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Potent Alchemy

a new approach to human transformation

Festive Greetings to you all!

In our last newsletter, I shared a poem about Love.: "I want you to know..." I even shared it on LinkedIn and was so surprised to see it was read by nearly 1,500 people. How did that happen? And then, I discovered that one of those people read my poem out at a conference on fostering. Rarely do we see the trace lines of our actions and even more rarely do we discover the impact of those actions on others. I was utterly delighted and humbled that what seemed like a risk on my part, became a gift to someone else. Well, here is another of those risks which I am sure will be a gift to many of you!

Laura Kinsler, one of our Presence in Action Practitioners, shares a personal story about what is helping her transform her interactions with her Dad. And in this lead up to Christmas.... how timely and on-point is her message!



What does Love look like?

Have you ever seen any of the Pink Panther movies? I often liken my relationship with my dad as that between Inspector Jacques Clouseau (Peter Sellers) and the Chief Inspector Charles LaRousse Dreyfus. Clouseau just goes about his daily business...burning down buildings, smashing cars...but also somehow solving cases and catching crooks...he is being him. The thing is the Chief Inspector is regularly triggered by Clouseau.

Recently my dad (an Italian immigrant to Sydney, Australia, who spent most of his life working hard for his family and trying to survive a culture that he didn't understand and that didn't understand him), came and visited me for 6 WEEKS. I find myself writing that in capitals as my fiction is that no one should visit anyone for 6 weeks...not even a Saint should visit for that long. But dad did.

To be completely factual, he visited me for 4 weeks, visited his brother in Italy for a week, and then came back to Edinburgh (where I now live) for 10 days. During the first 4 weeks, little triggers were going off in me quite regularly. I managed to work through these myself using the P6 Constellation (P6C). Dad's beliefs about women, about politics, about the world, about what I should and should not be doing with my life, about who I should and should not be, are quite different to mine. This has always had me believing that I am not understood, that I am the victim, that I am not enough...for him. Yet deep down, I know dad has always loved me...HIS WAY. That may not be what I want and need but, who am I to tell him how to love? Love is just love. It doesn't matter whether it's wrapped in newspaper or silver foil...the gift is the gift...I don't need to add my judgments (yet more fictions).

So dad comes back and I'm believing I've worked through my feelings and beliefs/judgments (fictions!), but the truth is I still have stuff simmering. Dad is home and I am in my room with my P6C peer group triad on-line, working through our stuff, together. We are navigating this territory for and with each other; we are grappling with our own triggers but, most importantly, we are holding the space for each other. Not trying to fix each other with our own fictions, just being there for each other. Because of them, because of this work, I am present to my own **rage**. I can't push it away. I can't run.

Yes, it's been sitting there, like a mean old man sneakily lurking in the darkness. On some level I know he's been there...I just haven't been able to see him until now, or maybe I have chosen not to face him until now. With the support of my group, we were able to shed a light on the old man...and gracefully show him the back door.

At that time, I was believing my rage was BECAUSE OF dad but it wasn't about dad...it was about me believing I am not heard, believing I don't have a voice, believing I am a victim, believing I have not earned the right to fully express myself. Having worked through this in my peer group session, the rage seemed to dissipate. I was left clear and present.

So I walk out of my room and into the hall to make a coffee and there was dad waiting for me.

"Do you have 5 minutes?" (Anytime dad speaks assume it's with a heavy Italian accent).  
"Sure, dad. What's going on?"  
"Come."

Dad pulled me over and covered my eyes. He then dragged me close to a mirror and started putting something on me. I genuinely had no idea what he was doing. He then took off my scarf and there it was...my very own apron. The apron had three hearts on it (I have 3 daughters), my name, and a message in Italian saying "you are a great mum".



I believe that previous to this work I would have been outraged. After all these years, after all I have done...this is what you think of me?? Yet what I would have missed is that this was dad's expression of love to me.

He loves me.

This is what I was able to access in that moment.

He loves me.

I then asked "Dad, would you just love me to stay in the kitchen all the time?" and he said "of course!".

I started crying...with joy...not rage or anger.

I told him (and sincerely meant) that this was the best present he could have ever given me. He told me he caught a train all the way into Venice (dad's home town in Italy is an hour from Venice) just to find the shop that makes these aprons. He interrupted his own holiday to buy this for me. I really got this. I heard him.

The distinction that has emerged for me in this is...it's not just about unconditionally giving love but **unconditionally receiving love**. In order to do this, I believe you need to be open, present and clear...enough.

Weeks on and I still go a little crazy when I interact with Dad. I still get a little twitch in my eye when we speak on the phone. I still don't agree with his world view. That has not changed.

But the truth is I love him with all my heart...and I am grateful to Louie, to the P6C work, to my supervision group, to my peer group, and to the P6C Community for having the patience and presence to help me really get present to what is in me, to own what is in me, and to create the possibility and space for Presence in Action (in that moment...Love and laughter) to emerge through me.

Coming soon...

R.A.D.I.C.A.A.L. expression: tbc

REX is the abbreviated acronym for this inaugural 'proof of concept' project which consists of a small-scale prototype of a grand-scale concept which integrates and leverages the creative arts with the intention of *"transforming stories, transforming lives."* We are actively seeking contributions of cash or skills to make help make this project happen. Do let us know if you have something to offer.

Presence in Action (PIA) Collective: launch 22 March 2019

We, as a Community-in-Practice are establishing ourselves as a Community Interest Company so that we can resource PIA Practitioners to bring PIA to people who ordinarily do not get the chance to benefit from personal/social/professional development opportunities. Launch date 22 March 2019. Put it in your diary and let us know if you want to come along!

Next newsletter...

Preparing ourselves to launch PIA Collective.

And finally...

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Upcoming Events

**PIA Collective Launch:**  
 **Meet our Community-in-Practice and see what we are getting up to!**  
**Edinburgh Launch: 2019 - 22 March** all day (times tbc)  
**BIG CIP Gathering (Members only): 2019 - 23 March, 1000h-1800h**

**REX Proof of Concept: transforming stories, transforming lives**  
 **R.A.D.I.C.A.A.L. Expression**  
**Edinburgh: tbc**

**EPiA: One-day introduction**  
 **Experience Presence-in-Action**  
**London: 2019 - 18 February**  
**Caux, Switzerland: 2019 - 16 - 20 July**

**POPIA: Four-day intensive**  
 **The Power of Presence-in-Action**  
**Edinburgh: 2019 - 16-19 May**  
**Edinburgh: 2019 - 17-20 September**

**PIA Community-in-Practice Gatherings (Members only):**  
 **Community-in-Practice sharing, learning and expanding together!**  
**London: 2019 - 25 June; 10 December**  
**Edinburgh: 2019 - 23 March; 21 October**

**Cafe Conversations: by request**  
 **Want to hear from those with stories to tell?**  
**Just ask and we'll respond - Edinburgh or London**

**Coaching + Coaching Supervision for those in business, public life, Sport & the Arts**  
 **Enhancing your professional practice**  
[Edinburgh/Glasgow, London/Surrey](#)  
**Other locations may be available on request**

**For Presence-in-Action events:** [Eventbrite](#)  
**For Coaching/Supervision:** [P6 Coaching+Supervision](#)



Shop with us

We now have our very own [Potent6 shop online](#). Do have a look what we have on offer.

Members only shop: [accessible with password](#)

Cushions and other artefacts will need to be ordered through [Potent 6](#).

PIA Collective coming soon...



... radical, bold, barefoot!



Presence in Action for everyone!

Walking the work...



join us on the mat!



Setting the scene... accessible to all

