

Spiritual Alchemy

A list of declarations

By Lalah Delia

A path of transformation, inner-liberation, and change.

This theme revolves around the essence of embracing and discovering the higher purpose, personal power, and divine roles in transforming and transmuting ourselves, our energy, our circumstances, our pain, our experiences, our lives, our environment, and our paths.

- 1. I affirm my ability to turn challenges into opportunities for growth.*
- 2. I commit to embracing change as a pathway to transformation.*
- 3. I intend to manifest my highest potential through the alchemical forces within me.*
- 4. I courageously explore the depths of my being to discover my true purpose.*
- 5. I welcome evolution, adaptation, and flourishing in the crucible of change.*
- 6. I believe in the alchemical journey as a gateway to self-realization and enlightenment.*

- 7. I dedicate myself to healing past wounds and embracing inner strength.*
- 8. I align with the universal flow, guiding me towards my divine purpose.*
- 9. I trust the alchemical process, knowing that each trial brings deeper understanding.*
- 10. I embody resilience in the face of adversity, seeing challenges as growth opportunities.*
- 11. I have unwavering faith in the transformative power of spiritual alchemy, ascending to higher realms of consciousness and existence with each step.*
- 12. Spiritual alchemy is liberating me.*

Divine flow:

Spiritual Alchemy

Notes for the your spiritual alchemy path

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I am embodied | Log your actions

I trusted the alchemy today.

I mindfully do what needs to be done at this stage of my spiritual alchemy process.

I visualize myself overflowing with gratitude for the transformation and positive changes within me and in my life.

I supported myself by | Log your actions

Journal for divine flow, free-writing, & insights:
