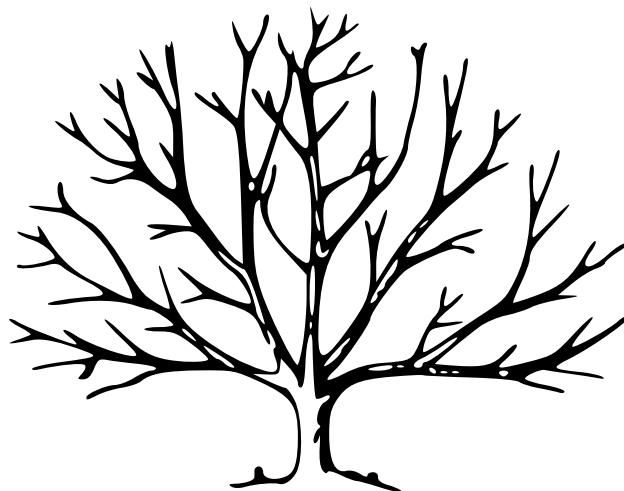


PRACTICE TWO: PHYSICAL MOVEMENT

Intentional movement for me can look like any of the practices that I have become so fond of over the years; if I feel my body needs to stretch, I'll work with yoga routines, either that I know, or intuitively ask my body to dictate to me. Or, I might be more willing to go on a physical journey of discovery with our dog; into the woodlands and see where we are guided to go, to see, to connect with - what the messages are that Nature wishes to impart on us for that day...

- In your own versions of these; how can you make this more of an upwelling, an intuitive practice whereby you take your cues from body and Soul?
- What about from your automatic writing, or daily journaling or affirmations, where is the charge and how can you move this charge through your physical body?
- --> Can you feel these charges in your physical body?
- --> What shape(s) does your physical body need to take in order to help move these through?

DAILY ALCHEMICAL PRACTICES GUIDE



PRACTICE THREE: RESOURCED STILLNESS

Designating some time and space to drop into stillness within - to connect with the deeper waters of life of the Sacral centre and anchoring through the Root - is deeply affirming in and of itself and deeply embodying.

We notice that those things that we were previously grasping for, seeking, outside of ourselves - and often even the fears that threaten to dysregulate our nervous system - aren't necessarily in line with what is bubbling up from inside - from inside our CORE STABILITY.

After grounding into the fullness of your BEing in this way, call in your ancestors and have them stand - like the branches of a tree - behind your shoulders (if this intimacy is triggering for you, then add a safe distance, or boundary between you both).

Experiment with leaning back into them and filling up FROM THEM through the back of your Heart centre.

Bask in this for a moment.

- Bring to mind something that was a challenge, block, or problem for you and see if it diminishes in importance/ grandeur as you lean further back into - AND RECEIVE MORE FROM - those ancestry standing behind you.
- --> What needs to change about how you were dealing with this from this view?

**DAILY
ALCHEMICAL
PRACTICES GUIDE**



GOING BEYOND

Please share your feedback, findings and breakthroughs in the [FB Community](#) [here](#).

If you feel called to share your energy in this way, you can also share any written, or video testimonials via email to systemicenergetics@gmail.com.

To join subsequent workshops, retreats, book 121s, or follow a mentorship program that includes this work, have a look at harrietgoudard.com for more details.

Bowing deeply to you on your Path,

With much love and respect,

Harriet x

