

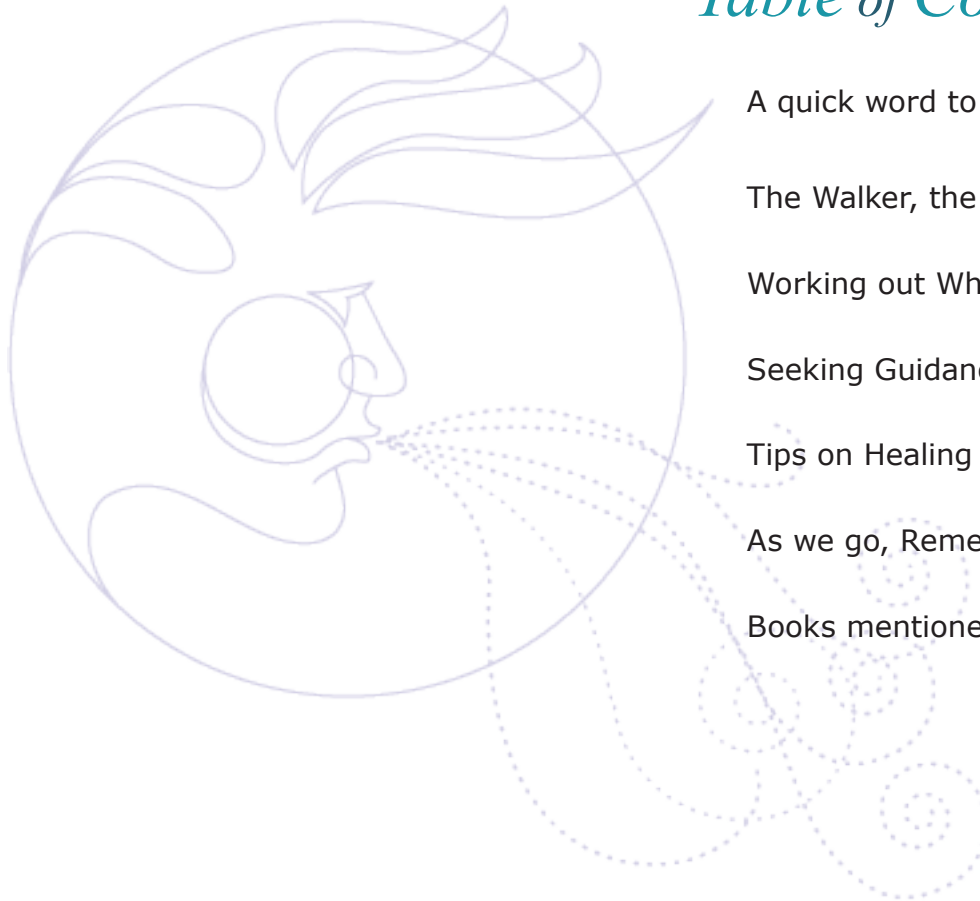
# The Alchemy of the Three

BOOK ONE



Robin Taylor

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## *A Quick Word to Begin*

Louise Hay's book *You Can Heal Your Life* was the first springboard for my interest in the idea that negative emotions are harmful to our physical body's health. And I've been exploring this idea for many years, using the concept to heal myself and others towards emotional well-being and improved health.

We are very good at burying our emotions. What many of us do not realise is those buried emotions effect not only everything we feel, hear and say, but our health as well because they unbalance the cells in our body. If we desire a calm, contented and healthy existence, the challenge is to discover the buried emotions that are causing problems and heal them.

This is something we can do ourselves and this is what *The Alchemy of the Three* is all about. I want to show you that the source that can give us the most accurate answers and guidance abides within us. There is more to us than our human aspect, and in the following pages I will share with you the many wonderful things I have discovered about

Sometimes we become fixed on getting something in a certain way. We hold on so tightly to how we want something to happen we don't allow other possibilities of how it might happen. When I moved from Sydney to Melbourne some years ago I had firmly fixed ideas on where I was going to live, what work I was going to do, and the time frame it was all going to happen in. I didn't allow the possibility of any other way other than my idea of it all. I had been warned by the above message, but at that stage I hadn't 'got it' about how one works from the Divine self. I was in touch but still separate. And I was surprised and disappointed that I couldn't bring to me what I sought. Nothing was happening the way I wanted it to or when I wanted it to. Until I let go my ideas, and asked for a change in the energy of my situation. I also affirmed I would consider any opportunity that presented itself. And that got things rolling in from directions I had not even considered.

I believe the most important quest on our journey is the challenge of awakening to our Soul and to the God I Am presence within us. This then opens the way to discovering how to utilise our Divine self in every day life. As you can see by the dates I have given, my awakening so far to who I am has taken many years. And so I'm surprised I am being urged to pass on some of what I now understand and have remembered on this journey so far. Maybe I am being pressed to share my experiences and beliefs in the hope others may 'get it' a little quicker than I did.

The separation from the Divine by the way always comes from us, by not believing or not taking who we are seriously. But when we initiate our three-dimensional Divine



Back in the mid 90's I had a very strange year in my spiritual journey. The experience had an Alice-down-the-rabbit-hole similarity that is sometimes called a rapid opening of the third eye. During this time I channelled my Soul thinking she was a spirit guide and I became very confused about what I thought was happening. It was a time when I travelled in illusion thinking it was my reality. All it took was my vivid imagination and a Soul eager to get me along my spiritual path.

Some years later I wrote about the experience in *Soul in my Shoes*. I went back through my journals of that time for reference and in doing so I cleared up quite a few unsolved mysteries. Some weren't even mysteries, they were messages meant to create possibilities for me to remember who I was. I created the mysteries by how I chose to interpret the messages in relation to what was happening, or what I thought was happening in my life at that time. My rabbit-hole adventure was a classic example of how we can create our own learning experiences without being aware that we are doing so.

Going back through my journals I also discovered many new insights and lots of information I had missed during the process of unravelling what was going on back then. And I realised that by keeping my journals I was both the walker and watcher of my path. I made many mistakes, but I learnt so much during that time and in hindsight, I couldn't possibly regret them. My Soul was teaching me what I needed to know and I was recording the process even if I only understood a little of the multi-layered information I was being given at the time.

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*Journeys  
are complex.*

*To  
remember  
and  
understand  
the process,  
is the  
challenge*

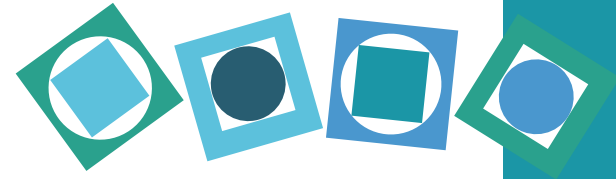
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Here is an example of just one way you can begin to work on this wish.

As you can see, I have put a question in a circle in the middle of the page and branching out from there are suggestions of what one might have to do to be happy. Now should you try this process your circles would contain completely different suggestions as you would have initiated your Divine side before beginning. Therefore you would write down the first thing that comes each time you ask the question you have placed in the middle of the page. Keep asking the question until nothing more comes. This type of work gets easier the more you do.



# Working out who we are, *Heals*



Everyday life sucks us into the illusion of its importance at every opportunity, and without realising we can drift off our spiritual path trying to solve our problems. What we should be doing as soon as a problem arises is think of ourselves as a triangle, with the human us as just one of the three legs, remembering always to use the other two (spiritual) legs, the Soul and the God I Am. The alchemy of the three.

If we want to heal ourselves and live a happy love-filled life we have to be prepared to commit a certain amount of time a day to working from our Divine aspect ( $\Delta$ ), and our journal is a great way of remaining focused. This balancing of daily life with spiritual life is a challenge we all have, but one that is worth the effort because it enhances our ability to operate from a calm and centred base. This is where Divine light, faith, and trust comes in. Working with our Divine side not only lets us heal any fears, it can give us the knowledge we need to choose our path and our tactics.

Most of us are so busy living day-to-day we make no time to listen to our inner voice (God I Am presence within) when this is where we should be working from in order to deal with everyday hustle and bustle. We are our own power, wisdom, and healing. The more we are aware of what is happening within us and around us, the more we can work on letting go those things that are not working for our good. As I have said before, we are responsible for our life and our actions, no one else. And that can be scary until we remember who we are and that we are never alone.

Doing something in our journal every day or so helps us get to know ourselves - something some of us don't give much thought to until we crash in a heap. How do we really feel about the life we are living? What are our wishes for the life we want (desperately perhaps) to live? Or maybe we need to see more clearly that where we are right now is where we want to be, and we haven't owned or appreciated this fact. The more work we do in our journal the easier it gets. And what this does is open us up to maybe taking steps towards new possibilities for health and wellbeing. Or maybe not. The choice is always ours. And we do not get help unless we call upon our Divine side to initiate what it is we wish to create or change. If we don't do this, it means we are accepting our condition. It is all to do with free will and choice.



*“You have **the answer within you.***

***Remember. Give yourself time to remember”***



## Ideas for Journal Work.

- After we initiate help from our Divine side, (our Soul and the God I Am within) each time we start working in our journal, we can also make a promise that we want to honour our truth, for we can tell ourselves wonderful fibs or block what we don't want to know, and sometimes not even realise we are doing it.
- There are many ways to work in our journal. Sometimes I create a web of circles or squares as a way to look at what I have to work on. Other times I make lists. For example.

What do I fear?

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Why?

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What do I resent?

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Why?

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