



Alchemical Union,

Glastonbury, UK

Embodiment Kit

Alchemical Union: Key Themes

🌙 The Alchemical Union journey contains the codes for the merging of polarities within each one of us; polarities such as day/night or the divine masculine/feminine, ego/higher self, spiritual/physical. In this journey, these polarities are symbolised by Glastonbury's red and white springs, which represent the Red King & White Queen.

🌸 Polarity exists within everyone, the task is not to favour one or suppress another, but to allow them both to exist and ultimately merge. This “marriage” creates a state of inner balance - a middle point, which is not about perfection but about a completeness that births something new.

⚖️ This potent point of inner balance is key to our deep death/rebirth & transformational cycles, it's the point where we face and unify our inner polarities. It enables us to unlock our power as a conscious co-creator, where we are able to live from a place of embodied divinity and conscious self-leadership. It's a more creative and aligned way of being.

Supporting activations include: [Balancing Polarity](#) & [Absolute Balance](#)

(Activations available through the Temple Activate membership)

Alchemical Union Crystal Grid Frequencies

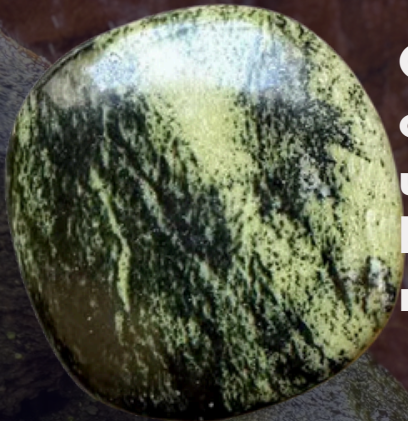
White Aventurine: invites us to be our true self & to trust that we will find people who love us for who we are. Connects to the divine feminine, dreams and clarity



Hematite Quartz: white quartz and red hematite symbolise the union of the Red King & White Queen. For protection, grounding, balancing mind, body & spirit and shifting from ego to divine will.



Chrytha Stone: Stimulates the heart chakra & Kundalini - opening you up to being more positive & bringing in more peace, joy, love & new beginnings.



Rhodonite: Stone of compassion, emotional balance & self love, it invites us to love ourselves and others. Inspiring generosity, forgiveness, and inclusiveness.



Aquamarine: Works with the higher heart and the throat chakras, facilitating clear channels of communication & supporting you to express your divine truth out into the world.



Pink Moonstone: Divine feminine energy, emotionally balancing and soothing. Enables you to really go with the flow and the cycles of the moon and tap more into your intuition and psychic abilities.



Spiritual Technology – Vesica Pisces

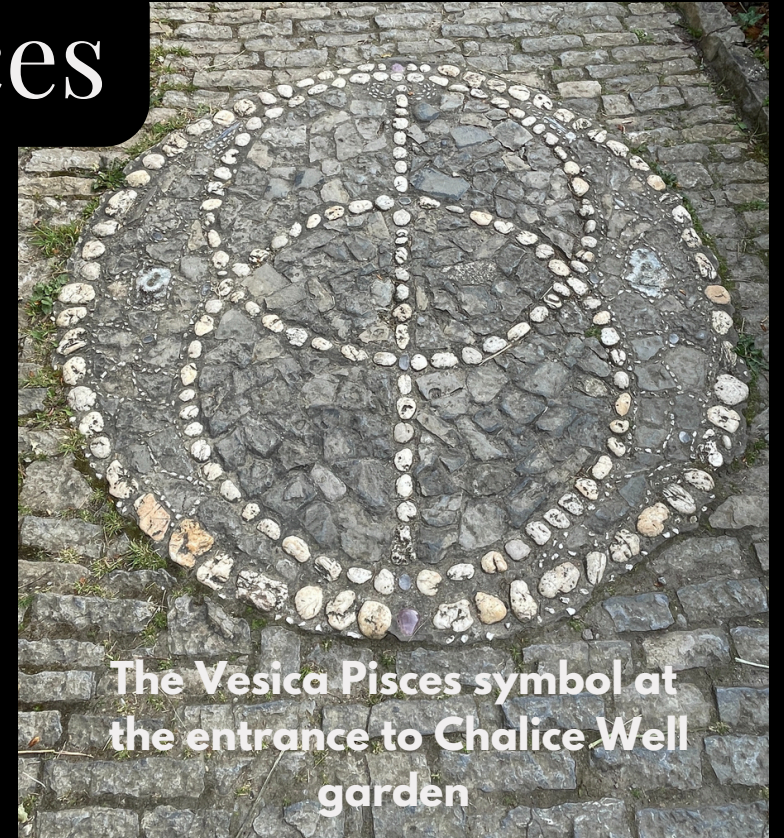
The Vesica Pisces is a sacred geometric symbol, representing duality, unity and interconnectedness.

The two outer circles represent the polarity of opposing forces such as day and night, female and male, spiritual and physical, but we also see the interconnectedness that comes via the central space, representing the point of balance between those polarities, a place of harmony, unity and ultimately creation.

Through this central point of balance, known as the womb of the Goddess, the Vesica Pisces symbolises fertility and abundance, ripe with the potential for new opportunities, transformation, rebirth and co-creation.

It's also seen as a portal to other dimensions, supporting the opening up of the psyche and our exploration into other realms such as the galactic, cosmic and elemental kingdoms.

Using the Vesica Pisces in crystal grid work amplifies the energies of balance, creation & unity



Somatic Embodiment

Somatic Embodiment takes the integration of your Alchemical Union shifts to the next level. It's part of the RE-code & RE-align process that anchors the shifts into your nervous system, cellular memory & physical body.

Once you have decoded the old and are ready to recode the new, work with one or two of the following suggestions for 7 days, whilst focusing on the new pattern/code. These slow movements and breathing practices support you to "anchor the alchemy" gently into your daily body rhythms, rooting the new codes in the physical realm and grounding your shifts into reality.

Somatic Practices

Vagal Toning with Sound - To anchor and soothe the nervous system after big energetic shifts.

- **Sit comfortably, spine long but relaxed.**
- **Take a deep breath in and then hum on the exhale, a deep, low hum.**
- **Focus on the vibration in your throat, chest & belly.**
- **Hum for 1-2 minutes, resting in between breaths.**
- **You can even alternate humming with an open vowel sound like "Ahhhhh" if it feels natural.**

Optional: Imagine the White Queen strengthening your inner light & the Red King stabilising your core.

Somatic Practices cont.

Hand-to-Heart-Hara Connection - To ground the alchemical marriage into your physical body.

- Place one hand on your heart (center of chest) and one hand on your lower belly (below the navel).
- Close your eyes. Breathe slowly into both hands.
- Feel the heartbeat and the breath rising and falling in the belly.
- Imagine a golden thread connecting the two — heart and hara.
- Stay here for 2-5 minutes, breathing gently.

Optional: Whisper to yourself: "I unify. I embody. I create anew."

Somatic Rebirth Curl "Seed Form" - To anchor the new "you" as part of the Rubedo phase

- Lie down on your side or back.
- Curl into a soft foetal position, arms around legs if comfortable.
- Imagine you are a sacred seed being held within the Earth.
- Breathe deeply, gently expanding and softening the body with each inhale.
- After a few minutes, slowly unfold yourself — like a flower opening — and stretch into a new posture.

This simple shape tells the nervous system: "It's safe to grow. It's safe to be new."

Our Lady of Avalon



"Lady of Avalon" by Caroline Lir

Our Lady is an ancient primordial feminine energy, who encompasses the mystical energies of Glastonbury and Avalon. She has a shrine by the healing pools of the White Spring.

She appears in different guises, including the Crone, Swan Maiden, and Mother, reflecting the Goddess's multifaceted nature. As with Lilith and the Black Madonna, she embodies the energies of both death and rebirth. Her energy supports us to surrender to the transformation process of the void with faith and trust in the journey.

The landscape of Glastonbury is seen as the body of the Goddess and she is deeply connected to the nature spirits and elementals that reside in this sacred landscape. Ruling over this magical Isle of Avalon, her presence imbues Glastonbury with its unique transformational energy, making it a powerful portal for spiritual transformation.

Embodiment Prompts – Grab your journal, sketchbook or audio recorder..

Reflect on the union of opposites within yourself. In which areas of your life do you feel most balance in your feminine/masculine - receptive/active energies? In which areas do you feel you are leaning too far in one direction? Does it feel like you need to bring more balance to that & how might you do that?

How do you allow (or resist) your emotions to move through you? What daily practices or rituals help you restore balance and harmony when you feel out of sync?

Where in your life are you being called to release control, trust the process, and let the Goddess work through you? What emotions surface when you contemplate truly letting go?

What would it look like for you to create a daily or weekly ritual that consciously invites in Goddess energy? How might you personalise this to reflect your unique path and intuition?

Where are you currently resisting the “balance” or holding onto old programmes? Feel into a pattern, emotion, or memory where you feel ready to create more unity, through purification and release.