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Potent Alchemy

a new approach to human transformation

What is past, current and coming...

I have been on quite a ride since our May newsletter. I cancelled our May training when my father was rushed into hospital. He died shortly after an emergency operation on 17 May 2018. His health had been failing over the last few years and, I believe that for him, this sudden release will have spared him experiencing the ever-demoralising decline in his physical and mental faculties. For me - amidst my grief of losing him - I felt also relief that he would not have to endure his struggle anymore. I miss his presence in this physical/material world and yet when I open to the essence of him, I sense that he is not gone. He is an alive current in me through my memories of him and the precious experiences we shared particularly over the last 16 years. How strange that in my last newsletter, sent out shortly before his unexpected admission to hospital, I wrote this:


"Between you and me, there is no beginning, no middle and no end.

What is the beginning is a middle and an end;
each is itself; and each other, is."

I have also been pondering on Alan Rayner's principle of Natural Inclusion which reminds me that energy never dies, it simply returns to the universal receptive pool ready to respond - to be drawn in by its next invocation. This, strangely, helped ease my sense of loss as I found myself imagining my Dad's essence imbuing and embracing me, always. I realised that whilst we

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Upcoming Events

REX Proof of Concept: transforming stories, transforming lives

✿ **R.A.D.I.C.A.A.L. Expression**
Edinburgh: 2019 - 31 January - 3 February

PIA Collective Launch:

✿ **Meet our Community-in-Practice and see what we are getting up to!**

Edinburgh Launch: 2019 - 22 March
time tbc

Edinburgh CiP Gathering (Members only): 2019 - 23 March

EPIA: One-day introduction

✿ **Experience Presence-in-Action**

Edinburgh: 2018 - [22 November](#)
London/Oxford: 2019 - [18 February](#)

POPIA: Four-day intensive

✿ **The Power of Presence-in-Action**

Edinburgh: 2019 - [16-19 May](#)
Caux, Switzerland: 2019 - 9 -

may be something or someone sometimes, we are of everything always. To me this is a way of comprehending and expressing the eternity of love - essence never gone, merely transforming.

Love. There it is.

I remember years ago reading *The Road Less Travelled* by Scott-Peck. "Love is a verb" he said "not a feeling." I experience it as both. What he was getting at, though, is that love is expressed through our actions. It is not enough to say "I love you" to someone, endless times a day and yet not demonstrate what that really means through your deeds! Love is easy and yet sometimes it can be really hard involving bold, deep personal and relational work. To love, calls us out to face ourselves - to learn to love ourselves first, so we may bring our best to all those we encounter; and not only to those in our primary relationships or intimate circles. Also, love and loving is too potent, expansive and transformative to be reduced only to the sexual exchange - as if that is all it is. Whilst sex may be an expression of love, it can also be used to violate another or even to disregard ourselves. The sexual act itself is not 'love'. Our relationship to it, to ourselves and to each other, and the context in which it takes place, is what makes the distinction. But what does Love have to do with work - to us in our professional lives?

Being a part of the emerging Presence in Action (PIA) Community-in-Practice has been opening me up to the boldness of love and the strength involved in loving practice. It is uncommon to talk about love in a professional context... and yet, this, I believe, is what has been growing in me and between us as our PIA praxis has evolved. Given the increasingly prevalent splits and chasms appearing in families, communities, nations and continents, I chose to risk coming out loud and proud, talking about how vital it is not to

14 August

Edinburgh: 2019 - [17-20 September](#)

PIA Community-in-Practice Gatherings (Members only):

✿ **Community-in-Practice sharing, learning and expanding together!**

London: 2018 - 10 December; 2019 - 24 June; 9 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

✿ **Supporting 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](#)



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shy away from Love as if it is somehow dirty, private, dangerous, inappropriate, light, fluffy, airy-fairy or woo woo! It is none of those things and I believe we need to live it, own it, be it: boldly, clearly, cleanly, earnestly, joyfully.

So I take a leap and dare to share another poem of mine on the next page: **I want you to know...** but before you settle down with it, let me share some headline dates to look out for and/or put in your diary...

Coming soon...

R.A.D.I.C.A.A.L. expression: 31 January - 3 February 2019

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...

In our next newsletter one of our PIA Practitioners will be sharing a personal story about herself, her relationship with her Dad and their expressions of love for each other. I am so excited that this newsletter will become a place

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PIA Collective coming soon...



... radical, bold, barefoot!



Presence in Action for everyone!

Walking the work...

where you will be able to hear many more voices and stories... and in the meantime, I shall leave you with a poem I wrote, evoked by this amazing group of people in which I am privileged to be a part.

I want you to know

I want you to know I love you

Not because you cracked through the self-protective
shell of me.

Not because you reached in and soothed the throbbing
hurts in me.

Not because you tended the wee girl's broken heart in
me.

Not because you held the needy, victim stray in me.
And not because you lovingly attended me.

I want you to know I love you

For awakening me to what I'd failed to comprehend in
me.

For evoking emotions, exposing overlooked beliefs in
me.

For calling out my wiser self to tackle what was playing
me.

For charging me to lay to rest what has hitherto
unravelling me.

And for helping me to ground myself to safeguard my
integrity.

I want you to know I love you.

Not in the clawing, cloying way that strangles out of
need.

Not with desire raiding each waking hour we be.

Not with favours stained by conditionality.

Not duped by delusions of eternal surety.

And not chained by threats demanding 'else or me!'

I want you to know I love you.

Not for what you give

but for who you clearly are.

Not for what you do

but for what in you shines through.

Not for how you play life's game



join us on the mat!



**Setting the scene...
accessible to all**

but for how you hold the space.
Not for your agile mind and frame
but for how you flow with grace.

I want you to know I love you
for daring to be you;
for boldly being more true;
for setting free the loving you
who's loving me -
so you can see
the you I see,
reflecting
back through
me.

I want you to know
this Love is of the Divine.
I want you to know,
through me - it's you it finds.
I want you to know
such Love is
ours, not
mine.

I want you to know
I want nothing from you.
I want you to know
I want everything for you.
I want you to know
I am here for you.
I want you to know
my loving you,
is purely,
simply
Love.

© Louie J N Gardiner, 14th October 2017

And finally...

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