

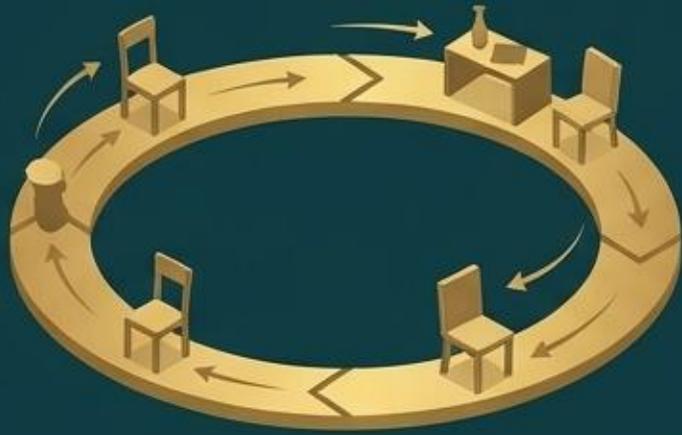


VERTICAL ALCHEMY

From Zero Point to New Life

Winter Solstice Ritual 2025

THE TRAP OF HORIZONTAL CHANGE



Rearranging the Furniture

We change partners, jobs, houses, but 6 months later, the exact same emotions resurface.

Horizontal Resolution: Reordering matter without changing energy.



True Vertical Alchemy

Vertical Alchemy: True transmutation. Moving from Death (A) to Birth (B) by changing the self, not the scenery.

THE MAP OF REALITY



Upperworld (Point B)

Soul: Vos (The Bird)
Inspiration, Dreams, Future.



Middleworld (The Path)

Soul: Koot (The Deer)
The Present, Action, Will.



Underworld (Point A)

Soul: Tios (The Fish)
Past, Identity, Limits.

Tengri: The Observer

THE RIVER OF GRAVITY



The Law of Entropy

A cosmic river flows naturally downwards from the Upperworld to the Underworld.

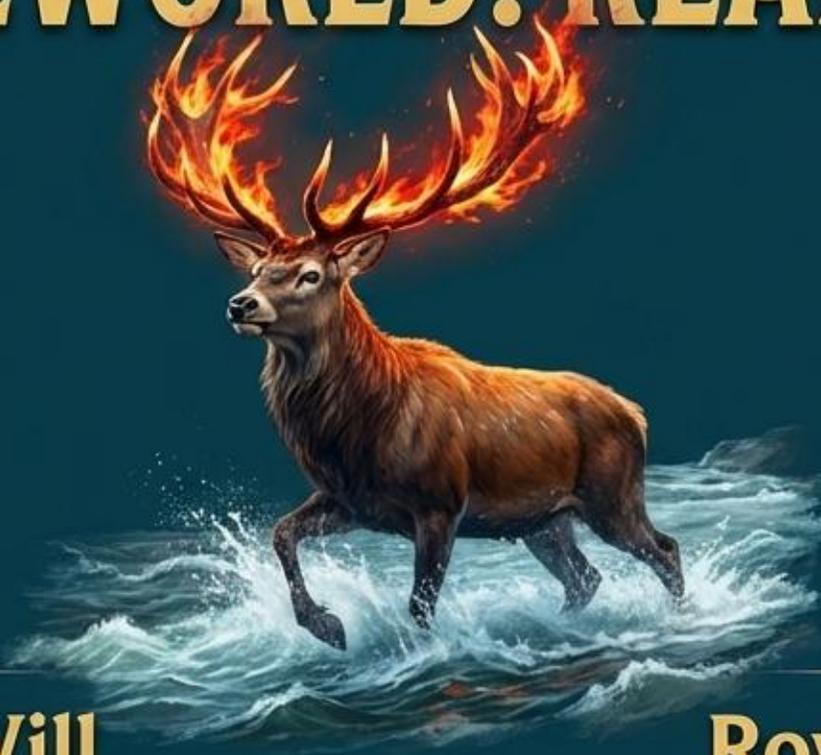
The Drifter's Fate

If you do not row, you drift. Without conscious effort, Dreams (B) degrade into Memories (A).

The Calcification

A child's spontaneity solidifies into rigid identity. This is the inescapable gravity of existence.

THE MIDDLEWORLD: REALM OF KOOT



The Realm of Will

The Middleworld is the only place we can exert force. Domain of Koot (Vitality & Will).

Rowing Upstream

Our mission is to use Will Power to row upstream against entropy. We must actively move energy from the **Past Past (A)** to feed the **Future (B)**.

THE REAL REASON WE FAIL

It Is Dispersion

Failure isn't just the surprise of cold water. It is because our Vital Fire (Koot) gets scattered.

- "I have to" obligations
- Endless checklists
- Distractions & entertainment



Dissolved Will

When energy leaks, we lack the unified intensity to connect A to B. The bridge collapses.

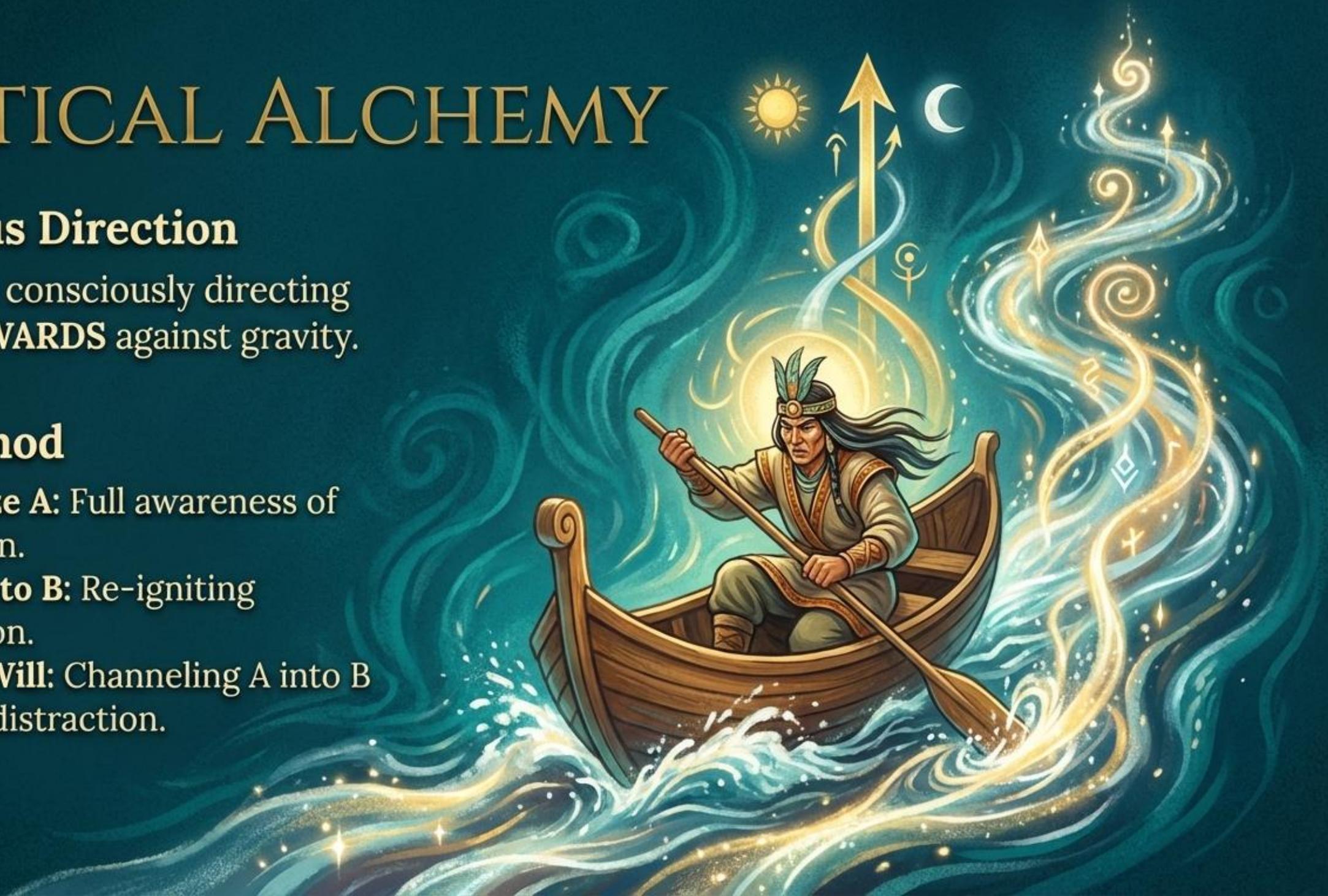
VERTICAL ALCHEMY

Conscious Direction

The work is consciously directing energy **UPWARDS** against gravity.

The Method

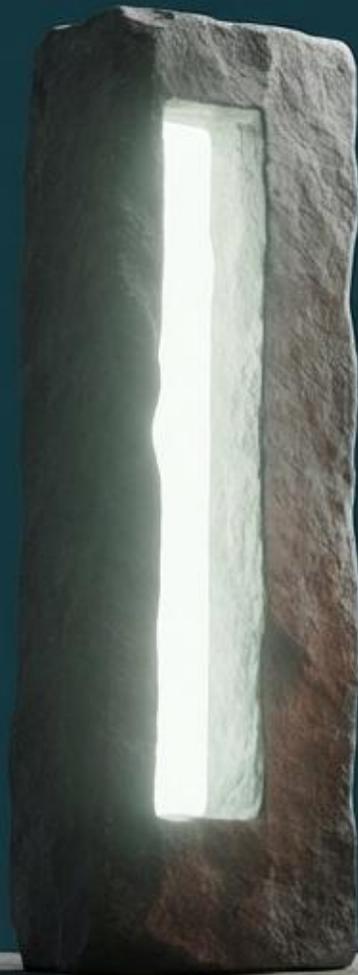
1. **Recognize A:** Full awareness of limit/pain.
2. **Connect to B:** Re-igniting inspiration.
3. **Unified Will:** Channeling A into B without distraction.



2026 PILLARS

CLARITY

Understand the alchemical process, vertical movement.
Clarity about Point A, Clarity about Point B.
'No Jokes'.



STRENGTH

Cultivating the 'Koot' (Fire) energy to stay focused.
Starting 2026 with warrior intensity.



THE SWIMMING ANALOGY



When you are in the middle of the ocean, you cannot be distracted. You must channel ALL energy into the stroke. If you disperse, you sink.

The Middleworld Reality

THE PROTOCOL FOR 2026



1. Deep Awareness (A)

Stop hiding from shadows (A)



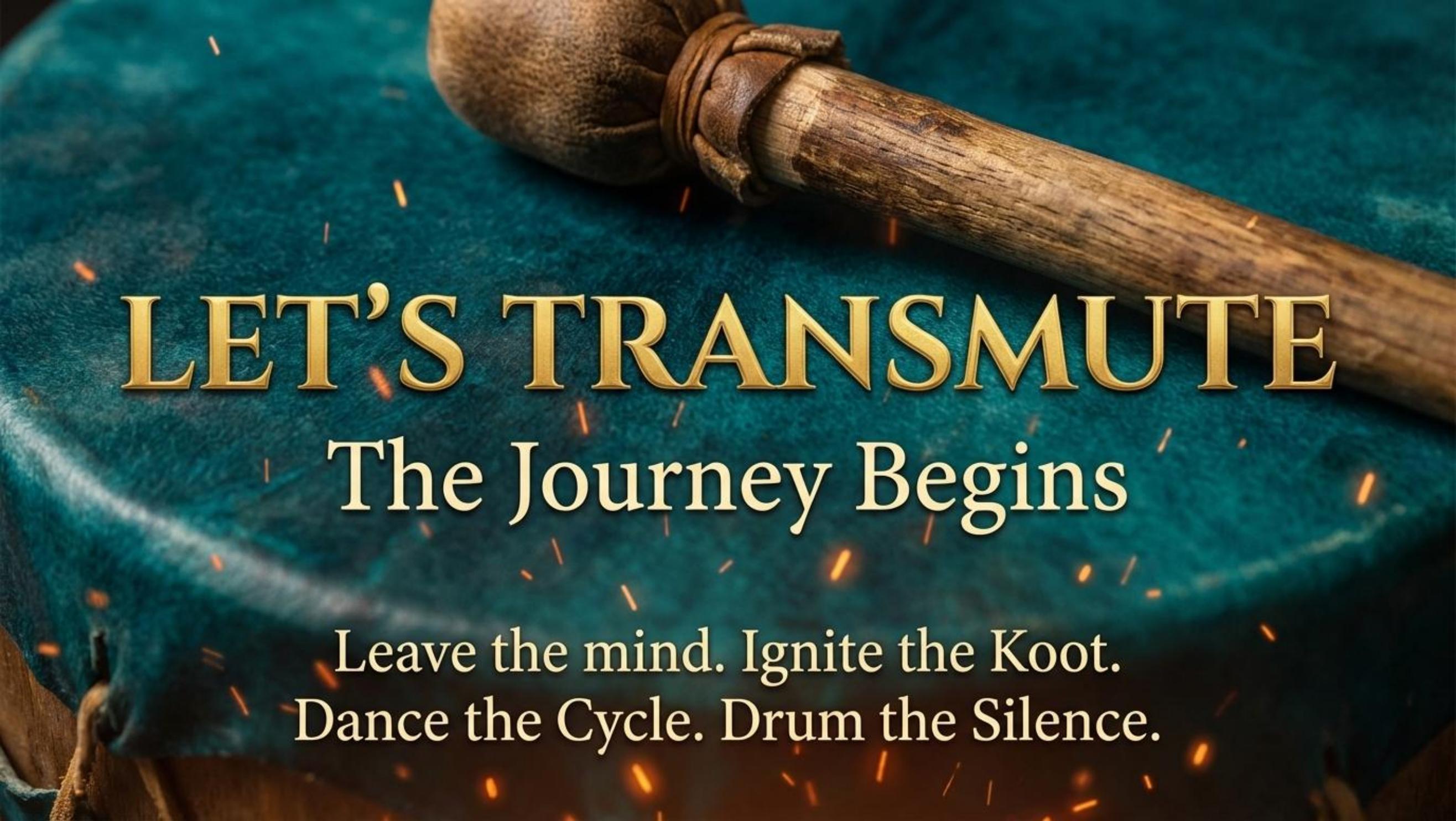
3. Unbroken Focus (Middleworld)

Direct your will (Deer)



2. High Inspiration (B)

Let Vos fly (B)



LET'S TRANSMUTE

The Journey Begins

Leave the mind. Ignite the Koot.
Dance the Cycle. Drum the Silence.