



The Alchemist's Notebook...for Practitioners Lesson #8:

1. Regarding TAHL, we are one way before and another way after. Period.
 - How does this idea land with you?
 - How do you bring this into TCM and practice?
 - How do you work with clients in approaching this exact moment and its results?

2. As a practitioner, one of the most important things we can do is create a safe space.
 - How do you do this in your practice?
 - Do you bring in and incorporate your client's Beliefs?
 - Do you bring in Qi in any way - possibly with the Qi Gong concept of creating a Qi Field?

Alchemy for you...

3. Suggestion: How do you cultivate self-compassion?
 - Is this a regular part of your own practices?
 - Do you bring this into your medical practice?
 - Do you teach this to your clients?