

Y4 Energy Module

HOMEWORK ANNEX

September 29 | 2025 – April 13 | 2026

INNER ALCHEMY TEMPLE GENERAL OUTLINE

The Temple of Inner Alchemy is a living space of service and transformation, sustained by the Purity of Purpose and the high vibration of conscious group work. Inner Alchemy is not about changing the world but about allowing the Light to shine through it from within.

I. THE ETHERIC FIELD AND THE SACRED PURPOSE

Etheric Field: It is the energy matrix that sustains and gives vitality to all forms on the physical plane: bodies, spaces, cities, and even the entire planet.

Today more than ever, in the face of humanity's complex challenges, it is urgent to incorporate integrative approaches that include the energetic dimension as key to **conscious transformation**.

Working with the etheric field is done through resonance, pure intention, and cooperation with the Higher Intelligences of life.

Therefore, working with the etheric field is a conscious act of cooperation with the Higher Consciousness and a silent service to the evolution of the Earth and humanity.

The main purpose is to establish a living and continuous process to **energize and sustain the Inner Alchemy Temple**, and to develop the practice of energy work oriented towards serving humanity.

Connection with the Inner Alchemy Temple's philosophy: **Let's work together!** This is not just a phrase, but a **resonant frequency** that unifies, aligns, and energizes the purpose of the group.

II. ENERGIZATION AND SUSTENANCE

The manual "Inner Alchemy Temple" with all the detailed information, can be found on the student portal. This task will continue until **October 2026**.

Consciously integrate in your daily practice:

- Aura cleansing
- Alchemical alignment
- Connection with the Divine Presence
- Atonement with the Temple and the group
- Affirmations, decrees, breathing, meditations
- Introspection and practice of inner silence



Temple Living Experience Meetings

- **Frequency:** Meet once a month (zoom).
- **Duration:** At least 1 ½ hours.
- **Leader:** Choose a different leader each month.
- **Attendance:** Everyone must attend.
- **Purpose:** Living Experience of the Temple of Inner Alchemy.

Study Group of Temple Foundations

- **Frequency:** Meet once a month (zoom/WhatsApp).
- **Duration:** 20 minutes
- **Date/time:** To be decided by the participants.
- **Attendance:** Couples/triads - Each month you will work with a different partner.
- **Purpose and focus of study:** Practice one of the Temple Foundation per month:
 - The Centre – The Law and the 3 Bases (November 2025)
 - The 10 Columns and Arcades (Dec 2025 – Sept 2026)
 - The 3 Windows of Perception and the Golden Dome (October 2026)
- **Progress Report:**
 - Write a short personal report about your experience with the monthly topic.
 - Send the report to the leader of the month, before the monthly Temple meeting.
- **Individual notes:** Each student should keep a personal notebook to record your perceptions, progress, insights, doubts, and observations along the way.

Leader's responsibilities

- The leader will **conduct** the opening and guide the entire Temple process.
 - Guide the process of opening and closing.
 - Maintain the Temple flow inviting each participant to enter the temple one at a time.
 - Direct and sustain the energetic field of the Temple (decrees, etc).
 - Prepare a closing text for the Temple practice of the day.
- Write **and send** a report to the tutors with:
 - Notes on each student's participation and performance during the Temple.
 - Perceptions of individual and collective energy management: What were the qualities of the energy generated by the group? Were all able to reach and sustain the 7thD and 10thD together? Were they able to return to the 3rdD together?
 - A summary of each participant's report on the foundational principals of the temple during the meeting in pairs/triads.



III. GENERAL GUIDE FOR THE TEMPLE PRACTICE

a. Personal Preparation: before entering the virtual meeting

- Find a private place/space where you can be in silence and not be disturbed. Clean the place (room) where you will be during the temple, which is the etheric field of the Temple so that it is harmonious and aligned.
- Consecrate your private space - lighting a candle, incense, use essential oils, or sacred sounds. Remember that the power lies in the attitude of ritual, not in the objects you use.
- Each participant should cleanse their aura and align themselves.
- Decree the Violet Consuming Flame (p. 32 # 39-43 of the manual).
- Be ready at least 5 minutes before the starting time.

b. Opening of the Temple: all students must be present at the virtual meeting.

- Be centred, aligned and in inner silence.
- Together, the whole group should do a series of deep breathing, at least three times, connecting with each other and feeling the etheric lines that connects one another.

c. Entering and Circulating within the Temple

- Enter and proceed to the Centre and the 3 Bases of the Temple.
- Walk counterclockwise through Bases 1 → 2 → 3, attuning yourself.
- Starting with the first pillar, walk through the 10 pillars and arcades counterclockwise, recognizing the vibration of each one.
- Upon reaching the 10th pillar, Fraternity, turn and walk clockwise toward the Centre.
- Integrating and recollecting the energies.
- Finish the circulation by passing through Bases 3 → 2 → 1 and the Centre, exit facing the Centre altar, walking backwards, in reverence.



IV. PROCEDURE FOR THE OPENING AND CLOSING OF THE TEMPLE CEREMONY

All participants must be prepared, following the instructions for personal preparation, and be in a private place without interference throughout the process. It is necessary to breathe consciously— at least three complete cycles of deep inhalation and exhalation—and affirm: **“I am at the service of Life, Truth, and Higher Purpose!”**

The leader can guide a visualization, with a silver line connecting each other at the heart, calling by name each student, anchoring the group.

The leader is the first one to enter the Temple. He/she makes their way through the Bases, and remains in the Centre beginning the Temple Ceremony:

Opening and Consecration of the Temple: (all participants)

I consecrate this space to Light, Truth, and Higher Purpose!
May all that manifests here be in Harmony with the Higher Will of the Divine Plan.
May this space be protected and available for the Service that will be performed here. I am at the Service of Life, Light, Truth, and Higher Purpose!
I AM THAT I AM (3X)
SO, BE IT!

The leader makes his way through all the Columns (1 → 10) and remains inside the Temple. Immediately afterwards, the leader calls each participant by name and invites them to begin their journey - counterclockwise - starting from the Centre, passing through the Bases and the Columns. And proceed, their exit clockwise from the Columns (10 → 1), the Bases (3 → 1), and the Centre, finally leaving the Temple backwards, without turning their backs to the Centre. Everyone must remain silent and in meditation throughout the whole process. Once all participants have completed their journey, the leader will begin the Energization of the Temple by reading the following decrees:

Preparation for Service: (all participants)

Divine Presence I AM in our hearts, and in the hearts of the people present here and in the hearts of all humanity, take over the guidance and control of Your Emanation of Life. Fill us with Your Light and radiate it, making this space increasingly ready to receive the Divine Gifts that will flow to help humanity.
We thank You for the opportunity to serve.
I AM THAT I AM! (3x).



Invocation to the Green Flame of Truth: (all participants)

In the Name of the Beloved, I AM Presence which I Am, in our hearts,
we invoke the Mighty Flame of Truth!
We command that you take over all places on this beloved planet
where any livestream is crying out for Truth.
Precipitate Your Sacred Fire upon the mental body of all humanity, break all the
negative thought forms we generate, and dissolve all narrow and fanatical ideas.
From humanity in general, free the emotional body from all falsehood, impurity, and
lack of control.
From humanity in general, cleanse the etheric body and all imperfect records built up
over centuries.
For humanity in general, shine forth in our physical bodies and help us free ourselves
from the tendency to accept and manifest imperfections, diseases, and imbalances.
Powerful Green Flame, we also pray for those who ask to know the Truth, choosing
to leave the mass consciousness.
Remove from them all vibratory action that is less than the Truth and Sustain them
in this quest.
May the Emerald Green Flame of Truth show humanity in general,
the perfect path of Return Home.
We accept this call, now fulfilled in Glory and forever!
I AM THAT I AM! (3x)

Blessing from the Great Divine Director: (leader only)

Children of the Diamond Heart,
I envelop you in the Golden Flame of My Love,
I protect you with the shield of My Power,
I lift you up by the hands of your Own Divinity,
I bless you with the fullness of My Light,
I give you the sceptre of your Own Dominion, and
I seal you in the Eternal Freedom of your ascension,
in this supreme ecstasy, the Presence of the Diamond Heart I AM!
I AM THAT I AM! (3x)

At this moment, the leader must use their own text, previously prepared.

Service to Humanity: The leader will guide all participants to tune in to each other and, together, as one body, rise to the 7th dimension, and slowly rise the energy to the 10th dimension, connecting heart and mind. From there everyone will emanate peace and harmony for all humanity and the entire Earth.



Everyone should remain in silence for a few minutes, working on their visualizations, following the guidance of the leader. When the group feels ready, the leader guides the descent to the 3rd dimension, making sure that everyone descends together as one body, grounded and fully back in their bodies.

Closing the Temple

Electronic Circle: (all participants)

We demand, we command, and we insist, and I AM the Mighty I AM Presence that I AM, which directs and forever maintains, around the Inner Alchemy Temple, the Electronic Circle charged with the Cosmic Victory of the Invincible Unfed Flame of Eternal Harmony!

We command that the Blue Ray of Cosmic Purity and Harmony descend (3x) upon us, instantly consuming and dissolving all manifestations of selfishness and negativity before they can ever act or approach, and that we stand Free, masters of our world, everywhere forever (3x)! May the Blue Lightening of Invincible Cosmic Purity be around the Inner Alchemy Temple, charging it with the Victory of the Invincible Eternal Flame.

I AM THAT I AM! (3x)

Here, the leader finishes his/her journey— walking clockwise—through the Columns (10 → 1) and the Bases (3 → 1), while extinguishing the candles and closing the Temple, decreeing:

Decree to return the Flame of the candle to the Universal Source: (the leader alone)

Now, as we return this physical Flame to the Great Central Sun, from where it came, we ask that it be our Messenger and carry, to the Heart Centre of Creation, the call of our Heart for all Light, all Love, all Power, all Sacred Fire, and all Divine Providence necessary to force the extinction of all human creations. May all human creations be replaced by the Purity, Victory, Light, and Freedom of Beloved Saint Germain and Jesus Christ for all humanity and throughout all ages. May the Divine Plan of Eternal and Invincible Freedom and Victory of Light for the whole World be fulfilled.

I AM THAT I AM! (3x).

SO, BE IT!

Finally, the leader invites everyone to give thanks and celebrate once again the opportunity to serve humanity.



Listen to the music “Non Nobis Domine” to close the Temple ceremony and the working groups.

It is time to commemorate together the opportunity to serve the Light and to say goodbye with the certainty and humility of having each done their part.

PRACTICES FOR DEVELOPING ETHERIC MANAGEMENT

The “Golden Key” refers to the five fundamental internal disciplines that awaken, refine, and develop the etheric energy system.

These are: **Observation - Visualization - Meditation - Introspection - Concentration or Focused Intention.**

Spend a few minutes each day tuning into each of these fundamental disciplines. Observe any imbalances or areas that need more attention, and as you become aware of them, see how the development of your etheric energies may be impacting you.

I. Exercises to improve your Observation, Concentration, and Visualization skills.

From the book “Esoteric Practices” by Daskalos.

Drawing and visualization exercises:

A good way to start with the creation of the psycho-noetical images is to take some simple household object and study it in great detail over a series of days. Observe the contour, texture, weight and colour with full and unflinching attention.

Now, whether you can draw properly or not, take a pad of paper and pencil and, with the object in hand, do your best to make faithful and detailed drawings. With each drawing you will find you are able to add more and more detail.

After drawing the object over a series of days place it out of sight and draw it from memory.

Slowly, but surely, in time the image that is ingrained in your memory (by use of imprint ether) will pour out on the paper in detail.

The next day or the next week, draw again the object from memory and you will find it hasn't diminished but remains a vivid elemental within your subconscious.



Stored in your memory are thousands of living three-dimensional forms that you can recall at any time.

a. The Lemon

Practice the preceding exercise with a lemon. Spend several days drawing an actual lemon, and a couple of days drawing it from memory until you know well its outer form.

Take a lemon and turn it in your hands. How heavy it is? Feel the texture, scratch the skin and inhale its rich fragrance. Notice the hundreds of pores on the rind. What does it feel like?

Cut a slice out of the lemon. A little oil comes from the rind. Juice runs over your hand from the succulent pulp. Squeeze a few drops into your mouth and taste its sharp, tangy flavour.

Clean your hands, sit and relax. Bring to mind a whole lemon. Visualize it in your etheric hand with your eyes closed. Turn it before your etheric eyes. It is very much like the lemon you just held. You can feel its weight and waxy texture. Notice how the lemon is not fully yellow as it has lime-green colour on the crown.

Cut into your visualized lemon. See the glistening pulp. You can feel the oil from the rind on your fingers. Take the lemon to your mouth and squeeze a few droplets. Perhaps you will find yourself squinting your eyes for fear they may be sprayed. The sour taste makes your mouth pucker. With all your senses – your inner senses – you are experiencing this psycho-noetical lemon.

Try another fruit next week and as you grow more able to faithfully reproduce forms you will enjoy the development of your inner senses.

b. The Dove

Let us draw upon what we have within us, as thought, knowledge, and form. We are all familiar with doves: their size, shape, colour and weight. In this exercise we first visualize and then animate a dove.

Relax and breathe deeply. Visualize in your right etheric hand a dove made of white plaster. Notice the shape. The plaster is cool. Place your left hand on the dove. You can feel the texture of its feathers. They are not soft as a real feather. Scratch the dove a little with your fingernails. It is static because there is no Mind-life as kinetic ether in a plaster dove. Let it fall from your hands and watch as it shatters into pieces on the floor.

Hold out your right etheric arm and visualize a white dove as it is landing on your hand. This dove looks much the same as the plaster dove, but it is filled with life. She trembles as she balances on your hand. Her rose-coloured claws dig slightly into your skin, but it doesn't hurt. Her finely carved beak has a yellow hue.



Gently place your left hand on the dove. Through her chest feathers you feel her heart beating. She stirs as you stroke her silky feathers, but she likes your touch. She softly coos. Unlike the plaster dove this form has been filled with Mind-life. Caress her head with your index finger. Notice her dark round eyes blink as she moves her head. Fill your dove with love. Shake your hand and the bird takes flight. She doesn't fall to the ground as the plaster one did, but it rises and inscribes a beautiful circle in the air, before she returns to you. Caress her and send her once more up in the air to circle about and have her land again on your hand. With love let her go.

This dove will exist forever as an elemental. Whenever you wish you can call her back to your hand and even create another dove for her to play with.

AURA AND CHAKRA READING

- Each student will join another student from the group and decide how to divide up the people so that everyone has their drawings and reports done. Send the drawings to the person with copy to all tutors.
- Upon receiving the drawings and the report, each student must make their own personal assessment of their personal energy state; this must include:
 - How you perceive yourself in that report.
 - What are the patterns that sustain this energy state in you.
 - Develop a strategy on how you plan to heal and change these patterns. You will do this by activating the Heart and Higher Mind and imprinting a new image in each chakra of your physical and psycho-noetic bodies.
 - Write a personal report describing this entire process and send it to your project tutor. In it, you must include: the drawings and report made by your partner, all your drawings, the integration, and the personal assessment on how you plan to heal and change your patterns.

January 19 – February 20 | 2026

Complete your partner Aura and all Chakras Reading (physical, psycho-noetic, and spiritual bodies).

February 23 | 2026

Last day for each student to send their Aura and Chakras Reading, with all the drawings and complete report to the person they have done the reading (partner).

March 9 | 2026

Last day to send the complete Aura Reading with drawings, done by your partner and your personal Aura Reading Strategy Healing Plan report to your tutor.