

Working with Carnal Alchemy

Working with the body – mind – emotional triad became a core practice of mine since Cycle 3, when the practice “[Boundaries of Mind, Body and Emotions](#)” was created. Pushing it to the next level and thanks to the inspiration of a book called “Carnal Alchemy”, written by Stephen E. Flowers and Crystal Flowers, in Cycle 8, ritualizing erotic, sado-masochistic practices became the main focus for me.

The details of these Workings are not to be shared due to its private and sensitive qualities, but outlines, experiences and results are discussed in this VBF report.

Working with Carnal Alchemy generally requires at least two participants. Most often this is a Dominant/submissive setup and that was mine as well. There were three workings, focusing on different aspects of: Silence, Boundaries and Kundalini. Actions include bodywork, applying physical controls, limiting movement or body functions. Tools involved were ropes, fire (candle), a collar, chains, a knife and sticks. These were used for multiple purposes and proved to be working well to:

- Create a strong, Dominant focus on a single action
- Making the submissive focus on the Dominant’s Will
- Creating silence (most useful case was stopping thinking)
- Exploring and pushing boundaries, experiencing extreme emotions

The effects of the Workings came quite quick as in all three of them, no more than a few days were needed so we can conclude values created from them. These were mostly positive, increased energies we felt after and during the days following the Workings. Not all of them were positive though, as the nature of experimenting sometimes brings unhappy results – not necessarily useless ones though. If one decides to work with Carnal Alchemy it looks like facing extreme honesty is unavoidable. That is hard and in that is highly useful for Self exploration. Breaking these experiences down are the following. Carnal Alchemy worked well for:

- Improving Dominant abilities in daily life when interacting with others
- Improving submissive and flow abilities in daily life, becoming better in serving
- Experiencing boundaries what have not been faced directly before
- Deepening the connection between individuals
- Increasing energy levels and happiness for the following days

The strongest Working was the third one where we went though “Kundalini Cycles” by focusing on Chakras and taking action on each of them. CNC (Consensual Non-Consenting) was part of it and was combined with Vampyre energies, command and control type of Dominance where the submissive’s Self is made to have no other choice, but to follow cold-hearted instructions. It was challenging to handle for both of us in the next days – both dom-drop and sub-drop followed.

After concluding the Working we found great value in this not-so-easy type of Working: this is a very specific quality that is dreadful, alienating, destructive of everything that is outside of its source. If this is let out strongly in its clear essence then this is the most destructive thing I know about. That is not the force that destroys something physically from the outside, but deeply from the core of the Self. Such thing I only felt by proxy when I read and watched movies of the largest wars of human history and how the most brutal leaders were acting. That is a theory of course, but their core essence they manifested might have been this specific essence. Cold, rigid, alienated, dreadful. I am pretty sure if a strong leader is controlled by that kind of experience, then this can lead to ugly

outcomes. The solution seems to be uncovering and accepting the reality of this essence, then using it for good in limited “portions”. Like a sword which can be used to kill and to protect.

The submissive side experienced this dreadful essence in similar ways. With her permission, I include this extract from our discussion:

“During the ritual, working with the chakras resulted in a heightened state of emotional and physical sensitivity and delicacy.

Following that part, strong Vampyric energies were introduced, framed by a CNC-type of play. I perceived these energies as opposites of the subtle Kundalini vibrations invoked earlier, practically diminishing those. We can quite rightly conclude that this type of cold, impersonal and unfeeling quality doesn't promote the flow of energies, human warmth and connection, thus should only be used under very specific and narrow circumstances.”

The three Workings provided experiences we needed to define our boundaries in Carnal Alchemy and a glimpse at the possibilities. The impact of them supports our daily life through self-knowledge, more balanced energies, awareness and provided us even more inspiration for future Workings.

The other interesting thing that came up and I did research on is the ritualistic use of whips and paddles. I remember when I was small I was used to tell that I will get a spanking if I behave bad and I won't get sweets/chocolate eggs, but “virgács” for Saint Nicolaus day from the Krampusz (similar to the Devil) for the wrongdoings:



Reference: <https://teachhungarianculture.blogspot.com/2010/12/mikulas-virgacs-krampusz-locitrom-szen.html>

In fact, I didn't like chocolate and always preferred the "virgács" so I can use it as some kind of fun thing to go around with. Surely I wouldn't have let anyone use it on me, neither I used it on others when I was a child, but there was a clear attraction to it.

These kind of things in culture create boundaries and help shaping how individuals behave in the environment. I wondered if any other rules or laws are different, but it looks like the essence of them is the same and not necessarily something bad. An essence that manifests in Carnal Alchemy, in BDSM as well.

Shall it be inspiration for others, on the next page, a redacted version of the Kundalini Working can be found. The secret might be the use of Chakras, incantations or other "things". It can be used as a framework - the action part is up to the boundaries of the participants.

In the Beta Vanguard of the Black Flame, we have gone through many Workings, practices, we have become and we have created. When we got started I couldn't have guessed Carnal Alchemy to be an important part of my Initiation, but here we go. Magic brings the unexpected while pushing responsible Magicians forward in succeeding in Life.

~ Kundalini Cycle ~

Goal: Experiencing and understanding pleasure.

Preparation: Before the ritual, concentrate on the desired outcome.

The empowerment for the ritual starts here.

Dress appropriately. Setup the altar in a cleaned space.

The Dominant wears the Pentagram of Set.

The submissive represents a Goddess and the dominant is a God.

The Ritual Begins

Enter the Space

Create the Universe by ringing the Bell 9 times.

Invocation of Set

Implication

The Submissive Goddess's presence is used to empower Creation by God.

Action

<Secret>

<Secret>

<Secret>

<Secret>

<Secret>

<Secret>

Xeper

"So it is done!" - Put out the candle.

Leave the Space.