

PURPLE EAGLE TRIBE

The Alchemy of Self™ 2.0

Curriculum Outline

A 13-Month Psychosynthesis Journey of Inner Transformation & Embodied Wholeness

The Spiral Framework

The Alchemy of Self™ unfolds as a spiral, not a linear path. Each module deepens awareness and expands consciousness, guiding students from grounding to healing to alignment to embodiment to illumination.

Grounding	Healing	Alignment	Embodiment	Illumination
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RETREAT 1 · SACRED BEGINNINGS

Planting the Seed

Grounding in Intention, Safety & Purpose

Element: Earth Alchemy

FOCUS AREAS

- Root chakra activation
- Grounding and presence
- Establishing the energetic container
- Intention setting and purpose clarification
- Opening the field for transformation

KEY TRANSFORMATION

"I arrive. I am ready."

This retreat initiates the spiral and prepares the body, psyche, and soul for the alchemy ahead.

Discovering Self

The Birth of the Inner Observer

Element: Earth Alchemy

FOCUS AREAS

- Awakening the Inner Witness
- Understanding the structure of consciousness
- Observing inner polarities
- Disidentification
- Self-perception and objective awareness

KEY TRANSFORMATION

"I am aware."

Awareness becomes the stable foundation upon which all future alchemy is built.

Emotional Healing & Inner Harmony

Meeting the Parts Within

Element: Water Alchemy

FOCUS AREAS

- Meeting subpersonalities and inner parts
- Healing the inner conflict
- Emotional literacy and resilience
- Compassion-based integration
- Re-establishing internal flow

KEY TRANSFORMATION

"I welcome all parts of me home."

Fragmentation softens and emotional coherence begins to emerge.

Inner Child, Beliefs & Self-Compassion

Opening the Heart to Its Own Truth

Element: Air Alchemy

FOCUS AREAS

- Inner Child healing
- Limiting beliefs and mental patterns
- Heart coherence
- Releasing old emotional imprints
- Building self-trust and self-love

KEY TRANSFORMATION

"I lead with love."

The heart opens, transforming wounds into compassion and fear into trust.

Bridging the Personal and Transpersonal Self

Living from a Deeper Center

Element: Ether Alchemy

FOCUS AREAS

- Ego-Soul relationship
- Disidentification from subpersonalities
- Transpersonal qualities and intuitive guidance
- Surrender vs. striving
- Living from higher intelligence

KEY TRANSFORMATION

"I am a bridge between soul and form."

Alignment with the Transpersonal Self becomes an inner state of harmony and receptivity.

Illumination, Ideal Model & Authentic Blueprint

Seeing the Self You Are Becoming

Element: Light Alchemy

FOCUS AREAS

- Creating the Ideal Model
- Discernment: persona, projected self, expected self
- Authentic expression
- Vision building and identity elevation
- Creative imagination as a psychosynthesis function

KEY TRANSFORMATION

“I see with clarity the Self I am becoming.”

Illusion dissolves, purpose illuminates, and direction becomes clear.

The Dimensions of Will & Divine Co-Creation

Acting from Soul-Led Alignment

Element: Fire Alchemy

FOCUS AREAS

- The Four Dimensions of Will
- Energy mastery
- Commitment, choice, and intention
- Inspired action vs. force
- Aligning personal will with Universal Will

KEY TRANSFORMATION

“Thy Will and mine are one.”

Empowered action emerges not from force, but from soul-led alignment.

Integration & Living the Alchemy

Wholeness as a Way of Being

Element: Synthesis

FOCUS AREAS

- Harmonizing Love, Will, and Wisdom
- Embodying the Ideal Model
- Living with integrity and authenticity
- Soul-led leadership
- Sustaining transformation as a lifestyle

KEY TRANSFORMATION

"I am the living synthesis of all that I am."

Wholeness becomes embodied. Transformation becomes a way of being.

Integration, Gratitude & Radiance

Completing the Spiral. Beginning the Next.

Element: Synthesis

FOCUS AREAS

- Honoring the journey
- Ritual and ceremony
- Somatic integration
- Celebration of transformation
- Anchoring a new identity

KEY TRANSFORMATION

"I am whole. I am free. I am home."

This retreat completes the spiral and initiates the next cycle of awakened living.

THE 13-MONTH ARC

Module Overview

A complete map of the journey from grounding to radiance.

Module	Focus	Transformation
Retreat 1 — Sacred Beginnings	Grounding, intention, safety	Readiness for transformation
Module 1 — Awareness	Consciousness and the inner witness	Awakening awareness
Module 2 — Integration	Emotional healing and subpersonalities	Inner harmony
Module 3 — Heart Expansion	Origins of Identity, Beliefs & Self-Compassion	Remembering the Authentic Self
Module 4 — Alignment	Personal and Transpersonal Self	Divine communication
Module 5 — Vision	Ideal Model and blueprint	Illuminated purpose
Module 6 — Power	Will, energy, co-creation	Empowered action
Module 7 — Embodiment	Integration and authenticity	Living wholeness
Retreat 2 — Celebration of Self	Integration and radiance	Transformation anchored

"I am whole. I am free. I am home."

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